

# Foston CE, Terrington CE VA & Stillington Primary Schools in Collaboration with Langton Primary School Subject Long-Term Plan



**Subject:**  
PSHE

**Golden Threads & Key Concepts:**

Me & my relationships  
Respecting myself and others  
Me and my future  
Money & Jobs  
Healthy life styles  
Keeping myself safe  
Digital literacy  
Growing and changing

**Curriculum Enhancers:**

Sustainability  
Creativity  
Diversity  
Community

**Langton Primary School Values:**

Excellence, Respect, Nurture,  
Collaboration, Creativity and Resilience

Progression	EYFS	KS1 A	KS1 B	LKS2 A/C	LKS2 B/D	UKS2 A/C	UKS2 B/D
<b>Autumn 1</b> Me & My relationships	Who are their Friends, who is their family, develop and maintain friendships	Making friends; feeling lonely and getting help, Managing secrets;	Roles of different people; family, feeling cared for Recognising privacy; staying safe	Positive friendships, including online, managing online behaviour	What makes a family; features of family life Personal boundaries; safely responding to others;	Managing friendships, peer influence and feeling safe	Attraction to others; romantic relationships; civil partnership and marriage; Recognising and managing pressure
<b>Autumn 2</b> Respecting ourselves and other	That they are special, turn taking, differences and celebration	How behaviour affects others; being polite and respectful Seeking permission	Resisting pressure and getting help; recognising hurtful behaviour; Recognising things in common and differences; playing and working cooperatively; sharing opinions	Impact of hurtful behaviour, Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Responding to behaviour, respecting differences and similarities; discussing difference sensitively	Physical contact, responding respectfully to a wide range of people; recognising prejudice and discrimination	Expressing opinions and respecting other points of view, including discussing topical issues consent in different situations
<b>Spring 1</b> Me and my future /	Class rules, right and wrong, turn taking, setting myself a challenge	What rules are; caring for others' needs; looking after the environment. Belonging to a group; roles and responsibilities; being the same and different in the community	What money is; needs and wants; looking after money. Strengths and interests; jobs in the community	The value of rules and laws; rights, freedoms and responsibilities, What makes a community; shared responsibilities	Making decisions about money; using and keeping money safe Different jobs and skills; job stereotypes; setting personal goals	Protecting the environment; compassion towards others Valuing diversity; challenging discrimination and stereotypes	Influences and attitudes to money; money and financial risks Identifying job interests and aspirations; what influences career choices; workplace stereotypes
<b>Spring 2</b> My healthy lifestyle /	Brushing teeth, what food is good, washing	Keeping healthy; food and exercise; hygiene	Why sleep is important, medicines	Healthy choices and habits; what affects	Maintain a balanced lifestyle: oral hygiene	Healthy sleep habits; sun safety; medicines,	What affects mental health and ways to

	hands, sleep importance and drinking water.	routines; sun safety	and keeping healthy; keeping teeth healthy; managing feelings and asking for help.	feelings; expressing feelings	and dental care	vaccinations, immunisations and allergies	take care of it; managing change, loss and bereavement; managing time online
<b>Summer 1</b> Keeping myself safe	Crossing the road, stranger danger	Safety in different environments; risk and safety at home; emergencies	How rules and age restrictions help us;	Risks and hazards; safety in the local environment and unfamiliar places	Medicines and household products; drugs common to everyday life	Keeping safe in different situations, including responding in emergencies, first aid and FGM	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media
<b>Summer 2</b> Growth and changes	Using a knife and fork, putting on a coat, getting their belongings, eating and drinking independently	Using the internet and digital devices; communicating online The internet in everyday life; online content and information	Recognising what makes them unique and special; feelings; managing when things go wrong. Growing older; naming body parts; moving class or year	How the internet is used; assessing information online How data is shared and used	Personal strengths and achievements; managing and reframing setbacks Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	How information online is targeted; different media types, their role and impact, Evaluating media sources; sharing things online	Human reproduction and birth; increasing independence; managing transitions Personal identity; recognising individuality and different qualities; mental wellbeing