



St. William's Catholic Primary School LTP Overview

PSHE/RSE Long Term Plan Overview

Year: 2025/26

Key
 Scarf objectives
 Journey in Love objectives
 First Aid Links
 Road Safety Workshops
 Drowning Prevention Workshops
 MHST: Wellbeing Sessions



	Autumn 1 Me and my relationships	Autumn 2 Valuing Difference	Spring 1 Keeping Myself Safe	Spring 2 Rights and Responsibilities	Summer 1 Being My Best	Summer 2 Growing and Changing
EYFS	Talk about why we are each special, feelings, families and who can help JIL Social and Emotional: To recognise the joy of being a special person in my family.	Similarities and differences in families and homes	Medicines, feelings and people who keep us safe JIL: Physical: To recognise that we are all different and Unique.	Looking after myself, my classroom, home and money	Looking after my body: Exercise, healthy food and a good night's sleep.	Seasons, life cycle of plants and humans First Aid: External Provider Drowning Prevention Workshop JIL: Spiritual: To celebrate the joy of being a special person in God's family.
Year 1	Classroom rules, feelings and friendships JIL Social and Emotional: To recognise signs that I am loved in my family.	Appreciate differences in others Know difference between teasing, unkindness and bullying	How medicines can make us feel better Importance of sleep, people who can help us JIL Physical: To recognise how I am cared for and kept safe in my family.	Looking after the school environment Where money comes from	Eat well plate, 5 a day How to prevent the spread of disease, Overcoming challenges resolving conflicts and positive feedback JIL - Spiritual: To celebrate ways that God loves and cares for you.	Taking care of a baby, toddler, now Differences between teasing and bullying Surprises and secrets Keeping privates private First Aid: External Provider Drowning Prevention Workshop
Year 2	Classroom rules Understand the difference between bullying and teasing JIL: Social and emotional: To recognise the joy and friendship of belonging to a diverse community.	How do we make other's feel? Being left out	Keeping myself safe Examples of things we can do to feel better without medicines Saying 'no', safe secrets JIL: Physical: To describe ways of being safe in communities	Choices around behaviour Choices around money Keeping online information private	Healthy and unhealthy choices Handwashing, vaccines Energy, exercise and sleep JIL: Spiritual: To celebrate ways of meeting God's love in our communities	Positive feedback Identify feelings of loss and being reunited People who can help in school or community Looking after the environment Respecting Privacy First Aid: External Provider Spotting dangers within the home environment. Danger responses Recovery Position Drowning Prevention Workshop
Year 3	Dealing with loss Resolving conflict Looking after special people, JIL: Social and Emotional: To describe and give reasons how friendships make us feel happy and safe. Road Safety	Recognise that repeated name calling is a form of bullying Celebrating differences in communities and neighbours. Understand what is meant by 'adoption' and 'fostering'	Identify strategies for assessing risk Understand that medicines are 'drugs'	Volunteers, Who helps to keep us safe and healthy Understand 'income' 'earnings' and 'spending' JIL: Physical: To describe why friendships can break down, how they can be repaired and strengthened.	Explain how the eatwell plate benefits the body Reducing the risk of spreading infectious Diseases Empathise with different view points Talents JIL: Spiritual: To celebrate the joy and happiness of living in friendship with God and others.	Personal Space Safe and unsafe secrets None of your business: understanding how to stay safe online/how to protect yourself First Aid: External Provider Choking Nose Bleeds CPR Asthma Attack Drowning Prevention Workshop

