

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

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 De 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.		С	С	С	C	С	
	FEELINGS AND EMOTIONS	BEING RESPONSIBLE	COMPUTER SAFETY	C	С	С	C	С	
Year 1	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. KEEPING/STAYING SAFE Road Safety Safe play near roads. Crossing roads safely Safe and risky choices Ways to keep safe HAZARD WATCH Is it safe to eat or drink? Understanding what is safe and unsafe to eat and drink	Water Spillage • Helping people around • Understanding responsibility • The importance of preventing accidents • Recognising responsible and irresponsible choices KEEPING/STAYING HEALTHY 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) OUR WORLD Growing in our world • - Understand the needs of a baby.	Online Bullying How online activity can affect others Positives and negatives use of technology Asking for help Recognising kind and unkind comments RELATIONSHIPS 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. FIRE SAFETY SPECIAL Fire prevention How to prevent fires. How to prevent incidents/accidents in our homes and communities.	1	1, 2	2	3	3	2
	 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 	 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. 							

	FEELINGS AND EMOTIONS	BEING RESPONSIBLE	Term 3A - Topics moved to other terms due to						
Year 2	 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. RELATIONSHIPS 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 KEEPING/STAYING HEALTHY Healthy eating Understand what foods are needed for growth Understand come foods are betten than others 	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 COMPUTER SAFETY Keeping safe online. Online risks and personal information: Understand warning signs regarding online safety. Understand how to behave on the internet. KEEPING/STAYING SAFE Tying Shoelaces	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.	1 1,2	2	3	3	3	
	 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. 	 Understand of safe and unsafe scenarios. HAZARD WATCH - elivered through C4L 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. Hoax Calling • Understand the importance of being responsible of 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. 							
	FEELINGS AND EMOTIONS Grief	BEING RESPONSIBLE Stealing	OUR WORLD The working world scharge at home						
	 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. 	 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. 	 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. 						
Year 3	COMPUTER SAFETY	KEEPING/STAYING HEALTHY Medicine	RELATIONSHIPS Touch - NSPCC underwear rule.						
	 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 safety rules around medicine. Understand how to use medicine safely. Know when to accept medicine. Understanding healthy and unhealthy choices. 	 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 	1	1,2	2	3	3	2
	Understand how to keep safe online.		FIRE SPECIAL						
	KEEPING/STAYING SAFE		Petty arson and using texting whilst driving.						
	Staying safe. • Understand ways to keep self and others safe.		 Understand the importance of being responsible and how our actions/choices can affect others. 						
	- Onder stand ways to keep self and others sale.	I	I	<u> </u>			<u> </u>		

	 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. 		
	VEEDTNIC (CT AVITNIC CAFE a L a c	DETAILS DESCRIPTION	A WORLD WITHOUT THE CAPAT		
	KEEPING/STAYING SAFE Cycle Safety	BEING RESPONSIBLE	A WORLD WITHOUT JUDGMENT		
	(Link to Bikabilty)	Coming Home on Time	Breaking Down Barriers		
	 Identify strategies to keep ourselves and others safe. Identify a risky choice. 	 Understand the importance of being responsible in a range of situations. 	Understand how can we focus on positive attributes in others.		
	FEELINGS AND EMOTIONS Jealousy:	 Discuss a range of situations when being on time is important. 	 Understand that being different is okay. Understand how our judgements and opinion can affect others. 		
	Understand how we can support others who feel lonely, jealous or upset.	KEEPING/STAYING HEALTHY			
	Learn and use a range of strategies for managing	Healthy Living	THE WORKING WORLD Enterprise.		
	unpleasant emotions caused by feelings of jealousy.				
Year 4	COMPUTER SAFETY	Understand that too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are	Understand and explain why people might want to save money.		
7 541 1	 Online Bullying Identify cyberbullying and its consequences. 	older	 Identify ways in which you can help out at home. Understand how and why you can budget for items you 		
	 Develop coping strategies to use if we or someone we 	FIRST AID	want to buy.		
	know is being bullied online. Know how to ask for help.	Identify and name situations that may require first	Recognise ways to make money and the early stages of enterprise.		
	·	 aid. List reasons why someone may struggle to breath. 	enter prise.		
		 Identify the signs of an asthma attack or choking. 	RELATIONSHIPS		
		 Identify the signs of an allergic reaction and anaphylactic shock. 	Appropriate Touch -		
		 Understand the correct steps for seeking 	 (Recap of NSPCC - underwear rule.) Know that relationships change as we grow. 		
		immediate emergency help, • Provide first aid treatment to someone who is	Identify how relationships can be healthy and unhealthy.		
		struggling to breathe.	Learn strategies for asking for help if needed.		
			Changing bodies:		
	FEEL TAICS, AND EMOTTONS	DETAILS DESCRIPTION	Understand periods and how to manage them (girls only). USE TANKEN OF TANKEN OF THE ALE THE		
	FEELINGS AND EMOTIONS	BEING RESPONSIBLE	KEEPING/STAYING HEALTHY		
	Anger	Looking Out for Others	Smoking		
	 Understand about healthy and unhealthy anger. Understand it is natural to feel angry but how it is 	Understand skills of how to speak out when someone is	Understand that cigarettes contain nicotine, which is a drug, and that there are risks (physical, social and legal)		
	expressed is important.	being unkind to us or others.Describe caring and considerate behavior.	related to smoking.		
	Understand how to debate.	Understand why it is important to be considerate and	Understand how smoking can affect your future health and wellbeing.		
		stand up to people who are not behaving in an appropriate, responsible way.	Understand strategies to manage pressures of smoking.		
Year 5	COMPUTER SAFETY		Puberty		
	Image Sharing	A WORLD WITHOUT JUDGEMENT	Understand what puberty means.		
		Inclusion and Acceptance	Understand the changes that boys and girls may go through during puberty		
	 Understand the consequences of potential outcomes of sharing images online. 	·	Understand why bodies go through puberty		
	Sha ing inages online.	 Identifying being different and unique. Understand elements of a diverse community. 	Develop coping strategies to help with the different stages of puberty		
	Understand that there are rules and laws about sharing	 Understand strategies to overcome barriers of diversity 	233900 0, paso, 0,		
	images online. Understand how to overcome pressures to share online.	and inclusion.	FIRST AID		
	Understand rules and create a set of them to follow when	THE WORKING WORLD.	Be able to complete a primary survey for first aid.		
	sharing images online.				

