



Ings Farm Primary Long Term Plan

PSHCE 2025-2026

Skills & Processes

1	Recognise and cope with Feelings and emotions
2	Understand how to Keep safe , recognise hazards and act responsibly
3	Understanding how to Keep Healthy
4	Understand Relationships
5	Understand Computer safety
6	Understand Money Matters and the world around

Skills & Processes involved - Indicate by term or **C** for continuous

Year	Term 1	Term 2	Term 3	1	2	3	4	5	6
EYFS Nursery + Reception	Ongoing throughout the year → Prime Area: Personal, Social and Emotional Development Aspects: 1. Making relationships 2. Self-confidence and self-awareness 3. Managing feelings and behaviour Specific Area: Understanding of the World Aspect: People and communities As above with addition focussed topics.			C	C	C	C	C	
Year 1	<u>FEELINGS AND EMOTIONS</u> Jealousy - Recognise emotions and their physical effect - Pleasant and unpleasant emotions - Skills for coping with emotions - Communicating without words - Recognise a diverse personal support network. - Understand positive behaviour of others, and have an understanding of and can appreciate difference. <u>KEEPING/STAYING SAFE</u> Road Safety - Safe play near roads. - Crossing roads safely - Safe and risky choices - Ways to keep safe <u>HAZARD WATCH</u> Is it safe to eat or drink? - Understanding what is safe and unsafe to eat and drink Is it safe to play with? - Understanding what is safe and unsafe to play with - Potential dangers in the environment - How dangers can affect siblings	<u>BEING RESPONSIBLE</u> Water Spillage - Helping people around - Understanding responsibility - The importance of preventing accidents - Recognising responsible and irresponsible choices <u>KEEPING/STAYING HEALTHY</u> Washing hands. - Understanding the reason why we wash our hands - Know how germs spread and effect our health - Learn how to wash hands properly - Healthy and unhealthy choices (knowing the difference) <u>OUR WORLD</u> Growing in our world - Understand the needs of a baby. - Recognise what you can do for yourself now you are older. - Describe the common features of family life. - Recognise the ways in which your family is special and unique.	<u>COMPUTER SAFETY</u> Online Bullying - How online activity can affect others - Positives and negatives use of technology - Asking for help - Recognising kind and unkind comments <u>RELATIONSHIPS</u> Friendship - How to be a good friend - Recognising kind and thoughtful behaviour - Importance of understand other's feelings - Other people's points of view - All different and being unique should be celebrated. <u>FIRE SAFETY SPECIAL</u> Fire prevention - How to prevent fires. - How to prevent incidents/accidents in our homes and communities.	1	1, 2	2	3	3	2

Year 2	<u>FEELINGS AND EMOTIONS</u> Worry - Worry and dealing with negative emotions: - Understand a range of emotions and how they make us feel physically and mentally - Recognise and name emotions and their physical effects. <u>RELATIONSHIPS</u> Bullying: - Understand bullying behavior. - Understand how to cope with bullying behavior. - Body language: - Understand that feelings can be shown without words. - Understand why it is important to care about other people's feelings <u>KEEPING/STAYING HEALTHY</u> Healthy eating - Understand what foods are needed for growth - Understand some foods are better than others - Recognise healthy food options - Understand how to Keep yourself and others healthy - Understand healthy and unhealthy options. Brushing Teeth - Understand why we brush our teeth. - Understand healthy and unhealthy options. - Understand how to be responsible for brushing our own teeth.	<u>BEING RESPONSIBLE</u> Practice Makes Perfect - Understand ways to improve in an activity or sport. - Understand the benefits of practising an activity or sport. - Helping Someone in Need - Understand how you can help other people - Understand the risks of talking to people you don't know very well in the community - British Red cross - 999 (C4L) - Understand when it is appropriate and not to dial 999 <u>COMPUTER SAFETY</u> Keeping safe online. - Online risks and personal information: - Understand warning signs regarding online safety. - Understand how to behave on the internet. <u>KEEPING/STAYING SAFE</u> Tying Shoelaces - Understand of safe and unsafe scenarios. <u>HAZARD WATCH - Delivered through C4L</u> - Understand what is a medicine. - Understand about medicines and the dangers around them. - Understand where to get medicine and help. - Understand the importance of safety around medicines.	Term 3A - Topics moved to other terms due to SATS <u>OUR WORLD</u> Living in our world - Understand why we should look after living things. - Identify how we can look after living things both inside and outside the home. - Recognise why it is important to keep our communities and country side clean. - Encourage others to keep their communities and country side clean. - Working in our world. - Understand different ways we can receive money. - Know how to keep money safe. - Describe the skills you may need for future jobs or careers. - Recognise the difference between wants and needs. <u>FIRE SAFETY SPECIAL</u> Hoax Calling - Understand the importance of being responsible an how our actions/choices can affect others. - Know what a 'hoax call' is and why it can be risky. - Understand why our emergency services are an important part of our community. - Be able to share knowledge of fire safety with others.	1	1,2	2	3	3	3
Year 3	<u>FEELINGS AND EMOTIONS</u> Grief - Recognise and name emotions and their physical effects of grief. - Learn a range of coping skills Consideration of combined elements of 3 year study. - Naming feelings. - Managing feelings. - Recognising feelings. <u>COMPUTER SAFETY</u> Making Friends - Be able to identify possible dangers and consequences of talking to strangers online. - Know how to keep safe in online chatrooms. Computer Safety Documentary Understand how to keep safe online. <u>KEEPING/STAYING SAFE</u> Staying safe. - Understand ways to keep self and others safe.	<u>BEING RESPONSIBLE</u> Stealing - Understand the difference between borrowing and stealing. - Understand and describe feeling when something is borrowed and not returned. - Understand why stealing is wrong - Recognise responsible and irresponsible behaviour. <u>KEEPING/STAYING HEALTHY</u> Medicine - Understand safety rules around medicine. - Understand how to use medicine safely. - Know when to accept medicine. - Understanding healthy and unhealthy choices.	<u>OUR WORLD</u> The working world - chores at home. - Identify way in which we can help those who look after us. - Explain the positive impact of our actions. - Describe the ways in which we can contribute to our home, school and community. - Identify the skills which we may need for futures jobs and careers. <u>RELATIONSHIPS</u> Touch - NSPCC underwear rule. - Understand what is appropriate and inappropriate touch - Know the importance for caring for other's feelings - Understand personal boundaries - Understand when to ask for help. - Be able to naming body parts <u>FIRE SPECIAL</u> Petty arson and using texting whilst driving. - Understand the importance of being responsible and how our actions/choices can affect others.	1	1,2	2	3	3	2

