Harewood Primary PSHE Long-Term Plan

	Autumn	Spring	Summer
EYFS	Autumn 1: Self-regulation: My feelings Autumn 2: Building relationships: Special relationships	Spring 1: Managing self: Taking on challenges Spring 2: Self-regulation: Listening and following instructions.	Summer 1: Building Relationships: My family and friends. Summer 2: Managing self: My wellbeing
Year 1	Autumn 1: My Healthy self: How can we look after our emotions? Autumn 2: Connecting with others: How can I help myself and others feel safe and happy?	Spring 1: The online world: How do we spend time online? Spring 2: Citizenship: How can I help others and the environment?	Summer 1: Health Protection: How can I protect myself and others in daily life? Summer 2: Staying safe: How can I stay safe?
Year 2	Autumn 1: My Healthy self: How can we look after our bodies? Autumn 2: Connecting with others: How can I build safe, kind and caring relationships?	Spring 1: The online world: How can we stay safe online? Spring 2: Citizenship: How do people belong to a community and earn money?	Summer 1: Growing up: How can we look after and respect our bodies as we grow? Summer 2: Staying safe: How can I make safe choices in different places?
Year 3	Autumn 1: My Healthy self: How can I take care of my mind and body? Autumn 2: Connecting with others: What helps us feel safe and included?	Spring 1: The online world: How should we communicate online? Spring 2: Citizenship: What rights and responsibilities do we have?	Summer 1: Health Protection: How can we prevent illness and injury and respond if they happen? Summer 2: Citizenship: What careers do people choose and why?
Year 4	Autumn 1: My Healthy self: How can I make healthy choices? Autumn 2: Connecting with others: How can we respect each other?	Spring 1: The online world: How can we decide what to trust online? Spring 2: Citizenship: How can I spend money wisely?	Summer 1: Growing up: How will my body and emotions change as I grow up? Summer 2: Staying safe: What signs help me recognise what is safe or unsafe?

Year 5	Autumn 1: My Healthy self: How can I support my mind and body as I grow? Autumn 2: Connecting with others: Why are healthy relationships important?	Spring 1: The online world: How am I influenced by what I see online? Spring 2: Citizenship: How can we make a difference in our communities and beyond?	Summer 1: Growing Up: How can I manage the changes to my body and emotions as I grow up? Summer 2: Citizenship: How can we be in control of our money?
Year 6	Autumn 1: My Healthy self: How do my choices today shape my future health? Autumn 2: Connecting with others: What does it mean to stand up for myself and others?	Spring 1: The online world: How do I feel about the things I see online? Spring 2: Citizenship: How can we protect everyone's rights?	Summer 1: Staying safe: How can I stay safe as I grow up? Summer 2: Sex education: How do people become parents and carers?