

## Lakenheath Primary School PSHE Long Term Plan

(Using Cambridgeshire Personal Development Programme)



Year A	Autumn		Spring		Summer	
Reception	<b>Myself and my relationships 1</b> Beginning and belonging  <b>Myself and my relationships 2</b> My family and friends	<b>Myself and my relationships 3</b> My emotions	<b>Citizenship 1</b> Identities and diversity	<b>Citizenship 2</b> Me and my world	<b>Healthy and safer lifestyles 1</b> My body and growing up  <b>Healthy and safer lifestyles 2</b> Keeping safe (including drug education)	<b>Healthy and safer lifestyles 3</b> Healthy Lifestyles
Year 1/2	<b>Myself and My Relationships 4</b> Beginning and Belonging (NB)	<b>Healthy and Safer Lifestyles 7</b> Healthy Lifestyles	<b>Citizenship 3</b> Working Together (GFG)	<b>Citizenship 5</b> Rights, Rules and Responsibilities (NB)	<b>Healthy and Safer Lifestyles 5</b> Safety Contexts	<b>Healthy and Safer Lifestyles 6</b> Sex and Relationships Education
		<b>Myself and My Relationships 7</b> Anti-bullying (SNTB)			<b>Myself and My Relationships 5</b> Me and My Emotions (GTBM)	<b>Healthy and Safer Lifestyles 8</b> Drug Education
Year 3/4	<b>Myself and My Relationships 9</b> Beginning and Belonging (NB)	<b>Myself and My Relationships 10</b> My Emotions (GTBM)	<b>Healthy and Safer Lifestyles 13</b> Sex and Relationships Education	<b>Healthy and Safer Lifestyles 14</b> Healthy Lifestyles	<b>Economic Wellbeing 2</b> Financial Capability	<b>Healthy and Safer Lifestyles 15</b> Drug Education
		<b>Myself and My Relationships 12</b> Anti-bullying (SNTB)				<b>Myself and My Relationships 13</b> Managing Change (R,C)
Year 5/6	<b>Citizenship 11</b> Rights, Rules and Responsibilities (NB)	<b>Myself and My Relationships 15</b> My Emotions (GTBM)  <b>Myself and My Relationships 17</b> Anti-bullying (SNTB)	<b>Citizenship 9</b> Working Together (GFG)  <b>Citizenship 10</b> Diversity and Communities	<b>Healthy and Safer Lifestyles 18</b> Managing Risk	<b>Healthy and Safer Lifestyles 24</b> Sex and Relationships Education	<b>Healthy and Safer Lifestyles 22</b> Drug Education  <b>Healthy and Safer Lifestyles 23</b> Personal Safety

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Year B	Autumn		Spring		Summer	
Reception	<b>Myself and my relationships 1</b> Beginning and belonging  <b>Myself and my relationships 2</b> My family and friends	<b>Myself and my relationships 3</b> My emotions	<b>Citizenship 1</b> Identities and diversity	<b>Citizenship 2</b> Me and my world	<b>Healthy and safer lifestyles 1</b> My body and growing up  <b>Healthy and safer lifestyles 2</b> Keeping safe (including drug education)	<b>Healthy and safer lifestyles 3</b> Healthy Lifestyles
Year 1/2	<b>Myself and My Relationships 8</b> Managing Change (R, C)	<b>Economic Wellbeing 1</b> Financial Capability	<b>Citizenship 4</b> Diversity and Communities  <b>Citizenship 5</b> Rights rules and responsibilities	<b>Myself and My Relationships 6</b> Family and Friends (GOFO)	<b>Healthy and Safer Lifestyles 9</b> Personal Safety	<b>Healthy and Safer Lifestyles 10</b> Sex and Relationships Education
	<b>Healthy and Safer Lifestyles 4</b> Managing Risk	<b>Myself and My Relationships 7</b> Anti-bullying (SNTB)				
Year 3/4	<b>Citizenship 8</b> Rights, Rules and Responsibilities (NB)	<b>Myself and My Relationships 11</b> Family and Friends (GOFO)  <b>Myself and My Relationships 12</b> Anti-bullying (SNTB)	<b>Citizenship 6</b> Working Together (GFG)  <b>Citizenship 7</b> Diversity and Communities	<b>Healthy and Safer Lifestyles 11</b> Managing Risk	<b>Healthy and Safer Lifestyles 12</b> Safety Contexts	<b>Healthy and Safer Lifestyles 16</b> Personal Safety  <b>Healthy and Safer Lifestyles 17</b> Sex and Relationships Education
Year 5/6	<b>Myself and My Relationships 14</b> Beginning and Belonging (NB)	<b>Myself and My Relationships 17</b> Anti-bullying (SNTB)	<b>Healthy and Safer Lifestyles 20</b> Sex and Relationships Education	<b>Economic Wellbeing 3</b> Financial Capability	<b>Healthy and Safer Lifestyles 19</b> Safety Contexts	<b>Myself and My Relationships 18</b> Managing Change (R,C)
				<b>Myself and My Relationships 16</b> Family and Friends (GOFO)	<b>Healthy and Safer Lifestyles 21</b> Healthy Lifestyles	

