



Thorpe Hesley Primary School Long Term Plan

Subject: PSED/PSHE

Year: 2025-26

	Content Coverage					
	Person of Interest & Visit/Visitor					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Marvellous me/ feelings and friendships	Anti-bullying, safer stranger and diversity Responsibility	CHIPS/ mindfulness Extending friendships (new starters)	Healthy lifestyle	Conflict resolution	Setting Goals Communicating to solve conflict Transition
Reception	Good to be me/ Feelings	Anti-bullying, safer stranger and diversity	CHIPS/ mindfulness How can I help?	Negotiating What makes me happy?	Philosophy for Children How do I stay happy?	Setting Goals Transition
Year 1	The caring school and feelings and friendships	Special people and anti-bullying	Healthy eating and hygiene	Physical health and well-being	Growing and changing	Keeping myself safe/ The world of drugs
Year 2	The caring school	Feelings and relationships	Healthy lifestyles	Growing and changing	Keeping myself safe	The world of drugs
Year 3	The caring school and feelings, friends and friendships	Relationships, loss and separation	Choices, emotions and difference	My healthy body, taking responsibility for my healthy lifestyle	Keeping myself safe	The world of drugs
Year 4	The caring school and feelings, friends and friendships	Respecting the difference between people	My healthy body	Caring for my body	Keeping myself safe	The world of drugs
Year 5	The caring school and bullying, pressure and risks	Me and my relationships	Healthy lifestyles	Healthy lifestyles	Growing up – relationships and responsibilities of puberty	The world of drugs



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Year 6	The caring school and growing up	Emotions and transition to secondary school	Growing up and responsibilities	Growing up and responsibilities	Rollercoaster: the ups and downs of puberty	The world of drugs and keeping safe online. Sex education *
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