

PSHE and Careers Long-Term Curriculum Plan

(Reception – Year 6)

1. Plan Overview and Purpose

This document serves as a comprehensive, multi-disciplinary long-term curriculum plan for Personal, Social, Health, and Economic (PSHE) education and Careers. The primary objective is to facilitate a structured, spiral approach to learning, ensuring that core concepts are introduced and progressively deepened as pupils move through the school. This plan integrates the PSHE Spiral Curriculum, Careers (CDI Framework), British Values, the 'No Outsiders' programme, and the Warwickshire 'Protective Behaviours' scheme.

As a Lead Specialist document, this plan ensures statutory compliance while fostering a culture of inclusion and safety. This document is written in British English, adhering to all relevant linguistic conventions (e.g., Behaviours, Programme).

2. Reception (Early Years Foundation Stage) Curriculum Plan

Term	No Outsiders	Protective Behaviours	Careers (CDI Learning Area)	PSHE Theme	PSHE Lesson(s) / PSED	British Values
Shipston Primary Behaviour Curriculum Zones of Regulation and Thrive.						
Autumn 1	<i>You Choose - "To say what I think"</i>		Grow throughout life: Who can help me?	PSED Curriculum	Zones of Regulation and feelings- Understanding the Zones	-
Autumn 2		Lesson 1: Feelings & Safety Lesson 2: Early Warning Signs Lesson 3: The Network Hand Lesson 4: Body Autonomy & Secrets	Careers- Create opportunities: What can I sell in my magical shop?	PSED Curriculum		Can we do the right thing? Lesson 1: Right or wrong? Lesson 2: People who help us Lesson 3: I can do the right thing Lesson 4: Doing the right thing Lesson 5: Values Lesson 6: Debate: Is it always easy to do the right thing?

Spring 1	<i>The Family Book: "To understand that all families are different."</i>	-	Balance life and work: What is work and what is rest?	PSED Curriculum	Ongoing PSED elements; Zones of Regulation.	-
Spring 2	<i>Blue Chameleon: "To make friends with someone different."</i>	-	See the big picture: What can we learn about jobs from a story?	PSED Curriculum	Ongoing PSED elements	-
Summer 1	Red Rockets and Rainbow Jelly- <i>"To understand that it's OK to like different things."</i>	-	Explore possibilities: What jobs are there in school?	PSED Curriculum	Ongoing PSED elements Zones of Regulation.	-

Summer 2	Mummy, Mama, Me <i>"To celebrate my family."</i>	-	Manage career: Do people enjoy their jobs?	PSED Curriculum	Ongoing PSED elements	-
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3. Year 1 Curriculum Plan

Term	No Outsiders	Protective Behaviours	Careers (CDI Learning Area)	PSHE Lesson(s)	British Values
Shipston Primary Behaviour Curriculum Zones of Regulation and Thrive.					
Autumn 1	<i>Elmer:</i> "To recognise that people are different."		Grow throughout life: Who can help me?	Zones of Regulation and feelings- Toolkit Relationships, families, and friends How can I make friends? What is unkind behaviour? Why is family important?	-

Autumn 2	-	Lesson 1: Rights & Responsibilities Lesson 2: Body Mapping Early Warning Signs Lesson 3: Correct Anatomical Vocabulary Lesson 4: Expanding Networks	Create opportunities: Can we run a shop together?		What are rules? Lesson 1: Rules Lesson 2: What rules do we follow in our everyday lives? Lesson 3: Rules keep us safe Lesson 4: Making rules fair Lesson 5: That's not fair Lesson 6: Debate: Is it fair that adults make rules for children to follow?
Spring 1	<i>Ten Little Pirates:</i> "To understand that all families are different."	-	Balance life and work: How can I volunteer?	Staying safe What do people use the internet for? How can people stay safe and happy at home? How can people stay safe and happy out and about?	-
Spring 2	<i>My Grandpa is amazing:</i> "To celebrate my family."	-	See the big picture: How are jobs in the past different to now?	Health and wellbeing Why are exercise and sleep good for us? Which foods are good for us? What are the names of different feelings?	-

Summer 1	<i>Max the Champion:</i> "To understand our bodies work in different ways."	-	Explore possibilities: What jobs do people around me do?	Health and wellbeing; Personal development and social responsibility What harms or helps people's bodies and minds? What are the names of the different body parts? How are people the same and different?	-
Summer 2	<i>My world, your world:</i> "To understand that we share the world with lots of people."	-	Manage career: Who do I look up to?	Personal development and social responsibility; Staying safe What does it mean to be in a group? What is privacy and what should be private? What are personal boundaries? What is money?	-

4. Year 2 Curriculum Plan

Term	No Outsiders	Protective Behaviours	Careers (CDI Learning Area)	PSHE Lesson(s)	British Values
Shipston Primary Behaviour Curriculum Zones of Regulation and Thrive.					