	• Recognise risky situations. • Be able to identify trusted adults and know the importance to why they should listen to them. • Understand safe and risky choices. • Recognise a range of warning signs • Understand dangers at home • .Recognise how to keep safe at home		• Be able to practise simple ways of staying safe an finding help. • Know that even small fires can be very dangerous. • Be able to identify the differences between safe and risky choices.						
Year 4	<u>KEEPING/STAYING SAFE</u> <i>Cycle Safety (Link to Bikability)</i> • Identify strategies to keep ourselves and others safe. • Identify a risky choice. <u>FEELINGS AND EMOTIONS</u> Jealousy: • Understand how we can support others who feel lonely, jealous or upset. • Learn and use a range of strategies for managing unpleasant emotions caused by feelings of jealousy. <u>COMPUTER SAFETY</u> Online Bullying • Identify cyberbullying and its consequences. • Develop coping strategies to use if we or someone we know is being bullied online. • Know how to ask for help.	<u>BEING RESPONSIBLE</u> Coming Home on Time • Understand the importance of being responsible in a range of situations. • Discuss a range of situations when being on time is important. . <u>KEEPING/STAYING HEALTHY</u> Healthy Living • Understand that too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older . <u>FIRST AID</u> • Identify and name situations that may require first aid. • List reasons why someone may struggle to breath. • Identify the signs of an asthma attack or choking. • Identify the signs of an allergic reaction and anaphylactic shock. • Understand the correct steps for seeking immediate emergency help, • Provide first aid treatment to someone who is struggling to breathe.	<u>A WORLD WITHOUT JUDGMENT</u> Breaking Down Barriers • Understand how can we focus on positive attributes in others. • Understand that being different is okay. • Understand how our judgements and opinion can affect others. <u>THE WORKING WORLD</u> Enterprise. • Understand and explain why people might want to save money. • Identify ways in which you can help out at home. • Understand how and why you can budget for items you want to buy. • Recognise ways to make money and the early stages of enterprise. <u>RELATIONSHIPS</u> Appropriate Touch - • (Recap of NSPCC - underwear rule.) • Know that relationships change as we grow. • Identify how relationships can be healthy and unhealthy. • Learn strategies for asking for help if needed. Changing bodies: • Understand periods and how to manage them (girls only).						
Year 5	<u>FEELINGS AND EMOTIONS</u> Anger • Understand about healthy and unhealthy anger. • Understand it is natural to feel angry but how it is expressed is important. • Understand how to debate. <u>COMPUTER SAFETY</u> Image Sharing • Understand the consequences of potential outcomes of sharing images online. Understand that there are rules and laws about sharing images online. Understand how to overcome pressures to share online. Understand rules and create a set of them to follow when sharing images online.	<u>BEING RESPONSIBLE</u> Looking Out for Others • Understand skills of how to speak out when someone is being unkind to us or others. • Describe caring and considerate behavior. • Understand why it is important to be considerate and stand up to people who are not behaving in an appropriate, responsible way. <u>A WORLD WITHOUT JUDGEMENT</u> Inclusion and Acceptance • Identifying being different and unique. • Understand elements of a diverse community. • Understand strategies to overcome barriers of diversity and inclusion. <u>THE WORKING WORLD.</u>	<u>KEEPING/STAYING HEALTHY</u> Smoking • Understand that cigarettes contain nicotine, which is a drug, and that there are risks (physical, social and legal) related to smoking. • Understand how smoking can affect your future health and wellbeing. • Understand strategies to manage pressures of smoking. Puberty • Understand what puberty means. • Understand the changes that boys and girls may go through during puberty • Understand why bodies go through puberty • Develop coping strategies to help with the different stages of puberty <u>FIRST AID</u> • Be able to complete a primary survey for first aid.						

