
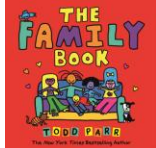


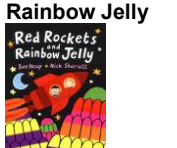
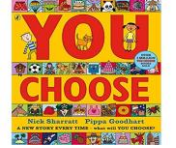
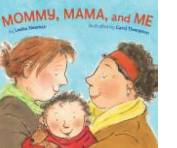


St Joseph's Catholic Primary School

PSHE, RSHE, No Outsiders and British Values Long Term Plan 2025-26

	Autumn PSHE Topic - Relationships		Spring PSHE Topic – Living in the wider world		Summer PSHE Topic – Health and Wellbeing	
Whole school PSHE themes	<ul style="list-style-type: none"> - Families and friendships - Safe relationships - Respecting ourselves and others 		<ul style="list-style-type: none"> - Belonging to a community - Media literacy and digital resilience - Money and work 		<ul style="list-style-type: none"> - Physical health and Mental wellbeing - Growing and changing - Keeping safe 	
British Values	Democracy (links to school council vote)	Tolerance	Respect	Liberty	Rule of Law	Recap
Whole School Theme Days/Weeks	PCSO visit – Bonfire/Halloween Safety Anti-bullying week – 10 th -14 th Nov CAFOD Family Fast Day – 3rd Oct		Children’s Mental Health Week – 9 th – 15 th Feb Safer Internet Day – 11 th Feb CAFOD Lent Family Fast Day – 27 th Feb Theme Week TBA		Sports Day/Inter-comps Water Safety Week – 14 th – 21 st June	
EYFS - No Outsiders	The Family Book 	Hello Hello 	Blue Chameleon 	Red Rockets and Rainbow Jelly 	You Choose 	Mummy, Mama, and Me 
EYFS	PSHE: Roles of different people; families, feeling cared for Recognising privacy; staying safe; seeking permission How behaviour affects others; being polite and respectful JIL: Physical (links with Branch 1)		PSHE: What rules are; caring for others’ needs; looking after the environment Using the internet and digital devices; communicating online Strengths and interests; jobs in the community		PSHE: Keeping healthy; food and exercise, hygiene routines; sun safety Recognising what makes them unique and special; feelings; managing when things go wrong How rules and age restrictions help us; keeping safe online JIL: Social and Emotional, Spiritual	
Year One	PSHE: Roles of different people; families, feeling cared for		PSHE: What rules are; caring for others’ needs; looking after the environment		PSHE: Keeping healthy; food and exercise, hygiene routines; sun safety	

	<p>Recognising privacy; staying safe; seeking permission How behaviour affects others; being polite and respectful</p> <p>JIL: Social and Emotional, Physical</p> <p>No Outsiders: Elmer Going to the Volcano</p>	<p>Using the internet and digital devices; communicating online Strengths and interests; jobs in the community</p> <p>No Outsiders: Want to play trucks? Errol's Garden</p>	<p>Recognising what makes them unique and special; feelings; managing when things go wrong How rules and age restrictions help us; keeping safe online</p> <p>JIL: Spiritual</p> <p>No Outsiders: My World, Your World Hair, it's a family affair</p>
Year Two	<p>PSHE: Making friends; feeling lonely and getting help Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Recognising things in common and differences; playing and working cooperatively; sharing opinions</p> <p>No Outsiders: Amazing How to be a lion</p>	<p>PSHE: Belonging to a group; roles and responsibilities; being the same and different in the community The internet in everyday life; online content and information What money is; needs and wants; looking after money</p> <p>JIL: Social and Emotional, Physical</p> <p>No Outsiders: The Great Big Book of Families Can I join your club?</p>	<p>PSHE: Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help Growing older; naming body parts; moving class or year Safety in different environments; risk and safety at home; emergencies</p> <p>JIL: Spiritual</p> <p>No Outsiders: What the Jackdaw Saw All Are Welcome</p>
Year Three	<p>PSHE: What makes a family; features of family life Personal boundaries; safely responding to others; the impact of hurtful behaviour Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p> <p>JIL: Social and Emotional</p> <p>No Outsiders: This is Our house We're all wonders</p>	<p>PSHE: The value of rules and laws; rights, freedoms and responsibilities How the internet is used; assessing information online Different jobs and skills; job stereotypes; setting personal goals</p> <p>JIL: Physical</p> <p>No Outsiders: Beegu The Truth about Old People</p>	<p>PSHE: Health choices and habits; what affects feelings; expressing feelings Personal strengths and achievements; managing and reframing setbacks Risks and hazards; safety in the local environment and unfamiliar places</p> <p>JIL: Spiritual</p> <p>No Outsiders: Hueys in the new jumper Planet Omar: Accidental Trouble Magnet (read through text through the term)</p>

<p>Year Four</p>	<p>PSHE: Positive friendships, including online Responding to hurtful behaviour; managing confidentiality; recognising risks online Respecting differences and similarities; discussing difference sensitively</p> <p>JIL: Social and Emotional, Physical</p> <p>No Outsiders: Along Came a Different Julian is a Mermaid</p>	<p>PSHE: What makes a community; shared responsibilities How data is shared and used Making decisions about money; using and keeping money safe</p> <p>JIL: Spiritual</p> <p>No Outsiders: Red: A crayon's story Aalfred and Aalbert</p>	<p>PSHE: Maintaining a balanced lifestyle; oral hygiene and dental care; personal hygiene routines; Medicines and household products; drugs common to everyday life</p> <p>No Outsiders: When Sadness Comes to Call Dogs Don't do Ballet</p>
<p>USK2 – Cycle A (Year 5 planning) 2025-26</p>	<p>PSHE: Managing friendships and peer influence Physical contact and feeling safe Responding respectfully to a wide range of people; recognising prejudice and discrimination</p> <p>Science: animals including humans (describe the changes as humans develop to old age – including changes experienced in puberty)</p> <p>JIL: Social and Emotional, Physical, Spiritual</p> <p>No Outsiders: The Girls Rose Blanche</p>	<p>PSHE: Protecting the environment; compassion towards others How information online is targeted; different media types, their role and impact Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p> <p>No Outsiders: Mixed How to Heal a Broken Wing</p>	<p>PSHE: Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies Personal identity; recognising individuality and different qualities; mental wellbeing Keeping safe in different situations, including responding in emergencies and first aid</p> <p>No Outsiders: Kenny lives with Erica and Martina And Tango Makes Three</p>
<p>USK2 – Cycle B (Year 6 planning)</p>	<p>JIL: Social and Emotional, Physical, Spiritual</p> <p>PSHE will need to be moved from Summer term on the PSHE Association long term overview – human reproduction and birth (Year 6 only); increasing independence</p> <p>Attraction to others; romantic relationships; civil partnership and marriage</p>	<p>PSHE: Valuing diversity; challenging discrimination and stereotypes Evaluating media sources; sharing things online Influences and attitudes to money; money and financial risk</p> <p>No Outsiders: The Island</p>	<p>PSHE: What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online Increasing independence; managing transition Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>

	<p>Recognising and managing pressure; consent in different situations</p> <p>Expressing opinions and respecting other points of view, including discussing topical issues</p> <p>No Outsiders: Leaf The Only Way is Badger</p>	<p>King of the Sky</p>	<p>No Outsiders: Introducing Teddy A Day in the life of Marlon Bundo</p>
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