Autumn 1	<i>The Great big book of families:</i> "To understand what diversity is."	-	Grow throughout life: What am I good at?	Zones of Regulation and feelings- Toolkit Relationships, families, and friends What should friends do if they feel upset with each other? What is bullying? How are all families different?	-
Autumn 2	-	Lesson 1: Rights & Responsibilities Lesson 2: Body Mapping EWS Lesson 3: Correct Anatomical Vocabulary Lesson 4: Expanding Networks	Create opportunities: What would I like to do in the future?		-

Spring 1	<i>The First Slodge:</i> "To understand how we share the world."	-	Balance life and work: What happens when you start a job?	Staying safe Should people believe everything online? Who keeps us safe? What are age restrictions and why are they important? How can people stay safe when someone talks to them online?	-
Spring 2	<i>The Odd egg:</i> "To understand what makes someone feel proud."	-	See the big picture: How can schools and jobs protect the environment?	Health and wellbeing How can we stay safe in the sun? How can we stop germs from spreading? How can people get help with their feelings?	-
Summer 1	<i>Blown Away:</i> "To feel proud of being different."	-	Explore possibilities: Why do some jobs have uniforms?	Health and wellbeing; Personal development and social responsibility What things can people do to feel better? What changes happen as we grow up? How can people be kind?	What are laws? Lesson 1: Fair punishment? Lesson 2: Fair punishment? Lesson 3: Why are laws important? Lesson 4: Consequences and punishments Lesson 5: What qualities make someone a lawful citizen? Lesson 6: Debate: What would it be like to live in a world without laws?

Summer 2	<i>Just because:</i> "To understand how difference can affect someone."	-	Manage career: Why do we go to school?	Personal development and social responsibility; Staying safe What is a community? Which adults are safe to talk to? What do people do with their money?	
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5. Year 3 Curriculum Plan

Term	No Outsiders	Protective Behaviours	Careers (CDI Learning Area)	PSHE Lesson(s)	British Values
Shipston Primary Behaviour Curriculum Zones of Regulation and Thrive.					
Autumn 1	<i>Oliver:</i> "To know when to be assertive."	-	Grow throughout life: What does success look like?	Zones of Regulation and feelings- Toolkit Relationships, families, and friends How can I build positive friendships? Can I spot unkind behaviour and bullying? What are different types of relationships?	-

Autumn 2	-	Lesson 1: The Safety Continuum Lesson 2: Peer Pressure & EWS Lesson 3: Safe vs Unsafe Secrets Lesson 4: Emergency Networks	Create opportunities: Who can help me improve?		What does it mean to represent others? Lesson 1: What qualities do we need to represent others? Lesson 2: Members of Parliament Lesson 3: MP surgery Lesson 4: Debating new laws Lesson 5: Writing to our MP Lesson 6: Debate: Who would make the best class representative?
Spring 1	<i>Our House:</i> "To be welcoming."	-	Balance life and work: How can I balance work at school and at home?	Staying safe Is the internet a good thing? What hazards are at home and how do we make them safe? What makes a respectful relationship?	-
Spring 2	<i>Two Monsters:</i> "To be able to work with everyone in my class."	-	See the big picture: How does technology impact jobs?	Health and wellbeing How do exercise and sleep improve our health? How can feelings change over time? How do people manage difficult emotions?	-

Summer 1	<i>The Hueys in a new jumper.</i> "To ask questions."	-	Explore possibilities: What are career sectors?	Personal development and social responsibility What are my personal responsibilities as I grow up? How do people show respect? Why is diversity in a community a good thing?	-
Summer 2	<i>Beegu:</i> "To find a solution to a problem."	-	Manage career: What is a career journey?	Personal development and social responsibility How do people choose to spend their money?	-

6. Year 4 Curriculum Plan

Term	No Outsiders	Protective Behaviours	Careers (CDI Learning Area)	PSHE Lesson(s)	British Values
Shipston Primary Behaviour Curriculum Zones of Regulation and Thrive.					

Autumn 1	<i>Dogs don't do ballet:</i> "To understand what 'discrimination' means."	-	Grow throughout life: How can stereotypes affect careers?	Zones of Regulation and feelings- Toolkit Relationship, families, and friends; Staying safe What do online friendships look like? What is cyberbullying? What does a healthy family look like?	-
Autumn 2	-	Lesson 1: The Safety Continuum Lesson 2: Peer Pressure & EWS Lesson 3: Safe vs Unsafe Secrets Lesson 4: Emergency Networks	Create opportunities: How do different jobs work together?		What is a government? Lesson 1: What is a government? Lesson 2: Political parties Lesson 3: What is a prime minister? Lesson 4: What is the cabinet? Lesson 5: What is a general election? Lesson 6: Debate: Is a general election the best way to choose a government?

