



# PSHE Long Term Plan



The red flag demarcates lessons which link directly to safeguarding

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