

# PSHE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	Myself and My Relationships Beginning and Belonging	Myself and My Relationships Family and friends	Myself and My Relationships My emotions	Citizenship Identities and diversity Me and my world	Healthy and Safer Lifestyles Keeping safe My Body and Growing Up	Healthy and Safer Lifestyles Healthy lifestyles
<b>Year 1</b>	Myself and My Relationships Beginning and Belonging  Myself and My Relationships Family and friends	Myself and My Relationships Anti-Bullying	Citizenship Diversities and Communities	Healthy and Safer Lifestyles Personal safety  Healthy and Safer Lifestyles Managing Safety and Risk	Healthy and Safer Lifestyles Relationships and Sex Education	Myself and My Relationships Managing change
<b>Year 2</b>	Citizenship Rights, rules and responsibilities  Myself and My Relationships My Emotions	Citizenship Working together  Myself and My Relationships Anti-Bullying	Healthy and Safer Lifestyles Digital Lifestyles	Healthy and Safer Lifestyles Drug Education	Healthy and Safer Lifestyles Relationships and Sex Education	Healthy and Safer Lifestyles Healthy lifestyles  Economic Wellbeing Financial capabilities
<b>Year 3</b>	Myself and My Relationships Beginning and Belonging	Myself and My Relationships Family and friends  Myself and My Relationships Anti-Bullying	Citizenship Diversities and Communities	Healthy and Safer Lifestyles Personal Safety  Healthy and Safer Lifestyles Managing Safety and Risk	Healthy and Safer Lifestyles Relationships and Sex Education	Myself and My Relationships Managing change  Healthy and Safer Lifestyles Managing Safety and Risk

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<p><b>Year 4</b></p>	<p>Citizenship Rights, rules and responsibilities</p> <p>Myself and My Relationships My emotions</p>	<p>Citizenship Working together</p> <p>Myself and My Relationships Anti-Bullying</p>	<p>Healthy and Safer Lifestyles Digital Lifestyles</p>	<p>Healthy and Safer Lifestyles Drug Education</p>	<p>Healthy and Safer Lifestyles Relationships and Sex Education</p>	<p>Healthy and Safer Lifestyles Healthy lifestyles</p> <p>Economic Wellbeing Financial capabilities</p>
<p><b>Year 5</b></p>	<p>Myself and My Relationships Beginning and Belonging</p> <p>Myself and My Relationships Family and friends</p>	<p>Myself and My Relationships Anti-Bullying</p>	<p>Citizenship Diversities and Communities</p>	<p>Healthy and Safer Lifestyles Personal safety</p> <p>Healthy and Safer Lifestyles Managing risk</p>	<p>Healthy and Safer Lifestyles Relationships and Sex Education</p>	<p>Myself and My Relationships Managing change</p> <p>Healthy and Safer Lifestyles Managing risk</p>
<p><b>Year 6</b></p>	<p>Citizenship Rights, rules and responsibilities</p> <p>Myself and My Relationships My emotions</p>	<p>Citizenship Working together</p> <p>Myself and My Relationships Anti-Bullying</p>	<p>Healthy and Safer Lifestyles Digital Lifestyles</p>	<p>Healthy and Safer Lifestyles Drug Education</p>	<p>Healthy and Safer Lifestyles Relationships and Sex Education</p>	<p>Healthy and Safer Lifestyles Healthy lifestyles</p> <p>Economic Wellbeing Financial capabilities</p>