

St Giles CE Primary

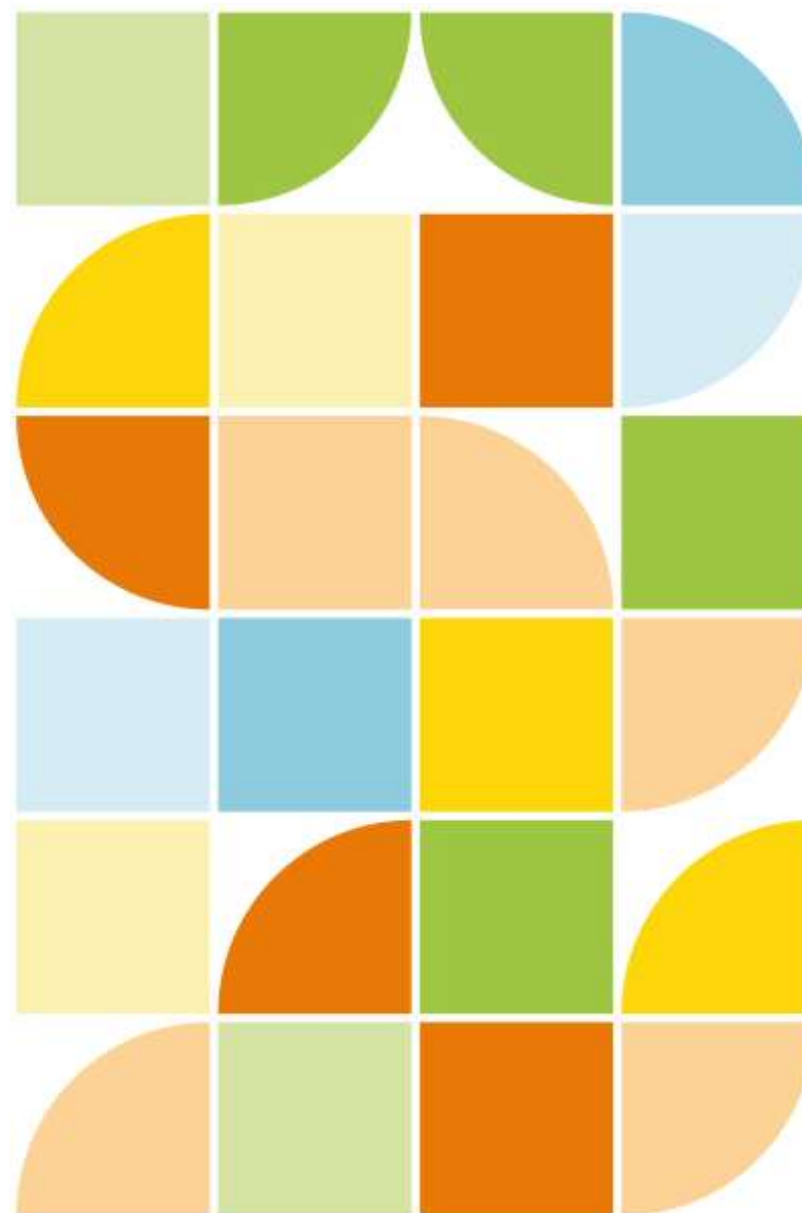
PSHE Education Long Term Plan

2026/2027



This document provides an overview of the units and themes covered as part of our PSHE education curriculum for academic year 2026/27. It has been created using planning guidance from the PSHE Association, the national subject body for PSHE education.

In addition, all individual learning outcomes set out in the Department for Education's statutory guidance for Relationships Education and Health Education for primary phase (updated July 2025, effective September 2026) are fully addressed within the units mapped below. These are summarised in the coverage table at the end of this document. Detailed outcome-level coverage is secured through medium-term planning and lesson-level resources, ensuring that statutory expectations are met in an age-appropriate and progressive manner across the primary phase.



St Giles CE Primary 2026 - 2027

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Keeping safe outside the home	Looking back and moving on
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families and growing together
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Respecting boundaries	Safe connections	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Managing money and online spending	Drug education: assessing risk and managing influences	Developing our AI literacy	Changes in puberty	Looking to the future

Year Group	Autumn 1 – unit overview	Autumn 2– unit overview	Spring 1– unit overview	Spring 2– unit overview	Summer 1– unit overview	Summer 2– unit overview
Year 1	<p>Making friends: playing and learning together</p> <p>This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying.</p>	<p>Mental health and wellbeing</p> <p>This unit supports pupils to notice and name different types of feelings and thoughts and learn simple self-regulation strategies to manage them.</p>	<p>Celebrating me, you and our families</p> <p>This unit explores similarities and differences, as well as everyone’s individuality. Pupils look at different families, and how family members can show care and love for each other.</p>	<p>Safety at home</p> <p>This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines.</p>	<p>Being healthy</p> <p>This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.</p>	<p>Showing kindness to ourselves and others</p> <p>This unit revisits learning about feelings and explores the importance of kindness.</p>
Year 2	<p>Mental health and wellbeing</p> <p>This unit builds on the learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement).</p>	<p>Keeping safe online</p> <p>This unit explores how online content can impact feelings and supports pupils to make safe choices about what they watch or share online, including the importance of not sharing personal information.</p>	<p>Me, my body and staying safe</p> <p>This unit explores how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe.</p>	<p>Money and work</p> <p>This unit examines people’s different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants.</p>	<p>Keeping safe outside the home</p> <p>This unit builds on prior learning about risk through the context of road and rail safety. Pupils learn what an emergency is and how to get help from an adult or call 999 themselves if they need to.</p>	<p>Looking back and moving on</p> <p>Use this unit to consolidate learning and address any gaps from previous units for this year group – this could include an extended project rehearsing skills and extending knowledge from previous units.</p>

