



Mindful Learning (PSHE and RSE) - Subject Longterm Plan

Year Group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Self-regulation: My Feelings	Building Relationships: Special relationships	Managing Self: Taking on challenges	Self-regulation: Listening and following instructions	Building Relationships: My family and friends	Managing Self: My wellbeing
Year 1	My healthy self: How can we look after our feelings?	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Citizenship: How can I help others and the environment?	Health protection: How can I protect myself and others in daily life?	Staying safe: How do I know when something is safe?
Year 2	My healthy self: How can we look after our bodies?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How are things shared online?	Citizenship: How do people belong to a community and earn money/	Growing up: How can we look after our bodies as we grow?	Staying safe: How can I make safe choices in different places?
Year 3	My healthy self: How can I take care of my mind and body?	Connecting with others: What helps us feel safe and included?	The online world: How should we treat each other online?	Citizenship 1: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen?	Citizenship 2: What careers do people choose and why?
Year 4	My healthy self: How can I make healthy choices?	Connecting with others: Why are healthy relationships important?	The online world: How can I evaluate what I see online?	Citizenship: How can I spend my money wisely?	Growing Up: How will my body and emotions change as I grow up?	Staying safe: What signs help me recognise what is safe or unsafe?
Year 5	Self-regulation: My Feelings	Building Relationships: Special relationships	Managing Self: Taking on challenges	Self-regulation: Listening and following instructions	Building Relationships: My family and friends	Managing Self: My wellbeing
Year 6	My healthy self: How can we look after our feelings?	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Citizenship: How can I help others and the environment?	Health protection: How can I protect myself and others in daily life?	Staying safe: How do I know when something is safe?