

Banister Primary School Long Term Plan PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside the home	Looking back and moving on
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Families and growing together	Positively engaging with our world
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Me, my body and growing up	Respecting boundaries	Safe connections online	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Manage money and online spending	Changes in puberty	Drug education: assessing risk and managing influences	Developing our AI literacy	Looking to the future

Year 1

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Making friends: playing and learning together This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying Your lessons: Lesson 1 (Ground rules, rule!): I can explain why we have rules. Lesson 2 (Learning and playing together): I can show how to listen carefully and work and play kindly with others. Lesson 3 - 5 (Friendship and bullying): 3- I can explain how to make friends and be kind to others. 4 - I can understand that friends sometimes fall out and make up, and I can ask for help if a friendship makes me feel sad. 5 - I can be kind and know what to do if I see someone being unkind. Lesson 6 (consent): I can understand what it means to ask for permission.	Mental health and wellbeing This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them. Your lessons: Lesson 1 – 5 (Foundations for wellbeing) Lesson 1: I can talk about different feelings. Lesson 2: I can understand what distraction means. Lesson 3: I can notice and pay attention to pleasant feelings. Lesson 4: I can understand the difference between helpful and unhelpful thoughts. Lesson 5: I can learn about different ways of reacting.	Celebrating me, you and our families This unit explores similarities and differences, as well as everyone’s individuality. Pupils look at different families, and how family members can show care and love for each other. Your lessons: Lesson 1 (Personal identity): I can understand that everyone is unique and has their own special qualities. Lesson 2 (Belonging and community): I can understand that everyone is equal. Lesson 3 (Families): I can learn about what makes a family. Lesson 4 (Families): I can understand that there are different types of families.	Safety at home This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines. Your lessons: Lesson 1 (Keeping safe at home): I can identify how to keep safe at home. Lesson 2 – 4 (Drug education) Lesson 2: I can understand what goes into bodies, onto skin and how it makes people feel. Lesson 3: I can understand medicines and the people who help someone stay healthy. Lesson 4: I can stay safe around medicines and household products.	Being healthy This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety. Your lessons: Lesson 1 (Keeping safe: sun safety): I can explain how to keep safe in the sun. Lesson 2 (The sleep factor): I can identify things that help me fall asleep and get a good nights sleep. Lesson 3 (Food for thought): I can understand what it means to keep healthy. Lesson 4 (Dental health): I can explain how to look after my teeth. Lesson 5 (The importance of handwashing): I can understand the importance of personal hygiene. Lesson 6 (Physical activity lesson): I can explain how moving my body keeps it healthy.	Showing kindness to ourselves and others This unit revisits learning about feelings, and explores the importance of kindness. Your lessons: Lesson 1-3 (OHID: Every mind matters) Lesson 1: I can name and recognise feelings. Lesson 2: I can understand why kindness is important. Lesson 3: I can identify things that make me and others happy. Lesson 4 onwards (Croydon: Wellbeing way) Additional lessons: Foundations for wellbeing: revisit the extension and embedding activities in year 1.

Year 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing This unit builds on the learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement). Your lessons: Lesson 1 – 5 (Foundations for wellbeing) Lesson 1: I can notice and name my thoughts and feelings. Lesson 2: I can name different things that can distract me. Lesson 3: I can try ways to change how I think and feel. Lesson 4: I can identify unhelpful thoughts and try to change them. Lesson 5: I can understand my reactions and choose a good way to respond. Lesson 6 (Change loss and grief): I can understand different types of change and how this affects people.	Keeping safe online This unit explores how online content can impact feelings, and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information). Your lessons: Lesson 1 – 3 (CEOP: Jessie and Friends) Lesson 1: I can explain how to make safe choices when watching videos online. Lesson 2: I can explain how to make safe choices when sharing videos. Lesson 3: I can explain how to make safe choices when playing games online. Lesson 4 – 5 (BBFC: Watch out!) Lesson 4: I can understand how to make good viewing choices. Lesson 5: I can understand how to keep my viewing choices safe for my age.	Me, my body and staying safe This unit explores how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe. Your lessons: Lesson 1 – 3 (Medway: Changing and growing up) Lesson 1: I can talk about special people in my life and how we care for each other. Lesson 2: I can talk about how people change as they grow. Lesson 3: I can name different parts of the body, including private parts. Lesson 4 – 5 (NSPCC: Talk PANTS) Lesson 4: I can understand the Talk PANTS rules and how they keep me safe. Lesson 5: I can understand the Talk PANTS rules and how they keep me safe.	Money and work This unit examines people's different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants. Your lessons: Lesson 1 – 2 (The Careers and Enterprise Company) Lesson 1: I can understand that everyone is good at and likes different things. Lesson 2: I can name different jobs and what people do at work. Lesson 3 – 4 (Money and wellbeing) Lesson 3: I can understand what money is and where it comes from. Lesson 4: I can make choices about spending and saving money.	Keeping safe outside the home This unit builds on prior learning about risk through the context of road and rail safety. Pupils learn what an 'emergency' is and how to get help from an adult in an emergency, or call 999 themselves if they need to. Your lessons: Lesson 1 – 2 (Road and rail safety) Lesson 1: I can explain how to cross the road safely. Lesson 2: I can explain how to keep safe around railways. Lesson 3 (Emergencies lesson): I can explain what an emergency is and how to get help. Lesson 4 (Environment agency): I can explain how to care for the environment and why it is important.	Looking back and moving on Use this unit to consolidate learning – this could include an extended project rehearsing skills and extending knowledge from previous units. It is also an opportunity to celebrate pupils' achievements and prepare them for the transition to key stage 2. Your lessons: Lesson 1 – 3 (Foundations for wellbeing) Revisit the extension and embedding activities in year 2 lessons. Lesson 4 (Embracing change and new challenges): I can talk about my feelings and ways to manage them when moving to a new class.

Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Me, my friends and belonging This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included. Your lessons: Lesson 1 (Personal identity): I can talk about my identity and how people might express who they are. Lesson 2 – 3 (Medway): Lesson 2: I can describe what makes a good friend and why friendships are important. Lesson 3: I can explain how to be a good friend and solve problems with others. Lesson 4 (Belonging and community): I can explain why being part of a group is important and how it can make people feel good.	Mental health and wellbeing Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries. Your lessons: Lesson 1 – 5 (Foundations for wellbeing) Lesson 1: I can notice my thoughts and feelings and understand that emotions can feel stronger or weaker at different times. Lesson 2: I can understand what distractions are and use ways to manage them. Lesson 3: I can recognise helpful thoughts and feelings. Lesson 4: I can recognise when I feel worried and use ways to help me feel better. Lesson 5: I can understand that being calm can help me make good choices and manage how I respond.	Building healthy habits This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity. Your lessons: Lesson 1 – 3 (Food for thought) Lesson 1: I can explain why eating and drinking healthily is important. Lesson 2: I can understand what influences my choices about food and drink and make healthy decisions. Lesson 3: I can help plan and prepare a healthy meal. Lesson 4 (Dental health): I can explain how to look after my teeth. Lesson 5 (physical activity lesson coming soon)	Making choices online This unit explores how to protect information online and make choices about online content, including understanding age ratings. Your lessons: Lesson 1 – 2 (NSCS: CyberSprinters) Lesson 1: I can create and keep a password safe to protect my personal information. Lesson 2: To learn how to protect personal information and devices. Lesson 3 – 4 (BBFC: Let's watch a film) Lesson 3: I can understand what age ratings mean for films and media. Lesson 4: I can choose films that are right for me and say no if I feel unsure. Lesson 5 (Paying to play lesson coming soon)	Keeping safe out and about This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water. Your lessons: Lesson 1 (Keeping safe: sun safety): I can manage the risks of sun exposure by protecting my skin and staying safe in hot weather. Lesson 2 (Road and rail safety L4): I can recognise and manage risks to stay safe near railways. Lesson 3 – 4 (Environment agency) Lesson 3: I can explain how to stay safe by knowing how to behave near canals and rivers. Lesson 4: I can recognise the risks of flooding and know how to stay safe.	Looking out for each other This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services. Your lessons: Lesson 1 – 3 (St John's Ambulance: First aid) Lesson 1 (allergies): I can recognise and respond to an allergic reaction, including knowing when to get emergency help. Lesson 2 (bites and stings): I can recognise and respond to bites or stings, including helping someone safely and knowing when to get medical help. Lesson 3 (calling for help): I can respond safely in an emergency by calling for help and giving the correct information. Lesson 4 onwards (Foundations for wellbeing): revisit the extension and embedding activities

Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing Building on the learning in year 3, this unit extends pupils' understanding of self-regulation strategies and explores factors that can support wellbeing. Your lessons: Lesson 1 – 5 (Foundations for wellbeing) Lesson 1: I can describe my emotions and how strong they feel to help me manage them. Lesson 2: I can recognise internal and external distractions and use strategies to manage them. Lesson 3: To learn about different ways of thinking and how this impacts wellbeing. Lesson 4: I can use strategies to manage my worries and improve my emotions and behaviour. Lesson 5: I can use strategies to help manage my responses in different situations. Lesson 6 (Change, loss and grief): I can understand how life changes can affect feelings and use strategies to cope with loss and grief.	Exploring ways to manage risk This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety. Your lessons: Lesson 1 (Firework safety): I can stay safe by knowing how to behave around fireworks, bonfires and sparklers. Lesson 2 (Keeping safe at home): I can identify risks at home and make safe choices to manage them. Lesson 3 (Road and rail safety L3): I can take responsibility for my safety by making safe choices when using roads. Lesson 4 (Exploring risk in relation to gambling): I can recognise and manage risks in everyday situations to keep myself safe. Lesson 5 – 6 (Drug education): Lesson 5: I can use medicines and household products safely to keep myself and others safe. Lesson 6: I can understand how substances like caffeine, cigarettes, vaping and alcohol can affect people's health.	Forming respectful relationships This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of kindness. Your lessons: Lesson 1 – 3 (Friendship and bullying) Lesson 1: I can understand why friendships are important and how they help me feel supported and valued. Lesson 2: I can understand how friendships can face challenges and how to deal with them positively. Lesson 3: I can respond to bullying and hurtful behaviour in a safe and positive way. Lesson 4 (OHID: Every mind matters kindness): I can understand how being kind can have a positive impact on myself, others and the world around me.	Money matters and news literacy This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions. Your lessons: Lesson 1 – 2 (money and wellbeing): Lesson 1: I can understand how money is used and why it is important in people's lives. Lesson 2: I can understand how people make decisions about spending money based on needs, value, and their budget. Lesson 3 – 5 (Guardian Foundation: NewsWise L3/L4) Lesson 3: I can understand that the news helps keep us informed. Lesson 4: I can talk about news stories and how they make people feel.	Families and growing together This unit supports pupils' understanding of diverse family structures, and how families can change. . Your lessons: Lesson 1 – 3 (Families KS2) Lesson 1: I can understand different family relationships. Lesson 2: I can understand that families can be different. Lesson 3: I can understand that families can change over time. Lesson 4 (Committed relationships and family life): I can understand what a committed relationship is, including marriage and civil partnership.	Positively engaging with our world This unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing. Your lessons: Lesson 1 – 3 (Guardian Foundation: NewsWise L5/L6/L7) Lesson 1: I can ask questions about where information comes from. Lesson 2: .I can use simple strategies to tell if news stories are real or fake. Lesson 3: I can question the images used in news stories. Lesson 4-6(UCL: Climate change – empathy and agency KS2) Lesson 4: I can understand how connecting with nature and other strategies can help my wellbeing. (To possibly be covered over 2 lessons) Lesson 5: I can understand how people can help look after the environment. Lesson 6: I can understand why working together in a community helps care for nature and our local environment.

Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Friendships, stereotypes and bullying This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognize and challenge stereotypes and prejudiced or extreme views. Your lessons: Lesson 1 – 3 (Friendship and bullying) Lesson 1: I can understand why it is important to include others and the benefits it brings. Lesson 2: I can understand how to be a good friend and communicate respectfully. Lesson 3: I can understand how bullying affects people and know how to get help. Lesson 4 – 5 (Belonging and community L3/L4) Lesson 4: I can understand how stereotypes can affect how people think and act towards others. Lesson 5: I can understand that people's views can be influenced by others and know how to challenge them.	Mental health and wellbeing This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing. Your lessons: Lessons 1 – 5 (Foundations for Wellbeing Y5) Lesson 1: I can understand how to manage my thoughts and feelings in everyday situations. Lesson 2: I can understand helpful and unhelpful distractions and how to manage them. Lesson 3: I can understand how my brain can change and how positive thinking helps my wellbeing. Lesson 4: I can understand how changing my thinking about a situation can help my wellbeing. Lesson 5: I can understand how managing my reactions can help my wellbeing.	Me, my body and growing up This unit focuses on the physical and emotional changes experienced during puberty, and builds pupils' confidence in using the Talk PANTS rule to keep safe. Your lessons: Lesson 1 – 4 (Medway: Changing and growing up Y4-5) <i>Lessons 1 – 4 need to be taught to all children but if needed children can be split into girls and boys depending on cohort, classes and individual children.</i> Lesson 1: I can understand the physical changes that happen during puberty. Lesson 2: I can understand the biological changes that happen during puberty. Lesson 3: I can understand why personal hygiene is important during puberty. Lesson 4: I can understand the emotional changes that happen during puberty. Lesson 5 (NSPCC: Talk PANTS): I can understand why it is important to treat others with respect and how the PANTS rules can help keep me safe.	Respecting boundaries This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission. Your lessons: Lesson 1 – 3 (Consent) Lesson 1: I can understand what consent means and ask for permission. Lesson 2: To learn about personal boundaries. Lesson 3: I can understand the difference between appropriate and inappropriate touch. Repeat or discuss briefly: Lesson 4 (NSPCC: Talk PANTS 9-11): I can treat others with respect and use the PANTS rules to stay safe.	Safe connections This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime. Your lessons: Lesson 1 – 3 (CEOP: Play, like, share) Level 1 or Level 2 resources depending on cohort of children. Lesson 1: I can make safe choices online and keep my personal information protected. Lesson 2: I can share safely online and know who to ask for help if I need it. Lesson 3: I can recognise pressure online and know how to respond safely. Lesson 4 – 5 (CEOP: Connect Y5-6) Lesson 4: I can understand how to have healthy and respectful relationships. Lesson 5: I can learn about socialising safely when I am online. Lesson 6 (NCA: Making the right CyberChoices) I can make safe choices when using computers and devices.	Embedding healthy habits and learning first aid This unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid. Your lessons: Lesson 1 (Melanoma Fund: Sunguarding schools KS2): I can stay safe in the sun and explain why sun protection is important. Lesson 2: I can build my confidence to move with control and belief in myself. Lesson 3: I can include everyone and be a good team player. Lesson 4: I can think positively and set goals to help me succeed. Lesson 5 – 6 (St John's Ambulance: First aid) Lesson 5 (L2 Asthma): I can recognise an asthma attack, help safely, and get the right support. Lesson 6 (L9 Head injuries): I can recognise a head injury, give basic first aid, and get help if needed.

Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school. Your lessons: Lesson 1 – 5 (Foundations for Wellbeing) Lesson 1: I can spot how I'm feeling and name it to help me handle it. Lesson 2: I can spot distractions and use strategies to help me stay focused. Lesson 3: I can use positive thinking to help me feel good and support my wellbeing. Lesson 4: I can spot when I'm worrying too much and use strategies to help myself feel calmer. Lesson 5: I can spot when I feel stressed and use ways to help myself feel calmer. Lesson 6 (Change, loss and grief Y5-6 L3): I can understand feelings of loss and use ways to help myself cope with sadness and grief.	Managing money and online spending This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending. Your lessons: Lesson 1 – 2 (Money and wellbeing) Lesson 1: I can understand how money can affect how I feel and learn ways to stay positive. Lesson 2: I can think carefully about what I see and make smart choices as a consumer. Lesson 3 (Exploring risk in relation to gambling): I can spot risks in everyday situations and make safe choices. Lesson 4 – 5 (Online financial harms) Lesson 4: I can spot what influences me to spend money online and make smarter choices. Lesson 5: I can understand how spending money online can affect how I feel and make positive choices.	Changes in puberty This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns. Your lessons: Lesson 1 – 3 (Medway: Changing and growing up – Y6) Lesson 1: I can explain how my body and feelings may change during puberty. Lesson 2: I can understand how change happens as I grow up and how to become more independent. Lesson 3: I can recognise the qualities of positive, healthy relationships and how to build them. Lesson 4 (The sleep factor): I can understand why sleep matters and use routines to help me sleep well.	Drug education: assessing risk and managing influences This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use. Your lessons: Lesson 1 – 4 (Drug education) Lesson 1: I can explain how the correct use of medicines and vaccinations supports health and wellbeing. Lesson 2: I can understand how drugs can affect my body and make safe choices. Lesson 3: I can understand why people might use drugs and say no to pressure from others. Lesson 4: I can spot mixed messages about drugs in the media and make safe, informed choices.	Developing our AI literacy This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use. Your lessons: Lesson 1 – 3 (Understanding AI: Rights, safety and wellbeing lessons) Lesson 4 – 5 (Home office – digital deception: understanding deepfakes Y5-6) Lesson 4: I can understand how AI images and videos are made and how they can affect people. Lesson 5: I can understand how to create and share AI content responsibly and make good choices online. Lesson 6 (Pick your pics): I can choose safe images to share online and know what should stay private.	Looking to the future This unit explores career related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school. Your lessons: Lesson 1 – 3 (The careers and enterprise company: careers explorers KS2) Lesson 1: I can understand the skills people need for different jobs. Lesson 2: I can understand how people choose jobs and what helps them decide. Lesson 3: I can understand the different paths people can take to get the jobs they want. Lesson 4 (Embracing change and new challenges): I can understand my feelings about moving to secondary school and use ways to help myself feel confident.