<p>Year 3</p>	<p>Me, my friends and belonging This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included.</p>	<p>Mental health and wellbeing Building on year 2, this unit develops pupils' bank of self-regulation strategies and provides opportunities to apply them in new contexts, such as managing worries.</p>	<p>Building healthy habits This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, dental health, and regular physical activity.</p>	<p>Making choices online This unit explores how to protect information online and make informed choices about online content, including understanding age ratings.</p>	<p>Keeping safe out and about This unit supports pupils to identify risk and keep safe in the sun and around railways and water.</p>	<p>Looking out for each other This unit explores the basics of first aid and revisits how to make an effective call to the emergency services.</p>
<p>Year 4</p>	<p>Mental health and wellbeing Building on year 3, this unit extends pupils' understanding of self-regulation strategies and explores factors that support wellbeing.</p>	<p>Exploring ways to manage risk This unit explores assessing and managing risk in different contexts and the role of peer influence in personal safety.</p>	<p>Forming respectful relationships This unit supports pupils to respond appropriately to conflicts and bullying and to understand the importance of kindness.</p>	<p>Money matters and news literacy This unit explores how attitudes and influences impact decisions about money and encourages critical engagement with news and its emotional impact.</p>	<p>Me, my body and growing up This unit focuses on physical and emotional changes during puberty and builds confidence in using the Talk PANTS rule to keep safe.</p>	<p>Families and growing together This unit supports understanding of diverse family structures and how families can change.</p>
<p>Year 5</p>	<p>Friendships, stereotypes and bullying This unit explores respectful relationships and responses to bullying. Pupils learn to recognise and challenge stereotypes and prejudiced or extreme views.</p>	<p>Mental health and wellbeing This unit builds on prior learning by exploring how self-regulation strategies can shift habitual thoughts and emotions and support wellbeing.</p>	<p>Positively engaging with our world This unit examines healthy engagement with news and the emotional and wellbeing impacts of climate change.</p>	<p>Respecting boundaries This unit explores personal boundaries, different types of touch, and how to ask for, give, or refuse permission respectfully.</p>	<p>Safe connections This unit supports pupils to stay safe and manage risks when socialising online and introduces cybercrime awareness.</p>	<p>Embedding healthy habits and learning first aid This unit highlights the benefits of healthy habits such as sun safety, exercise, and goal setting, alongside learning first aid.</p>

<p>Year 6</p>	<p>Mental health and wellbeing This unit revisits and builds on prior learning, helping pupils explore wellbeing strategies and in the context of transition to secondary school.</p>	<p>Managing money and online spending This unit explores economic wellbeing and online financial harms, including targeted advertising and influences on spending.</p>	<p>Drug education: assessing risk and managing influences This unit covers legal and illegal drugs, exploring risks, effects, and influences.</p>	<p>Developing our AI literacy This unit introduces different types of AI, including generative AI, and explores opportunities, challenges, and risks.</p>	<p>Changes in puberty This unit builds understanding of managing physical and emotional changes during puberty, including increased independence and sleep changes.</p>	<p>Looking to the future This unit explores career-related learning and supports pupils in preparing for the transition to secondary school.</p>
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DfE Statutory Strand	Year Group(s)	School Unit(s) Meeting Statutory Requirements
Families and people who care for me	Year 1	Celebrating me, you and our families
Families and people who care for me	Year 4	Families and growing together
Caring friendships	Year 1	Making friends: playing and learning together
Caring friendships	Year 3	Me, my friends and belonging
Caring friendships	Year 5	Friendships, stereotypes and bullying
Respectful, kind relationships	Year 1	Showing kindness to ourselves and others
Respectful, kind relationships	Year 4	Forming respectful relationships
Respectful, kind relationships	Year 5	Friendships, stereotypes and bullying
Online safety and awareness	Year 2	Keeping safe online
Online safety and awareness	Year 3	Making choices online
Online safety and awareness	Year 5	Safe connections
Online safety and awareness	Year 6	Developing our AI literacy
Being safe	Year 2	Me, my body and staying safe
Being safe	Year 4	Me, my body and growing up
Being safe	Year 5	Respecting boundaries
General wellbeing	Years 1 - 6	Mental health and wellbeing
General wellbeing	Year 2	Looking back and moving on
General wellbeing	Year 6	Looking to the future
Wellbeing online	Year 3	Making choices online
Wellbeing online	Year 4	Money matters and news literacy
Wellbeing online	Year 5	Positively engaging with our world
Wellbeing online	Year 6	Managing money and online spending
Physical health and fitness	Year 1	Being healthy
Physical health and fitness	Year 3	Building healthy habits
Physical health and fitness	Year 5	Embedding healthy habits and learning first aid
Healthy eating	Year 1	Being healthy
Healthy eating	Year 3	Building healthy habits
Drugs, alcohol, tobacco and vaping	Year 1	Safety at home (medicines)
Drugs, alcohol, tobacco and vaping	Year 6	Drug education: assessing risk and managing influences
Health protection and prevention	Year 1	Being healthy
Health protection and prevention	Year 3	Building healthy habits
Personal safety	Years 1 - 4	Safety at home; Keeping safe outside the home; Keeping safe out and about; Exploring ways to manage risk

Basic first aid	Years 3 & 5	Looking out for each other; Embedding healthy habits and learning first aid
Developing bodies	Year 4	Me, my body and growing up
Developing bodies	Year 6	Changes in puberty