

**PSHE & RSHE
LTP**

Autumn

Spring

Summer

**Phase 2
3 Year Rolling Plan
Year A 2024 - 2025
Year A 2026 - 2027**

Respectful relations
How do our actions effect others?
Mental well being
Does everyone feel the same emotions?

Basic first aid
How do you respond in an emergency?
Caring friendships
What is a healthy friendship?

Being safe
Should you always keep a secret?
Online relationships
Why are there age limits on films and games?

**Phase 2
3 Year Rolling Plan
Year B 2025 - 2026
Year B 2027 - 2028**

Basic first aid
Why should we dial 999?
Caring relationships
What does it mean to be sad?

Mental well being
What colour are you today?

Healthy eating health and prevention
How many ways can we keep ourselves safe?

**Phase 2
3 Year Rolling Plan
Year C 2026 - 2027**

Families and people who care for us?
Do all families look the same?
Caring Friendships
Which Mr Man would you choose to be your friend?

Online relationships and being safe
Who is a trusted adult?

Respectful relations
What if we were all the same?
Mental well being
What colour is happiness?

Autumn

Spring

Summer

**Phase 3
3 Year Rolling Plan
Year A 2024 - 2025**

Families and people who care for us
What does marriage mean to different people?
Respectful relations
Is blue for a boy?

Physical health and fitness
Is being strong the same as being healthy?
Caring friendships
Can you invent the perfect friend?

Drugs, alcohol and tobacco
Are all role models positive?
Being safe
What should I do to feel safe?

**Phase 3
3 Year Rolling Plan
Year B 2025 - 2026**

Health and prevention
What keeps us healthy?
Respectful relations
Should we always stand up for what we believe?

Health and prevention
How can we protect ourselves?
Caring friendships
Will we always have the same friends?

Online relationships
Why do people behave differently online?
Mental well being
Is grief a negative emotion?

**Phase 3
3 Year Rolling Plan
Year C 2026 - 2027**

Families and people who care for us
What makes a family?
How can we influence people's happiness?
Mental well being

Mental well being
How can I make a difference?
Caring friendships
Why do we make friendships?

Online relationships and respectful relations
Why should you be respected?

**Years 5
Annually**

Puberty
What happens to humans as they get older?

**Year 6
Annually**

SRE & Puberty
What happens to humans as they get older?