



## PSHE/SRE Long Term Plan 'Being Our Best Selves'

Year group:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Early Years</b>	My Happy Mind: Meet your Brain  Other: Manage their own needs, personal hygiene and basic needs	My Happy Mind: Celebrate  Other: Manage their own needs, personal hygiene and basic needs	My Happy Mind: Appreciate  Other: Manage their own needs, personal hygiene and basic needs	My Happy Mind: Relate  Other: Manage their own needs, personal hygiene and basic needs	My Happy Mind: Engage  Other: Manage their own needs, personal hygiene and basic needs	Other: Manage their own needs, personal hygiene and basic needs Preparing for transition
<b>Year 1</b>	My Happy Mind: Meet your Brain  Other: Healthy lifestyles	My Happy Mind: Celebrate  Other: Keeping safe	My Happy Mind: Appreciate  Other: Safe relationships	My Happy Mind: Relate  Other: Shared responsibilities and communities	My Happy Mind: Engage  Other: Economic wellbeing: aspirations, work and careers	Other: Ourselves: growing, changing and relationships
<b>Year 2</b>	My Happy Mind: Meet your Brain  Other: Healthy lifestyles	My Happy Mind: Celebrate  Other: Keeping safe	My Happy Mind: Appreciate  Other: Drugs, alcohol and tobacco/shared responsibilities	My Happy Mind: Relate  Other: Media literacy and digital resilience	My Happy Mind: Engage  Other: Economic wellbeing: money	Other: Mental health and ourselves: growing and changing
<b>Year 3</b>	My Happy Mind: Meet your Brain  Other: Healthy lifestyles	My Happy Mind: Celebrate  Other: Keeping safe	My Happy Mind: Appreciate  Other: Economic wellbeing: money	My Happy Mind: Relate  Other: Economic wellbeing: aspirations, work and careers	My Happy Mind: Engage  Other: Communities	Other: Relationships



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<b>Year 4</b>	My Happy Mind: Meet your Brain  Other: Healthy lifestyles	My Happy Mind: Celebrate  Other: Keeping safe	My Happy Mind: Appreciate  Other: Economic wellbeing: money	My Happy Mind: Relate  Other: Economic wellbeing: aspirations, work and careers	My Happy Mind: Engage  Other: Shared responsibilities	Other: Safe relationships
<b>Year 5</b>	My Happy Mind: Meet your Brain  Other: Keeping safe	My Happy Mind: Celebrate  Other: Media literacy and digital resilience	My Happy Mind: Appreciate  Other: Safe relationships	My Happy Mind: Relate  Other: Ourselves: growing and changing	My Happy Mind: Engage  Other: Drugs, alcohol and tobacco	Other: Relationships
<b>Year 6</b>	My Happy Mind: Meet your Brain  Other: Media literacy and digital resilience	My Happy Mind: Celebrate  Other: Keeping safe	My Happy Mind: Appreciate  Other: Relationships – families and close positive relationships	My Happy Mind: Relate  Other: Mental health	My Happy Mind: Engage  Other: Ourselves: growing and changing	Other: Preparing for transition and change