

Preston Manor Lower School | Long Term Plan 2026-27 - PSHE CURRICULUM, including RSE

	Autumn 1 (7)	Autumn 2 (8)	Spring 1 (6)	Spring 2 (6)	Summer 1(5)	Summer 2 (7)
	KEEPING/STAYING SAFE Friendships & positive interactions • Feelings & basic regulation • Safe vs unsafe situations • Who helps us • Personal space	KEEPING/STAYING HEALTHY • Friendships & positive interactions	RELATIONSHIPS • Stronger naming of trusted adults • Teach that online content isn't always real	• Feelings & basic regulation	BEING RESPONSIBLE • Personal space • Teach that online content isn't always real	• Safe vs unsafe situations
Y1	KEEPING/STAYING SAFE Tying shoelaces	KEEPING/STAYING HEALTHY Assessment – Baseline Washing Hands	RELATIONSHIPS Assessment – Baseline	FEELINGS AND EMOTIONS Assessment baseline	BEING RESPONSIBLE Assessment baseline water spillage	COMPUTER SAFETY Assessment Baseline
	HAZARD WATCH Assessment – Baseline Is it safe to eat or drink? Is it safe to play with? Assessment - Summative	ENTERPRISE (XMAS FAIR)	SRE Keeping Clean Families and Care	Mindfulness videos (Visualisation & breathing) Flower Breath Magic Cloud Butterfly Meadow Enchanted Forest		ROAD SAFETY (unit)
			• Add personal boundary language • Introduce inappropriate behaviour examples	• Add personal boundary language • Introduce inappropriate behaviour examples		• Time-online affects feelings
Y2	KEEPING/STAYING SAFE Assessment – Baseline ROAD SAFETY Staying safe	KEEPING/STAYING HEALTHY Assessment – Baseline Healthy Eating Brushing Teeth	RELATIONSHIPS Friendship Bullying	FEELINGS AND EMOTIONS Jealously Worry	BEING RESPONSIBLE Assessment baseline Practice makes perfect	COMPUTER SAFETY Online Bullying Image sharing
		ENTERPRISE (XMAS FAIR)	SRE Differences: Gender stereotypes Differences: Male & Female	Mindfulness videos Flower Breath Magic Cloud Butterfly Meadow Enchanted Forest		MONEY MATTERS Assessment Baseline Money Matters

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			• Strengthen anti-bullying & stereotypes content • Add help-seeking scripts	• Add help-seeking scripts		• Add help-seeking scripts
Y3	KEEPING/STAYING SAFE Staying safe unit Assessment - Summative	KEEPING/STAYING HEALTHY Baseline Healthy living	RELATIONSHIPS Body Language Touch Assessment - Summative	FEELINGS AND EMOTIONS Anger Grief Assessment - Summative	BEING RESPONSIBLE Helping Someone in need Stealing Assessment - Summative	Kapow - wellbeing
	COMPUTER SAFETY Image sharing Making Friends Online Assessment - Summative	ENTERPRISE (XMAS FAIR)	SRE Personal Space Family Differences	Mindfulness videos Flower Breath Magic Cloud Butterfly Meadow		FIRE SAFETY (special unit)
	• Add altered images/online tricking		• Impact of unkind comments & early harassment signs • More regulation strategies	• Impact of unkind comments & early harassment signs • More regulation strategies		

LTP follows units of learning adapted from 1decision scheme and SRE units taken from Christopher Winter Project's 'Teaching SRE with confidence in Primary Schools'. Circle time (additional) timetabled weekly to discuss class/individual/whole school issues. Use of puppets, props, circle time lesson plans, strategies e.g. sentence starters.

	Autumn 1 (7)	Autumn 2 (8)	Spring 1 (6)	Spring 2 (6)	Summer 1 (5)	Summer 2 (7)
Y4	KEEPING/STAYING SAFE Assessment – Baseline Cycle Safety	KEEPING/STAYING HEALTHY Assessment – Baseline Alcohol & drugs	RELATIONSHIPS (GROWING & CHANGING) Assessment – Baseline Relationships - (touch)	FEELINGS AND EMOTIONS Assessment – Baseline Jealousy	BEING RESPONSIBLE Assessment – Baseline Coming Home on Time	THE WORKING WORLD Assessment – Baseline Chores at Home
	COMPUTER SAFETY Assessment – Baseline Online Bullying	ENTERPRISE (XMAS FAIR)	• Counter stereotypes • Prepare for puberty (feelings/autonomy)	Mindfulness videos (Visualisation & breathing) Flower Breath Magic Cloud Butterfly Meadow Enchanted Forest		A WORLD WITHOUT JUDGEMENT Assessment – Baseline Breaking Down Barriers

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	• Reporting online issues					
Y5	KEEPING/STAYING SAFE Peer Pressure Adults' Views Children's Views	KEEPING/STAYING HEALTHY Smoking Adults' Views Children's Views	RELATIONSHIPS (GROWING & CHANGING) Puberty Adults' Views Children's Views	FEELINGS AND EMOTIONS Anger Adults' Views Children's Views	BEING RESPONSIBLE Looking Out for Others Adults' Views Children's Views	THE WORKING WORLD Enterprise Adults' Views Children's Views
	COMPUTER SAFETY Image Sharing Adults' Views Children's Views	ENTERPRISE (XMAS FAIR)	SRE Male and Female Changes Puberty and Hygiene	Mindfulness videos (Visualisation & breathing) Flower Breath Magic Cloud Butterfly Meadow Enchanted Forest		A WORLD WITHOUT JUDGEMENT Inclusion and Acceptance Adults' Views Children's Views
			• Clarify biological basis of changes • Respectful behaviour + unwanted comments	• Add simplified deepfakes • Respectful behaviour + unwanted comments		
Y6	KEEPING/STAYING SAFE Water Safety Assessment - Summative	KEEPING/STAYING HEALTHY Alcohol Assessment - Summative	RELATIONSHIPS (GROWING & CHANGING) Conception Assessment - Summative	FEELINGS AND EMOTIONS Worry Assessment - Summative	BEING RESPONSIBLE Stealing Assessment - Summative	THE WORKING WORLD In-App Purchases Assessment - Summative
	COMPUTER SAFETY Making Friends Online Assessment - Summative	ENTERPRISE (XMAS FAIR)	SRE Reproduction Understanding relationships/ Communicating in relationships Conception and Pregnancy	Mindfulness videos (Visualisation & breathing) Flower Breath Magic Cloud Butterfly Meadow Enchanted Forest		A WORLD WITHOUT JUDGEMENT British Values Assessment - Summative
	• Add online exploitation & image-sharing safety • Add sources of help (school/helplines)		• Teach biological sex factually • Remove gender ideology resources			