

PSHE Long Term Plan



The red flag demarcates lessons which link directly to safeguarding



	Autumn		Spring		Summer	
FS Building Relationships Self-Regulation Managing Self	Welcome to FS2 Jigsaw: Being me in the world	Relationships Jigsaw: Relationships	Healthy Me Introduce Zones of Regulation		Jigsaw: Changing Me Transition to Y1	
Y1	Physical Health and Wellbeing MindMate: Feeling Good and Being Me	Mental Health and Emotional Wellbeing MindMate: Strong Emotions	Identity, Society and Equality MindMate: Being the Same and Being Different	Drug, Alcohol and Tobacco Education MindMate: Solving Problems	Keeping Safe and Managing Risk MindMate: Friends and Family	Careers, Financial Capability and Wellbeing MindMate: Life Changes
Y2	Physical Health and Wellbeing MindMate: Feeling Good and Being Me	Mental Health and Emotional Wellbeing MindMate: Strong Emotions	Relationships - JIGSAW MindMate: Being the Same and Being Different	Drug, Alcohol and Tobacco Education MindMate: Solving Problems	Keeping Safe and Managing Risk MindMate: Friends and Family	Sex Education* MindMate: Life Changes
Y3	Physical Health and Wellbeing MindMate: Feeling Good and Being Me	Mental Health and Emotional Wellbeing MindMate: Strong Emotions	Identity, Society and Equality MindMate: Being the Same and Being Different	Drug, Alcohol and Tobacco Education MindMate: Solving Problems	Keeping Safe and Managing Risk MindMate: Friends and Family	Careers, Financial Capability and Wellbeing MindMate: Life Changes
Y4	Physical Health and Wellbeing MindMate: Feeling Good and Being Me	Relationships – JIGSAW MindMate: Strong Emotions	Identity, Society and Equality MindMate: Being the Same and Being Different	Drug, Alcohol and Tobacco Education MindMate: Solving Problems	Keeping Safe and Managing Risk MindMate: Friends and Family	Sex Education* MindMate: Life Changes
Y5	Physical Health and Wellbeing MindMate: Feeling Good and Being Me	Mental Health and Emotional Wellbeing MindMate: Strong Emotions	Identity, Society and Equality MindMate: Being the Same and Being Different	Drug, Alcohol and Tobacco Education MindMate: Solving Problems	Keeping Safe and Managing Risk MindMate: Friends and Family	Sex Education* MindMate: Life Changes
Y6	Relationships – JIGSAW MindMate: Strong Emotions	Identity, Society and Equality MindMate: Being the Same and Being Different	Sex Education* MindMate: Strong Emotions	Drug, Alcohol and Tobacco Education MindMate: Solving Problems	Mental Health and Emotional Wellbeing MindMate: Strong Emotions	Keeping Safe and Managing Risk MindMate: Life Changes