

PSHE - Long Term Planner

SEAL: New Beginnings RSE: Sharing	
SEAL: Good to be me RSE: Knowing Myself	
SEAL: Going for Goals RSE: Ourselves	
SEAL: Getting on and Falling Out RSE: Caring for Living things	
SEAL: Relationships RSE: Making Personal Choices	
SEAL: Changes RSE: Making Personal Choices	

	Autumn 1 New Beginnings	Autumn 2 Good to be me	Spring 1 Going for Goals	Spring 2 Getting on and Falling out	Summer 1 Relationships	Summer 2 Changes
Yr 1	My school Becoming familiar with their new class, teachers and peers	Myself Exploring and identifying personal interests	Clothes Identifying what is needed to achieve a goal	Animals Beginning to explore and form friendships	Food and Drink Expressing when they feel hurt	Transport Noticing changes on themselves and others
Yr 2	People Who help us Actively participating, transitioning and initiating a variety of interactions	Toys and Games Expressing preferences and rejecting	Friends and Family Achieving simple goals with increased independence	Shops Exploring the feeling of anger (e.g., through stories, zones of regulation)	Plants Identifying people who love them and they can go to for support (e.g., family)	Holidays Noticing and commenting on things that change and things that stay the same
Yr 3	Pets Waiting, sharing and taking turns	Light and Dark Requesting specific help with things they find hard	Healthy Eating Demonstrating resilience when making mistakes	Houses and Homes Expressing the feeling of anger and exploring regulation strategies	Mini beasts Exploring and expressing feeling sorry and/or guilty	Water Understanding that changes can cause positive and negative emotions
Yr 4	Money Following instructions, routines and rules with confidence	Helping Others Exploring and challenging themselves with novel activities	Seasons Solving problems to achieve a goal	Growing Exploring the benefits and positive feelings related to working in a team	Under the Sea Exploring and processing the feeling of loss (e.g., when losing a favourite toy)	Space Exploring strategies to support them cope with changes
Yr 5	Habitats Teamwork	Materials Expressing emotions and	Travel Exploring and expressing future goals or	Extreme Weather Exploring the attributes of a	Fantasy worlds Understanding that choices have	Sports Developing resilience

		exploring regulation strategies	interests they want to pursue	good friend	consequences	related to changes and noticing different responses to change
Yr 6	Relationships Teamwork and self-advocacy	Famous People Identifying things that they are good at/make them feel proud	Healthy Living Making choices related to future goals	Adventure Understanding and respecting differences	Changes Expressing feelings related to loss and regulating emotions (self or co-regulation)	Moving on Preparing to transition to secondary school and expressing/processing related feelings