




Carleton Endowed CE Primary School
*A faithful community that loves, lives and learns with hope and joy;
 where everyone is valued and encouraged to flourish*



PSHE LONG TERM PLAN 2024-2025

	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Safeguarding threads	Consent Online Safety Sexual Harassment					
EYFS	Year A Being Me in My World Hopes and fears for the year Rights and responsibilities Rewards and consequences Our learning charter Owing our learning charter Managing feelings	Year A Celebrating Difference Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Diversity Celebrating difference and remaining friends	Year A Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Year A Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food First Aid training – Gem Compliance	Year A Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships Consent	Year A Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition NSPCC Pants
Year 1	Year A Being Me in My World Hopes and fears for the year Rights and responsibilities Rewards and consequences	Year A Celebrating Difference Assumptions and stereotypes about gender Understanding bullying Standing up for self and others	Year A Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation	Year A Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition	Year A Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation	Year A Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male



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	Our learning charter Owning our learning charter Managing feelings	Making new friends Diversity Celebrating difference and remaining friends	Contributing to and sharing success	Healthier snacks and sharing food First Aid training – Gem Compliance	Expressing appreciation for special relationships Use of internet safely Consent	bodies (correct terminology) Assertiveness Preparing for transition NSPCC Pants
Year 2	Year A Being Me in My World Hopes and fears for the year Rights and responsibilities Rewards and consequences Our learning charter Owning our learning charter	Year A Celebrating Difference Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Diversity Celebrating difference and remaining friends	Year A Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Year A Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food First Aid training – Gem Compliance	Year A Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships Use of internet safely Consent	Year A Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition NSPCC Pants
Year 3	Being Me in My World Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' Perspectives Resilience	Celebrating Difference Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving Compliments Sexism	Dreams and Goals Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Healthy Me Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices First Aid training – Gem Compliance	Relationships Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends Consent	Changing Me How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition NSPCC Pants



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Year 4	<p>Being Me in My World</p> <p>Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour Resilience</p>	<p>Celebrating Difference</p> <p>Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions Sexism</p>	<p>Dreams and Goals</p> <p>Hopes and dreams</p> <p>Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p>	<p>Healthy Me</p> <p>Healthier friendships Group dynamics Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength First Aid training – Gem Compliance</p>	<p>Relationships</p> <p>Jealousy Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals Consent</p>	<p>Changing Me</p> <p>Being unique Confidence in change Accepting change Preparing for transition Environmental change NSPCC Pants</p>
Year 5	<p>Being Me in My World</p> <p>Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice Participating Feelings and emotions</p>	<p>Celebrating Difference</p> <p>Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures Sexism</p>	<p>Dreams and Goals</p> <p>Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p>	<p>Healthy Me</p> <p>Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Gem Compliance Body image Relationships with food Healthy choices Motivation and behaviour</p>	<p>Relationships</p> <p>Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules Consent PCSO visit – County Lines</p>	<p>Changing Me</p> <p>Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Growing responsibility Coping with change Preparing for transition NSPCC Pants</p>
Year 6	<p>Being Me in My World</p> <p>Identifying goals for the year Global citizenship Children's universal rights</p>	<p>Celebrating Difference</p> <p>Perceptions of normality Understanding disability Power struggles Understanding bullying</p>	<p>Dreams and Goals</p> <p>Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world</p>	<p>Healthy Me</p> <p>Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang</p>	<p>Relationships</p> <p>Mental health Identifying mental health worries and sources of support Love and loss Managing feelings</p>	<p>Changing Me</p> <p>Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction</p>



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	<ul style="list-style-type: none"> Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling 	<ul style="list-style-type: none"> Inclusion/exclusion Differences as conflict, difference as celebration Empathy Gender stereotypes 	<ul style="list-style-type: none"> Motivation Recognising achievements Compliments 	<ul style="list-style-type: none"> culture Emotional and mental health Managing stress Oral hygiene First Aid training – Gem Compliance 	<ul style="list-style-type: none"> Power and control Assertiveness Technology safety Take responsibility with technology use PCSO visit – County Lines 	<ul style="list-style-type: none"> Respect and consent Boyfriends/girlfriends Sexting Transition NSPCC Pants Sexual consent
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