

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.. Kapow- Family and Relationships	1 free week: introductory activities/setting ground rules etc.. Kapow- Family and Relationships	1 free week: introductory activities/setting ground rules etc.. Kapow- Family and Relationships	1 free week: introductory activities/setting ground rules etc.. Kapow- Family and Relationships	1 free week: introductory activities/setting ground rules etc.. Kapow- Family and Relationships
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.