



Personal, Social and Health Education (PHSE) Long Term Plan



EYFS

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
A	Self-Regulation: My feelings	Building Relationships: Special relationships	Managing Self: Taking on challenges	Self-Regulation: Listening and Following Instructions	Building Relationships: My family and friends	Managing Self: My wellbeing

Y1/2/3

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
A	How can I help myself and others feel safe?	How do we spend time online?	How can I protect myself and others in daily life?	How can I stay safe?	How can I build safe, kind and caring relationships with others?	How are things shared online?
B	How can we look after our feelings?	How can I help others and the environment?	How do people belong to a community and earn money?	How can we look after our bodies?	How can we look after and protect our bodies as we grow?	How can I make safe choices in different places?
C	What helps us feel safe and included?	How should we treat each other online?	What careers do people choose and why?	What signs help me recognise what is safe or unsafe?	How can we respect each other?	How can we decide what to trust online?

Y4/5/6

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
A	How can I take care of mind and body?	What rights and responsibilities do we have?	How can we prevent illness and injury and respond to them if they happen?	How can I make healthy choices?	How can I spend my money wisely?	How will my body and emotions change as I grow up?
B	Why are healthy relationships important?	How am I influenced by what I see online?	How can we be in control of our money?	What does it mean to stand up for myself and others?	How do I feel about being online?	
C	How can I support my mind and body as I grow?	How can we make a difference in our communities and beyond?	How can I stay safe as I grow up?	How do my choices today shape my future wellbeing?	How can we protect everyone's rights?	

EYFS

Children in EYFS will be learning to:

- See themselves as a valuable individual
- Build constructive and respectful relationships
- Express their feelings and consider the feelings of others
- Show resilience and perseverance in the face of a challenge
- Identify and moderate their own feelings socially and emotionally
- Think about the perspective of others
- Manage their own needs in regards to personal hygiene
- Know and talk about the different factors that support overall health and wellbeing:
 - Regular physical activity
 - Healthy eating
 - Tooth brushing
 - Sensible amounts of 'screen time'
 - Having a good sleep routine
 - Being a safe pedestrian
- Recognise that people have different beliefs and celebrate special times in different ways

Aspiration - Resilience - Community