



Manifold C.E Primary Academy.

PSHE/RSE Long Term Plan

2026-2027.



Updated changes September 2026.

Nursery/Reception 2026-2027	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being my Best	Growing and Changing
	Marvellous me! (N) I'm special (N) People who are special to me (N) My feelings (R) My feelings (2) (R) Who can help me (R)	Me and my friends (N) Friends and family (N) Including everyone (N) I'm special, you're special (R) I am a friend (R) I am caring (R)	People who help me and keep me safe (N) Safety Indoors and Outdoors (N) What's safe to go into my body (N) What's safe to go onto my body (R) Safe indoors and outdoors (R) Listening to my feelings (R)	Looking after myself (N) Looking after others (N) Looking after my environment (N) Looking after my special people (R) Looking after my friends (R) Being helpful at home and caring for our classroom (R)	What does my body need? (N) I can keep trying (N) I can do it! (N) Bouncing back when things go wrong (R) Yes, I can (R) Move your body (R) Healthy eating (R)	Growing and changing in nature(N) When I was a baby (N) Girls, boys and families (N) Life Stages – plants, animals, humans (R) Life stages: Human life stage – who will I be? (R) Where do babies come from? (R)

Year 1/Year 2 2026-2027	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being my Best	Growing and Changing
	Why we have classroom rules (Y1) Thinking about feelings (Y1) Our feelings (Y1) Our ideal classroom (1) (Y2) Types of bullying (Y2) Don't do that (Y2)	Same or different? (Y1) Unkindness, teasing or bullying? (Y1) It's not fair (Y1) What makes us who we are (Y2) When someone is feeling left out (Y2) An act of kindness (Y2)	Super sleep (Y1) Sharing pictures (Y1) Harold loses Geoffrey (Y1) Harold's picnic (Y2) How safe would you feel? (Y2) Fun or not? (Y2)	Harold has a bad day (Y1) Around and about the school (Y1) Basic first aid (Y1) Playing games (Y2) Harold saves for something special (Y2) How can we look after our environment? (Y2)	Harold learns to ride his bike (Y1) I can eat a rainbow (Y1) You can do it! (Y2) My day (Y2) Harold's bathroom (Y2)	Taking care of a baby (Y1) Surprises and secrets (Y1) Healthy me (Y1) A helping hand (Y2) Haven't you grown! (Y2) My body, your body (Y2)



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Year 3/4 2026-2027	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being my Best	Growing and Changing
	Looking after our special people (Y3) Dan's Dare (Y3) Friends are special (Y3) Ok or not ok? (part 1) (Y4) Ok or not ok? (part 2) (Y4)	Respect and challenge (Y3) Family and friends (Y3) Our friends and neighbours (Y3) The people we share our world with (Y4) That is such a stereotype! (Y4)	Safe or unsafe? (Y3) Danger or risk? (Y3) Help or harm (Y3) Picture wise (Y4) Medicines: check the label (Y4)	Helping each other to stay safe (Y3) Our helpful volunteers (Y3) Can Harold afford it? (Y3) Safety in numbers (Y4) Why pay taxes (Y4)	Poorly Harold (Y3) Top talents (Y3) For or against? (Y3) What makes me ME! (Y4) Making choices (Y4)	Relationship tree (Y3) Body Space (Y3) My changing body (Y3) Secret or surprise? (Y4) Together (Y4)