



PSHE Long Term Plan



The red flag demarcates lessons which link directly to safeguarding



	Autumn		Spring		Summer	
FS	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y1	Physical Health and Wellbeing <small>MindMate: Feeling Good and Being Me</small>	Mental Health and Emotional Wellbeing <small>MindMate: Strong Emotions</small>	Identity, Society and Equality <small>MindMate: Being the Same and Being Different</small>	Drug, Alcohol and Tobacco Education <small>MindMate: Solving Problems</small>	Keeping Safe and Managing Risk <small>MindMate: Friends and Family</small>	Careers, Financial Capability and Wellbeing <small>MindMate: Life Changes</small>
Y2	Physical Health and Wellbeing <small>MindMate: Feeling Good and Being Me</small>	Mental Health and Emotional Wellbeing <small>MindMate: Strong Emotions</small>	Relationships - JIGSAW <small>MindMate: Being the Same and Being Different</small>	Drug, Alcohol and Tobacco Education <small>MindMate: Solving Problems</small>	Keeping Safe and Managing Risk <small>MindMate: Friends and Family</small>	Sex Education* <small>MindMate: Life Changes</small>
Y3	Physical Health and Wellbeing <small>MindMate: Feeling Good and Being Me</small>	Mental Health and Emotional Wellbeing <small>MindMate: Strong Emotions</small>	Identity, Society and Equality <small>MindMate: Being the Same and Being Different</small>	Drug, Alcohol and Tobacco Education <small>MindMate: Solving Problems</small>	Keeping Safe and Managing Risk <small>MindMate: Friends and Family</small>	Careers, Financial Capability and Wellbeing <small>MindMate: Life Changes</small>
Y4	Physical Health and Wellbeing <small>MindMate: Feeling Good and Being Me</small>	Relationships – JIGSAW <small>MindMate: Strong Emotions</small>	Identity, Society and Equality <small>MindMate: Being the Same and Being Different</small>	Drug, Alcohol and Tobacco Education <small>MindMate: Solving Problems</small>	Keeping Safe and Managing Risk <small>MindMate: Friends and Family</small>	Sex Education* <small>MindMate: Life Changes</small>
Y5	Physical Health and Wellbeing <small>MindMate: Feeling Good and Being Me</small>	Mental Health and Emotional Wellbeing <small>MindMate: Strong Emotions</small>	Identity, Society and Equality <small>MindMate: Being the Same and Being Different</small>	Drug, Alcohol and Tobacco Education <small>MindMate: Solving Problems</small>	Keeping Safe and Managing Risk <small>MindMate: Friends and Family</small>	Sex Education* <small>MindMate: Life Changes</small>
Y6	Relationships – JIGSAW <small>MindMate: Strong Emotions</small>	Sex Education* <small>MindMate: Strong Emotions</small>	Identity, Society and Equality <small>MindMate: Being the Same and Being Different</small>	Drug, Alcohol and Tobacco Education <small>MindMate: Solving Problems</small>	Mental Health and Emotional Wellbeing <small>MindMate: Strong Emotions</small>	Keeping Safe and Managing Risk <small>MindMate: Life Changes</small>