



PSHE/Safeguarding Long Term Plan 2026-27



At Bishop Martin three Key themes run through each topic in PSHE

Health and Wellbeing			Relationships		Living in the wider world	
Year	A	B	C	D	E	F
Christian Value	Generosity	Compassion	Courage	Forgiveness	Friendship	Respect
Special events/weeks	Y6 elections of Head pupil and deputy head votes prefects World Mental Health Day World food day (Culture day) Pupil Leadership Teams introduced Fire safety visit by fire brigade KS2 Black history Month Show Racism the Red Card	Anti-bullying week- Odd sock day Firework Safety UK Parliament week Sugar awareness Week Y5/6 Professor of Politics workshop Careers workshop NHS for Y5/6 Say no to racism First Aid (Choking and CPR refresher KS2) Remembrance Day	Child mental health week DHK How to speak dog talk KS1 and KS2 Resilience week Internet Safety Day Holocaust Memorial Day LGBTQI+ History Month	Growth Mindset workshops Internet safety day Anti-bullying workshop Neuro-diversity week Careers week International Day of Happiness	Keep Safe Day NSPCC Assembly and Workshops – Speak Out, Stay Safe/PANTS EYFS/KS1 RNLI Water safety World health week Autism Awareness week	Summer Fayre School council elections Diversity Week Healthy Eating Week Gangs Workshop for Y6 KS2 Mental Health Workshops



PSHE/Safeguarding Long Term Plan 2026- 27



		Christmas jumper day – Save the Children fundraiser DHK How to speak dog talk - EYFS LFC Sound Mind Sessions				
British Value Links	The Rule of Law/ Democracy/Respecting others rights and their opinions	Treat others with fairness	Respect and obey the law			The Rule of Law/ Democracy
	Respect and understand other faiths/cultures	The Rule of Law/ Democracy/Respecting others rights and their opinions Look after yourself and family				
Reception	Personal Hygiene e- Bug resources –	Anti-Bullying Week – Reach out lesson	Keeping Safe – E- safety	Healthy lifestyles	Education for Personal Relationships	Financial Capability/My money week –



PSHE/Safeguarding Long Term Plan 2026- 27



	- Horrid Hands - Super sneezes Mental Health and emotional wellbeing ROAR Resources	Expect Respect Looking at and challenging gender expectations using toys	- Going places safely - ABC Searching - Keep it Private	- People who help us Oral Hygiene - Why do we have teeth? - Going to the dentist - Less sugary food and drink	- PANTS - Know how they can look after themselves - Know why hygiene is important - Know that all families are different	Spending habits and budgets Fair-trade Fortnight
Year 1	Personal Hygiene e-Bug resources – Mental Health and emotional wellbeing - Horrid Hands - Super sneezes - We all have feelings - Good and not so good feelings - Big Feelings	Anti-Bullying Week - Reach out lesson - The Big Antibullying assembly Expect Respect 22 - Friendships - Secrets - People who can help us	Keeping Safe – E-safety - Recap - Going places safely - Recap - ABC Searching - Recap - Keep it Private - My creative work - Sending email	Healthy lifestyles – Medicines and people who help us - Identify how to stay healthy - How to look after our bodies Explore medicines and who should be Oral Hygiene able to give us medicines	Education for Personal Relationships - Know we are all different and can be friends - Discuss how children grow and change - Know there are different types of families - Know who we can ask for help	Financial Capability – - Where can I keep my money safe? - Where does money come from? - Fair-trade Fortnight



PSHE/Safeguarding Long Term Plan 2026- 27



				• Diet and snacking • Our smile • Types of teeth		
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Year 2	Personal Hygiene e-Bug resources – • Horrid Hands • Super sneezes Mental Health and emotional wellbeing ROAR Resources • Flipping your lid • Resilient Ralph • Spotting the big thoughts	Anti-Bullying Week • Reach out lesson • The Big Antibullying assembly 22 Expect Respect • Gender, career and assumptions	Keeping Safe – E-safety • Staying safe online • Follow the digital trail • Screen out the mean • Using keywords • Sites I like	Healthy lifestyles – Keeping safe • Explore substances and situations that are safe • To be able to identify hazardous substances • Consider rules for keeping safe in school and at home	Education for Personal Relationships – • Know that males and females are different • Gender stereotyping • Males and females and how this is part of the life cycle • Name the male and female body parts	Financial Capability • Why is it important to save money? • What are wants and needs? • How can I keep track of my money? • Fair-trade Fortnight
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PSHE/Safeguarding Long Term Plan 2026- 27



