

Ickworth Park Primary PSHE Long Term plan 2024-2025

| | Reception | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|-----------------|---|---------------------------------|---|---|---|---|--|
| Autumn 1 | 1 free week: introductory activities/setting ground rules etc.. Self Regulation: my feelings | Kapow- Family and Relationships | 1 free week: introductory activities/setting ground rules etc.. | 1 free week: introductory activities/setting ground rules etc.. | 1 free week: introductory activities/setting ground rules etc.. | 1 free week: introductory activities/setting ground rules etc.. | 1 free week: introductory activities/setting ground rules etc.. |
| Autumn 2 | Building relationships: special relationships | Health and well-being | Health and well-being | Health and well-being | Health and well-being | Health and well-being | Health and well-being |
| Spring 1 | Managing self: taking on challenges | Citizenship | Citizenship | Citizenship | Citizenship | Citizenship | Citizenship |
| Spring 2 | Self regulation: listening and following instructions | Economic well-being | Economic well-being | Economic well-being | Economic well-being | Economic well-being | Economic well-being |
| Summer 1 | Building relationships: my family and friends | Safety and the changing body | Safety and the changing body | Safety and the changing body | Safety and the changing body | Safety and the changing body | Safety and the changing body |
| Summer 2 | Managing self: my wellbeing | Transition (1 lesson) | Transition (1 lesson) | Transition (1 lesson) | Transition (1 lesson) | Transition (1 lesson) | <ul style="list-style-type: none"> • Identity • Transition |

All units (apart from first free week) are Kapow. Summer 2 is quite free so gives freedom for units running over, extra areas you need to cover etc.