



PSHE LTP  
2025 2026

## PSHE progression through EYFS

### PSED/PD/UTW

Focus	Health and Well-Being		Relationships		Living in the Wider World		Vocabulary- to be used daily
Reception Skills	<ul style="list-style-type: none"><li>• Know &amp; talk about the different factors that support their overall health &amp; well-being: regular physical activity, healthy eating, tooth brushing, sensible amounts of screen time, having a good sleep routine, being a safe pedestrian.</li><li>• Can describe their competencies, what they can do well &amp; are getting better at describing themselves in positive but realistic terms.</li></ul> <p>Is proactive in seeking adult support and able to articulate their wants and needs.</p>		<ul style="list-style-type: none"><li>• Develops particular friendships with other children, which help them to understand different points of view and to challenge their own and others’ thinking.</li><li>• Is increasingly socially skilled and will take steps to resolve conflicts with other children by negotiating and finding a compromise; sometimes by themselves, sometimes with support.</li><li>• Is more able to manage their feelings and tolerate situations in which their wishes cannot be met.</li></ul> <p>Knows that other children do not always enjoy the same things, and is sensitive to this.</p>		<ul style="list-style-type: none"><li>• Further develop the skills they need to manage the school day successfully: lining up &amp; queuing, mealtimes, personal hygiene.</li><li>• Recognise that they belong to different communities &amp; social groups &amp; communicates freely about own home &amp; community.</li><li>• Attempts to repair a relationship or situation where they have caused upset and understands how their actions impact other people.</li></ul>		<p>Good touch</p> <p>Bad Touch</p> <p>Private</p> <p>Secret</p> <p>Real</p> <p>Fake</p> <p>Feelings</p> <p>Responsibility</p>
Reception Knowledge	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
	Me and My Family	Seasons and Celebrations	The Ocean	Transport	Growth and Change	Castles and Dragons	
	<p>Able to explore the classroom with interest.</p> <p>Develop friendships with new children.</p> <p>Form positive attachments to staff and children.</p> <p>Understand that people have different beliefs than them and accept difference.</p> <p>Able to understand what makes a good friend.</p> <p>Engages in a range of physical activity.</p>		<p>Can resolve minor conflicts in friendship groups.</p> <p>Can manage own feelings and know who to go to for support.</p> <p>Understands and follow the routines of the school day.</p> <p>Can talk about how to look after our world e.g. picking up litter, recycling etc.</p> <p>Can talk about how to stay safe on the road when crossing, at a train station and when near water- Transport.</p> <p>Knows who to go to if lost- Knowing who is a stranger.</p>		<p>Can talk in detail about the school behavioural expectations in class and around the school.</p> <p>Can talk about how others may feel who are less privileged than we are- linking for other countries.</p> <p>Understand that parts of their body need to be kept private.</p> <p>Can talk about different food groups and which foods are good for our health and teeth.</p>		
Health and Well Being		Relationships			Living in the Wider World		

KS1 PSHE Overview	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<b>Relationship</b> What is the same and different about us?	<b>Relationship</b> Who is special to us?	<b>Health and well-being</b> What helps us stay healthy?	<b>Living in the wider world</b> What can we do with money?	<b>Health and well-being</b> Who helps to keep us safe?	<b>Living in the wider world</b> How can we look after each other and the world?
Year 1 career links	Health care, Education, social worker	Childcare, nursing, social worker	Healthcare, fitness instructor, dietician	Retail, banking, entrepreneurship,	Police, firefighter, paramedic	Conservationist, community worker, education
Enrichment Employers	NHS, Barnado's,	NHS, Kids Planet	NHS , David Lloyd, LA leisure services	Local shops, Barclays ,	Penketh Police PCSO, Firefighters, Paramedics	RSPB Mersey rangers
Year 2	<b>Relationship</b> What makes a good friend?	<b>Relationship</b> What is bullying?	<b>Living in the wider world</b> What jobs do people do?	<b>Health and well-being</b> What helps us to stay safe?	<b>Health and well-being</b> What helps grow and stay healthy?	<b>Health and well being</b> How do we recognise our feelings?
Year 2 career links	Counselling, teaching, coaching	Safeguarding, education, social worker, police	Think outside the box	Emergency services, Cyber security,	Health care, sports, personal trainer	Mental health worker, counselling, Education
Enrichment Employers	NHS, Charities, My happy mind NSPCC	NSPCC Police.		Google, Apple, Emergency services	Sport England Sport coaches Leisure centres	Chidline, NSPCC, Schools

LKS2 PSHE Overview	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<b>Relationship</b>  How can we be a good friend?	<b>Health and well-being</b>  What keeps us safe?	<b>Relationship</b>  What are families like?	<b>Living in the wider world</b>  What makes a community?	<b>Health and well-being</b>  Why should we eat well and look after our teeth?	<b>Health and well-being</b>  Why should we keep active and sleep well?
Year 3 career links	Youth worker, Mental health support worker education	Emergency services, health inspector , safety inspectors	Social worker, family law, counselling	Community development, politics, Warrington Mayor, councillor, public services	Dentist, nutritionist, dental hygienist, public health	Sports coach, personal trainer, sleep therapist
Enrichment Employers	British Red cross	Emergency services,		MP, Mayor, Councillors,	Colgate, Dentists,	British nutrition foundation
Year 4	<b>Health and well-being</b>  What strengths, skills and interests do we have?	<b>Relationship</b>  How do we treat each other with respect?	<b>Health and well-being</b>  How can we manage our feelings?	<b>Health and well-being</b>  How will we grow and change?	<b>Living in the wider world</b>  How can our choices make a difference to others and the environment?	<b>Health and well-being</b>  How can we manage risk in different places?
Year 4 career links	All careers open	Advocacy, teaching, human rights lawyers	Therapist, youth worker, teacher	Nursing, public health, social care	Environmental scientist, NGO worker,	Cybersecurity, police, safety officer
Enrichment Employers		Amnesty international,	Mind	Public Health England	WWF  National geographic ,	National cyber security

UKS2 PSHE Overview	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	<b>Health and well-being</b>  What makes up a person's identity?	<b>Living in the wider world</b>  What decisions can people make with money?	<b>Health and well-being</b>  How can we help in an accident or emergency?	<b>Relationships</b>  How can friends communicate safely?	<b>Health and well-being</b>  How can drugs common to everyday life affect health?	<b>Living in the wider world</b>  What jobs would we like?
Year 5 career links	Sociologist, equality campaigner, psychologist	Finance, business development	Paramedic, nurse, life guard	IT safety, Digital media, law	Healthcare, Addiction support, law enforcement, judge, lawyer,	Think outside the box
Enrichment Employers	NHS, Mind,	HSBC, Banks,	RNLI, British heart foundation, NHS, Ambulance,	BT cyber security	Police, Lawyers,	
Year 6	<b>Health and wellbeing</b>  How can we keep healthy as we grow?		<b>Living in the wider world</b>  How can the media influence people?		<b>Relationships</b>  What will change as we become more independent? How do friendships change as we grow?	
Year 6 career links	Health care professional, personal trainer, consultant		Journalism, marketing, social media manager, influencer , you tuber		Counselling, teaching, Youth worker	
Enrichment Employers	NHS, private sector, leisure centres, Jamie Olivewr group – food campaigners		Newspapers, online forums, BBC,			