Archbishop of York's Young Leaders Award

Year 3	Personal Hygiene e-Bug resources –	Anti-Bullying Week	Keeping Safe – E-safety	Healthy lifestyles – Smoking	Education for Personal Relationships –	Financial Capability –
	- Hand Hygiene - Mental Health and emotional wellbeing - Respiratory Hygiene - Everyday Feelings - Expressing Feelings - Managing feelings Introduction to advertising and media awareness	- Reach out lesson - The Big Antibullying assembly 22 Expect Respect - Resolving conflict - Where to get help	- Powerful passwords - My online community - Things for sale - Show respect online - Writing good emails	- To know the effects of smoking - Know how smoking effects the body - To know what passive smoking is - To know some strategies to prevent starting to smoke - To know about the risks of vaping	- Name male and female body parts - Understand personal space - Know about unwanted touch - Identify how families can be different	- How can I pay for things? - How can I use a bank account? Fair-trade Fortnight Enterprise – - Saving for a rainy day article in READ



PSHE/Safeguarding

Long Term Plan 2026- 27



Year 4	Personal Hygiene e-Bug resources – • Hand Hygiene • Respiratory Hygiene Mental Health and emotional wellbeing ROAR Resources • Flipping your lid • Resilient Ralph Big thoughts	Anti-Bullying Week • Reach out lesson • The Big Antibullying assembly 22 Expect Respect • Examining violence • Excuses and responsibility	Keeping Safe – E-safety • Rings of responsibility • Private and personal information • The Power of words • The key to keywords • Whose is it anyway?	Healthy lifestyles – Alcohol • Recap Y3 – Know the risks of vaping • To know the effect alcohol has on the body • To know the risks related to alcohol • To know how society limits drinking Oral Hygiene alcohol and why • Anatomy of teeth • Looking after our teeth • Sugar and our teeth	Education for Personal Relationships – • Exploring the human lifecycle and how we grow • Know basic facts about puberty • Know how puberty is linked to reproduction	Financial Capability – • Enterprise raising money for charity • What are the links between jobs and money? • Fair-trade Fortnight Enterprise – • Learning about earning article in READ
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PSHE/Safeguarding Long Term Plan 2026- 27



Archbishop of York's Young Leaders Award						
Year 5	Personal Hygiene e-Bug resources – - Hand Hygiene - Respiratory Hygiene - Mental Health and emotional wellbeing	Anti-Bullying Week - Reach out lesson - The Big Antibullying assembly 22	Keeping Safe – E-safety - Strong passwords - Digital citizenship pledge - You've won a prize	Healthy lifestyles – Legal and illegal drugs Explore a range of legal and illegal drugs	Education for Personal Relationships – Know the emotional and physical changes occurring during puberty	Financial Capability – - How do I plan a simple budget? - How can I keep my money safe?
	- Mental Health and keeping well - Managing challenges and change - Feelings and common anxieties going to secondary school - Body image and the media - Advertising and appearance	Expect Respect Secrets and stories	- How to cite a site - Picture perfect	- Consider children's attitudes and beliefs about drug use and users - Consider how to resist drug use	- Understand male and female puberty changes - Physical hygiene - Keeping Safe – Grooming or Grassing? - Motivation and intentions - Understanding risk	Keeping Safe – Grooming or Grassing? Fair-trade Fortnight - When to ask for help - Who to ask for help - How to ask for help



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					Question, listen, think, act	Enterprise – Mission to save and Keeping your moey safe articles in READ
Year 6	Personal Hygiene e-Bug resources – - Hand Hygiene Mental Health – Rise above materials - Respiratory Hygiene - Sleep - Social Media	Anti-Bullying Week - Reach out lesson - The Big Antibullying assembly 22 Expect Respect - Examining gender stereotyping	Keeping Safe – E-safety - Talking safely online - Super digital citizen - Privacy rules - What's cyberbullying? - Selling stereotypes	Healthy lifestyles – Preventing early use - To know the effects, risks and law relating to cannabis use - To understand volatile substance abuse To know how to get help and advice	Education for Personal Relationships – - Puberty - Reproduction - Different types of relationships - Understand conception and pregnancy - Sharing personal/private information	Financial Capability – - How do I understand information about money from around the world? - What affects my choices about money? - How does money affect my feelings?



PSHE/Safeguarding Long Term Plan 2026- 27



	Body image and the media • Advertising and you				Keeping Safe – Grooming or Grassing?	Fair-trade Fortnight Keeping Safe – Grooming or Grassing?
					• Are you helping or a bystander • How and when to help	• Grassing or grooming • Why is it grooming Enterprise – • Asking for help • Cost of living crisis explained article in READ