



Farsley Springbank Primary School

'Be the best you can be.'



PSHE SCHEME OF WORK LONG TERM PLAN 2026-27

	Topic	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Identity, Community and Belonging	What makes us special, roles & duties, being co-operative, courtesy & manners	Similarities & differences, cooperation & teamwork	Valuing differences, what is community?, belonging to groups	Britain as a democracy, how laws are made, the local council	Stereotyping & gender, prejudice & discrimination	Human rights & migration, homelessness, body confidence, curated online lives
Autumn 2	Mental Health and Wellbeing	Different feelings, managing feelings, change or loss	Comfortable/uncomfortable feelings, coping with loss, loneliness	Achievements & goals, setbacks, benefits of hobbies & community	Worries & tools, managing emotions, normalising "feeling down"	Emotions in the body, times of change, loss, grief & bereavement	What mental health is, stress, everyday ways to look after health
Spring 1	Relationships and Friendships	Special people, making friends and who can help	Solving friendship problems, caring for others	Different types of family	Online vs. in-person relationships	Violence in relationships is unacceptable, managing feelings	Intimate relationships & friendship, marriage and civil partnerships
Spring 2	Physical Health and Choices	Healthy bodies & games, sun-safety, dental health (fluoride)	Medicine safety, eating well & physical activity, hygiene & germs	Tobacco is a drug, remaining smoke-free, healthy choices (Eatwell)	Substances, habits & addictions, ethical food choices, sleep & screens	Resisting vaping pressure, misleading adverts, early signs of illness	Legal/illegal drugs, managing risk, allergies & vaccines
Summer 1	Keeping Safe and Managing Risk	Safety in familiar situations, personal & digital boundaries	Home & road safety, screen time & trusting others	Safe gaming & digital footprints, social media age limits	Managing environmental risks, fake news & scams, first aid & reporting	Missing from home, resisting peer pressure, passwords & phishing	Independent travel, anti-social behaviour & gangs, deepfakes & law
Summer 2	Economics, Careers and Transition	Where money comes from, saving money, different jobs	Value & choices, skills needed in a job	Influences on spending, keeping track of money, world of work	Reasons adults work, skills for different jobs	Borrowing & debt, enterprise, career decisions	Future careers & aspirations, roles of parents and carers

Note on Whole-School Elements: Cross-school lessons including **MindMate**, **No Outsiders**, and dedicated **Preventative/Safeguarding lessons** (e.g., *Pants are Private*, *Pol-Ed*, *Physical Safety lessons*) are integrated directly into the weekly timetable across all year groups simultaneously during these blocks.