

Long Term Sequence: PSHE (2026 - 2027)

Excellence in Personal, Social, Health and Economic Education - Long Term Sequence

Year Group	Term 1		Term 2		Term 3	
Year 1	Rights, responsibilities, choices and consequences Being Me In My World Online Safety – Project Evolve Local Charity Event	Similarities and differences What bullying means Celebrating Difference Online Safety – Project Evolve Get Bright Day International Charity Event	Setting goals and facing obstacles Dreams and Goals Online Safety – Project Evolve – Self identity	Healthy and unhealthy choices; hygiene; road safety Healthy Me Online Safety – Project Evolve – Online relationships	Significant relationships; safe touch; being a friend Relationships Safe Touch – School Nurse Online Safety – Project Evolve – Online reputation National Charity Event	Life cycles; private parts; happy and sad feelings Changing Me Evolve – Online bullying Scooter Safety
Year 2	Hopes and fears for the year ahead Being Me In My World Online Safety – Project Evolve Local Charity Event	Gender stereotypes What bullying is and isn't Celebrating Difference Online Safety – Project Evolve Get Bright Day International Charity Event	Setting realistic goals Perseverance Dreams and Goals Online Safety – Project Evolve – Self identity	Healthy foods; feeling relaxed and stressed; medicines Healthy Me Online Safety – Project Evolve – Online relationships	Family roles; mending friendships; trust; secrets; saying stop Relationships Safe Touch – School Nurse Evolve – Online reputation National Charity Event	Changes as we grow older; increasing freedoms; safe touch Changing Me Evolve – Online bullying Scooter Safety
Year 3	Self-worth, new challenges and the need for rules Being Me In My World Online Safety – Project Evolve Local Charity Event	Family differences Witnesses to bullying Celebrating Difference Online Safety – Project Evolve Get Bright Day Antibullying Day International Charity Event	Ambitions Overcoming obstacles Dreams and Goals Online Safety – Project Evolve – Self identity Creative Classroom	The importance of exercise; calories, fat and sugar; drug types Healthy Me Online Safety – Project Evolve – Online relationships	Family expectations; online and global relationships Relationships Evolve – Online reputation National Charity Event	What babies need; how bodies change; managing feelings Changing Me Evolve – Online bullying



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Year 4	Being part of a team Being Me In My World Online Safety – Project Evolve Local Charity Event	Judging people by their appearance Forms of bullying Celebrating Difference Online Safety – Project Evolve Get Bright Day Road Safety Antibullying Day International Charity Event	Coping when dreams don't come true Dreams and Goals Online Safety – Project Evolve – Self identity	Leaders and followers; smoking and alcohol; peer pressure Healthy Me Online Safety – Project Evolve – Online relationships	Jealousy; loss and bereavement; negotiation; endings Relationships Evolve – Online reputation National Charity Event	Sanitary health; conception; managing change Changing Me Evolve – Online bullying
Year 5	Rights and responsibilities as a citizen in the wider community and country Being Me In My World Online Safety – Project Evolve Local Charity Event	Culture and cultural differences Racism Celebrating Difference Online Safety – Project Evolve Get Bright Day Antibullying Day International Charity Event	Different dreams and goals in different cultures Dreams and Goals Online Safety – Project Evolve – Self identity Careers Fair	Health risks; basic emergency procedures; body image Healthy Me Online Safety – Project Evolve – Online relationships	Self-esteem; SMARRT internet safety rules; screen time Relationships Evolve – Online reputation National Charity Event	Unhelpful comparison; alternative ways to conceive; teenagers Changing Me Evolve – Online bullying
Year 6	Children's universal rights Being Me In My World Online Safety – Project Evolve Local Charity Event	People can hold power over others Disabilities Celebrating Difference Online Safety – Project Evolve Get Bright Day Antibullying Day Social Justice Project International Charity Event	Realistic and challenging goals World problems Dreams and Goals Online Safety – Project Evolve – Self identity Careers Fair	Effects of drugs; gangs and exploitation; mental health Healthy Me Online Safety – Project Evolve – Online relationships Crucial Crew	Mental health; the grief cycle; judging if something is safe Relationships Evolve – Online reputation National Charity Event	Puberty; childbirth and child development; mutual respect Changing Me Evolve – Online bullying Bikeability Puberty Talk – School Nurse