

Ebchester CE Primary School

PSHE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1/2 Cycle A	Mental health and wellbeing	Making friends: Playing and learning together	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Y1/2 Cycle B	Mental health and Wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside the home	Looking back and moving on
Y3/4 Cycle A	Mental health and wellbeing	Me, my friends and belonging	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Y3/4 Cycle B	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families and growing together
Y5/6 Cycle A	Mental health and wellbeing	Me, my friends and belonging	Positively engaging with our world	Respecting boundaries	Safe connections online	Embedding healthy habits and learning first aid
Y5/6 Cycle B	Mental health and wellbeing	Managing money and online spending	Changes in puberty (and sex education)	Drug education: assessing risk and managing influences	Developing our AI literacy	Looking to the future

	Statutory RSHE
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	Economic Wellbeing and Careers
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