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Year 4	<p>Strategies to deal with bullying What makes a positive, healthy relationship Teamwork and collaboration</p> <p>JIL: Social and Emotional: To describe how we all should be accepted and respected.</p>	<p>Understand the terms 'negotiate' and 'difference' Recognise different relationship types</p> <p>Road Safety</p>	<p>Understand the terms 'risk' and 'hazard' Explain safety issues for medicines</p> <p>JIL: Physical: To describe how we should treat others making links with the diverse modern society we live in.</p>	<p>Being 'responsible' Reasons for rules Media influence Understand 'income' and 'expenditure', 'VAT', 'income tax' and 'National Insurance'</p>	<p>Being unique making own choices Plan a healthy menu based on the eatwell plate 7 R's School Community</p>	<p>Moving house Recognise how secrets and surprises might make them feel Negotiation and compromise First Aid: TBC Drowning Prevention Workshop</p> <p>JIL: Spiritual: To celebrate the uniqueness and innate beauty of each of us.</p>
Year 5	<p>Identify what makes a relationship unhealthy Friendships Assertiveness, collaboration, online communication</p> <p>JIL: Social and Emotional: To show knowledge and understanding of emotional relationship changes as we grow and develop.</p>	<p>Describe key qualities on friendship, how to make them last and why they sometimes end. Discrimination, injustice and racism Benefits of living in a diverse society</p>	<p>Positive and negative risks Strategies to deal with face to face and online bullying Understand that not all medicines are drugs</p>	<p>Difference between fact and opinion Current media health issues Difference between rights, responsibilities and duties Community groups Spending wisely (loans, debts, interest and credit) Local elections</p>	<p>Internal organs, Strengths and talents Improving the school community Star Qualities</p>	<p>Resilience Inappropriate touch Impact of actions Identify situations when someone may need to break a confidence Stereotypes</p> <p>First Aid: TBC Drowning Prevention Workshop</p>
				<p>JIL: Physical: To show knowledge and understanding of the physical changes in puberty.</p>	<p>JIL: Spiritual: To celebrate the joy of growing physically and spiritually.</p>	
Year 6	<p>Assertiveness Negotiations, compromise, solving friendship problems</p> <p>JIL: Social and Emotional To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.</p>	<p>Suggest strategies of dealing with bullying as a Bystander</p> <p>Understand 'prejudice' and 'mutual respect'</p> <p>Recognising and celebrating difference Gender Stereotyping</p>	<p>Staying safe online.</p> <p>Different categories of drugs and the law</p> <p>Alcohol norms and consumption</p>	<p>Explain difference between 'fact', 'opinion', 'biased' and 'unbiased',</p> <p>Money: Different ways of saving, jobs and taxes.</p> <p>Democracy: elections and laws Sustainability of the environment Purpose of a community /voluntary group.</p> <p>JIL: Spiritual To show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships.</p>	<p>Aspirations and goal setting Assessing/managing risks</p>	<p>Managing change Identify qualities people have as well as their looks Recognise media influence on Stereotypes</p> <p>First Aid: External Provider Bleeding</p> <p>Drowning Prevention Workshop</p> <p>Stress Management</p> <p>Transition Workshop</p> <p>Road Safety</p> <p>JIL: Physical To explain how human life conceived.</p>

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2025/26 PSHE Enrichment Opportunities

**Visitors and other resources used to enhance the PSHE curriculum
(some are referenced in the LTP above).**

Note: we will also aim to respond to the growing needs of individual cohorts.

PSHE	Health and Wellbeing	
<p>CORAM Education Workshops</p> <p>EYFS- All about me Year 1- My Wonderful Body Year 2- Feelings Year 3- Meet the Brain Year 4- It's Great to be Me! Year 5- Friends Year 6- Decisions</p>	<p>Mental Health Schools Team</p> <p>Y6- Stress Management Y6- Transition Cohort dependent- Sleep Hygiene</p>	<p>Drowning Prevention Workshops (Canal and Water Safety Trust)</p> <p>Nursery- Year 6</p> <p>Spotting the dangers associated with open water.</p>
Economic Wellbeing	Personal Safety and Health Lifestyles	Relationships
<p>Money Management: Debt Aware (Financial Education) Y5 and Y6</p> <p>Money Management Tell the difference between needs and wants and explain why needs come first. Understand the importance of budgeting and saving for the future. Recognise different ways to pay for goods and services. Work and Income Identify the skills and qualifications needed for different jobs. Explain why pay differs between occupations. Understand the difference between gross and net pay. Recognise the importance of career planning.</p> <p>Financial Choices and Risks Explain why people borrow money, where they borrow from, and the difference between affordable and problem borrowing. Understand what financial risk is and why gambling can be harmful. Judge whether something offers good value for money and how advertising can influence decisions.</p>	<p>Cycling Proficiency Year 6- Bikeability</p> <p>Food Hygiene Year 3</p>	<p>Anti-bullying Workshop</p> <p>EYFS- Celebrating difference and appreciating diversity. Key Stage One- (As above) Key Stage Two- (As above), everyday racism, allyship, changemakers.</p>

Describe what entrepreneurship is and how business ideas can be developed.		
Road Safety	Health and Wellbeing	Rock Kidz UK Mental Health and Wellbeing
Year 3- Identifying Hazards Year 4- Identifying Hazards Year 6- Moving up to High School (Urban Camouflage)	Tri-Kidz (Triathlon participation workshops) Year 1-Year 6	Nursery-Year 6