	KEEPING/STAYING SAFE Bike ability- (Delivered late on in the year.) Peer Pressure	 In app purchases. Understand various money related terms. Recognise ways in which we can spend money via technology. Describe the potential impact of spending money 	 Demonstrate the recovery position for an unresponsive breathing casualty. Know when to deliver CPR. Demonstrate how to do CPR. Know when to call for emergency help. 		
	 Understand potential outcomes of taking risks. Understand what is peer pressure and why do we give in to it? Understand what to do in a range of scenarios featuring adult and children's views in order to develop strategies to cope with peer pressure. 	without permission. Identify strategies o save money.			
	FEELINGS AND EMOTIONS	BEING RESPONSIBLE	KEEPING/STAYING SAFE		
	Coping with worries and stress.	Stealing	Water Safety		
	 Recognise thought, feelings and emotions and understand the differences between those which make us feel good and those that feel not so good. Understand how we can recognise worry and support self or others who may be worried. 	 Understand the importance of not stealing. Understand we should not take people's possessions without permission. Understand why is it important to be considerate and maintain a positive reputation. Understand strategies learnt to support positive 	 Recognise warning signs and dangers of water. Understand keeping safe near water. 		
	COMPUTER SAFETY	behavior.	GROWING AND CHANGING		
Year 6	 COMPUTER SAFETY Making Friends Online Understand the potential dangers of talking to people online. Understand that fake online profiles exist, and people not always be who they say they area. A WORLD WITHOUT JUDGEMENT British Values Understand that there are a wide range of religions and beliefs in the UK. Explain each of the British values. Understand how all religions can live in cohesion. Discuss what is meant by the following terms: Equality is Diversity is Cohesion means to 	KEEPING/STAYING HEALTHY Alcohol, drugs and medicine • Predict and assess the level of risk in different fun situations. • Understand the risks associated with alcohol. • Discussion on staying healthy and new skills learnt during the unit Revisit the Healthy Lifestyle choices activity	Puberty and Conception Understand the terms conception and reproduction. Understand the function of the male and female reproductive systems. Understand the different stages of pregnancy FIRST AID Identify a range of situations that may require first aid. Understand how to support someone with minor or serious head injuries. Understand how to support someone with a severe bleed. Know when to call for medical help. Understand how to support someone with minor burn or scald. Understand how to support someone who is having a heart attack. Understand how to support someone with a		
			fractured bone.		
					

Core themes

KS1 and 2

FEELINGS AND EMOTIONS

KEEPING/STAYING SAFE

BEING RESPONSIBLE

KEEPING/STAYING HEALTHY

COMPUTER SAFETY

Relationships (KS1 and yr 3)

GROWING AND CHANGING (KS2)