

Bishop Monkton CofE Primary School - PHSE 2025-2026

Reception PHSE long-term plan 2025-2026						
KAPOW	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>Refer to Reception content</i>	Building Relationships: Special relationships	Self-regulation: My feelings	Managing self: My wellbeing	Building relationships: My family and friends	Managing self: Taking on challenges	Self-regulation: Listening and following instructions
Lesson 1	My family (including key safeguarding messages)	Identifying my feelings	What is exercise? (include key safeguarding messages)	Festivals	Why do we have rules? (Including key safeguarding messages?)	Simon says
Lesson 2	Special people	Feeling jars	Yog and relaxation	Sharing	Building towers	Listening to a story
Lesson 3	Sharing	Anti-bullying week: Make a noise about bullying	Looking after ourselves	What makes a good friend?	Team den building	Pass the whisper
Lesson 4	I am unique	Coping strategies	Being a safe pedestrian	Being a good friend	Grounding	Obstacle races
Lesson 5	My interests	Emotional adjectives	Eating healthily	Teamwork	Team races	Blindfold walk
Lesson 6	Similarities and differences	Facial expressions	A rainbow of food	Celebrating friendships	Circus skills	Treasure hunt
Lesson 7		Creating a calm corner				Transitions

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Y1 PSHE long-term plan 2025-2026						
KAPOW	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>Refer to Reception content</i>	Family and relationships	Health and Wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
Lesson 1	What is family?	Understanding my emotions	People who help us stay healthy	Safety at home	Democratic decisions	Rollover weeks to account for shorter half terms. Ensure all lessons are complete before completing transition lesson in final week of PSHE
Lesson 2	What are friendships?	What am I like?	Adults in school	People who help to keep us safe	Introduction to money	
Lesson 3	Recognising other people's emotions	Ready for bed	Adults outside school	Rules	Looking after money	
Lesson 4	Working with others	Relaxation	Getting lost	Caring for others: animals	Banks and building societies	
Lesson 5	Friendship problems	Handwashing and personal hygiene	Making a call to the emergency services	The needs of others	Safe and spending	
Lesson 6	Healthy friendships	Sun safety	Appropriate contact	Similar, yet different	Jobs in school	
Lesson 7	Gender stereotypes	Allergies	Safety with substances	Belonging		Transition

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Y2 PSHE long-term plan 2025-2026						
KAPOW	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>Refer to Reception content</i>	Family and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic Wellbeing	Transition
Lesson 1	Families offer stability and love (including key safeguarding messages)	Experiencing different emotions	Introduction to the internet	Crossing roads safely	School council	Everyone is welcome
Lesson 2	Families are all different	Being active	Communicating online	Staying safe with medicine	Giving my opinion	Rollover weeks to account for shorter half terms. Ensure all lessons are complete before completing transition lesson in final week of PSHE.
Lesson 3	Other people's feelings	Relaxation – breathing exercises	Secrets and surprises	Rules beyond school	Where does money come from?	
Lesson 4	Unhappy friendships	Steps to success	Appropriate contact: My private parts	Our school environment	Exploring needs	
Lesson 5	Introduction to manners and courtesy	Developing a growth mindset	Appropriate contact: my private parts are private	Our local environment	Exploring wants	
Lesson 6	Change and loss	Healthy diet	Respecting personal boundaries	Job roles in our local community	Bank cards and accounts	
Lesson 7	Gender stereotypes: careers and jobs	Looking after our teeth	Road safety	Similar yet different – my local community	My skills and talents	

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Y3 PSHE long-term plan 2025-2026						
KAPOW	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>Refer to Reception content</i>	Family and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
Lesson 1	Healthy families (include key safeguarding messages)	Stereotyping: Age	Diet and dental health	Influences	Local democracy	Can anyone be anything?
Lesson 2	Friendship conflict	My healthy diary	First aid – emergencies and calling for help	Keeping safe out and about	Rules	Rollover weeks to account for shorter half terms. Ensure all lessons are complete before completing transition lesson in final week of PSHE.
Lesson 3	Friendship: conflict verses bullying	Relaxation: stretches	First aid – bites and stings	Rights of the child	How do people pay for things?	
Lesson 4	Effective communication	Wonderful me	Be kind online	Rights and responsibilities	What does budgeting mean?	
Lesson 5	Learning who to trust	My superpowers	Cyberbullying	Recycling	How do people feel about money?	
Lesson 6	Respecting differences in others	Resilience: breaking down barriers	Fake emails	Local community groups	What happens when people spend money?	Transition – coping strategies
Lesson 7	Stereotyping: Gender	Communicating my feelings	Making choices	charity	What careers do people have?	

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Y4/Y5 PSHE long-term plan 2025-2026						
KAPOW	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>Refer to Reception content</i>	Family and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
Lesson 1	Respect and manners	Change and loss	Mental health	Year 4* Introducing puberty Y5* Puberty and menstruation	Local councillors	Rollover weeks to account for shorter half terms. Ensure all lessons are complete before completing transition in final week of PSHE. Use additional weeks to explore relevant themes further.
Lesson 2	Healthy friendships	Looking after our teeth	Internet safety: Age restrictions	Tobacco	What is value for money?	
Lesson 3	How my behaviour affects others	Relaxation: visualisation	Share Aware	What are human rights?	Why keep track of money?	
Lesson 4	Bullying	Celebrating mistakes	First Aid: Asthma	Caring for the environment	What ways are there to look after money?	
Lesson 5	Stereotypes: Gender	Meaning and purpose: My role	Privacy and secrecy	Community	What influences career choices?	
Lesson 6	Stereotypes: Disability	My happiness	Consuming information online	Contributing	Why make a career change?	Transition: Setting goals
Lesson 7	Families in the wider world	Growing up	Growing up	Diverse communities	How can workplace stereotypes be challenged	*Taught separately

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Y5/6 PSHE long-term plan 2025-2026						
KAPOW <i>Refer to Reception content</i>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Family and relationships	Health and wellbeing	Safety and the changing body *taught separately	Citizenship	Economic wellbeing	Transition
Lesson 1	Respect	What can I be?	Good and bad habits	First Aid: Choking	National democracy	What is identity?
Lesson 2	Respectful relationships	Relaxation: Mindfulness	Physical health concerns	First Aid: Basic Life support	How do people navigate their feelings about money?	Identity and body image
Lesson 3	Stereotypes: Attitudes	Taking responsibility for my health	Alcohol	Human rights	How do people keep money safe?	Rollover weeks to account for shorter half terms. Ensure all lessons are complete before completing transition lesson in final week of PSHE. Use additional weeks to explore relevant themes further.
Lesson 4	Challenging stereotypes	The impact of technology on health	Critical digital consumers	Food choices and the environment	What money responsibilities are there in secondary school?	
Lesson 5	Resolving conflict	Resilience toolbox	Social media	Caring for others	What are the risks of gambling?	
Lesson 6	Change and loss	Immunisation	*Y5 Puberty and menstruation *Y6 Physical and emotional changes of puberty	Prejudice and discrimination	What is a workplace?	Transition: Dealing with change
Lesson 7	What can I be?	Physical health concerns	Y6 only: Pregnancy and birth	Valuing diversity	What career routes are there?	