Spring 1	<i>King and King:</i> "To understand why people choose to get married."	-	Balance life and work: Why do people do different types of work?	Staying safe What is personal data and how is it shared online? What keeps you safe when you go out? What are personal boundaries and what is consent?	-
Spring 2	<i>The way back home:</i> "To overcome language as a barrier."	-	See the big picture: Do stories contain accurate careers information?	Health and wellbeing What makes a healthy diet? How can people look after their mental health? How does loss impact people's emotions?	-
Summer 1	<i>The Flower:</i> "To use strategies to help someone."	-	Explore possibilities: How do subjects at school link to jobs?	Health and wellbeing; Personal development and social responsibility What happens during puberty? How can I respectfully manage conflicts? Why should we respect living things?	-
Summer 2	<i>Red:</i> "To be who you want to be."	-	Manage career: How can I achieve a goal?	Personal development and social responsibility What are the risks of gambling?	-

7. Year 5 Curriculum Plan

Term	No Outsiders	Protective Behaviours	Careers (CDI Learning Area)	PSHE Lesson(s)	British Values
Shipston Primary Behaviour Curriculum Zones of Regulation and Thrive.					
Autumn 1	<i>Where the Poppies now grow: "To learn from our past."</i>	-	Grow throughout life: What are skills?	Zones of Regulation and feelings- Toolkit Relationships, families, and friends How might friendships change over time? What is the impact of bullying? What does diversity in relationships look like?	-

Autumn 2	-	Lesson 1: Independence & Risk Lesson 2: Digital Safety & EWS Lesson 3: Advanced Body Autonomy Lesson 4: Network Maintenance	Create opportunities: Which jobs might be needed in the future?		What is Parliament? Lesson 1: What is Parliament? Lesson 2: The House of Commons Lesson 3: The House of Lords Lesson 4: How laws are made Lesson 5: Having your say Lesson 6: Debate: Would the UK government operate more effectively without Parliament?
Spring 1	<i>Love you forever. "To justify my actions."</i>	-	Balance life and work: Why do people work for charities?	Staying safe How can people use social media safely? How do rules and restrictions keep people safe? What are the risks of online relationships?	-

Spring 2	<i>How to heal a broken wing:</i> "To recognise when someone needs help."	-	See the big picture: How can we prevent harmful work?	Health and wellbeing How can healthy habits help us? What support is available for mental health? Why are smoking, vaping, and alcohol harmful?	-
Summer 1	<i>The artist who painted a blue horse:</i> "To appreciate artistic freedom."	-	Explore possibilities: What skills do people need for different jobs?	Health and wellbeing; Personal development and social responsibility What is reproduction? Why does being different make the world interesting? How do stereotypes and prejudices impact people?	-
Summer 2	<i>Tango makes three:</i> "To accept people who are different."	-	Manage career: How can I make a good decision?	Personal development and social responsibility How do people use money sensibly?	-

8. Year 6 Curriculum Plan

Term	No Outsiders	Protective Behaviours	Careers (CDI Learning Area)	PSHE Lesson(s)	British Values
Shipston Primary Behaviour Curriculum Zones of Regulation and Thrive.					
Autumn 1	<i>My Princess Boy:</i> "To promote diversity."	-	Grow throughout life: How do challenges help you grow?	Zones of Regulation and feelings- Toolkit Relationships, families, and friends What is the impact of loneliness? What is discrimination? What does a healthy committed relationship look like?	What is a democracy? Lesson 1: Opinions Lesson 2: What is democracy? Lesson 3: What is a protest? Lesson 4: Know your rights! Lesson 5: Everyday democracy Lesson 6: Debate: Is a democratic system the best way to govern this country?
Autumn 2	-	Lesson 1: Independence & Risk Lesson 2: Digital Safety & EWS Lesson 3: Advanced Body Autonomy Lesson 4: Network Maintenance	Create opportunities: What is it like to set up a business?		-

Spring 1	<i>The Whisperer:</i> "To stand up to discrimination."	-	Balance life and work: How can I manage money?	Staying safe What's real and what's fake online? What should people do in an accident or emergency? How can pressure put people in danger?	-
Spring 2	<i>The Island:</i> "To challenge causes of racism."	-	See the big picture: How might working life change in the future?	Health and wellbeing How do good hygiene and medical care support our health? How do people manage transitions? How do drugs impact people?	-
Summer 1	<i>Rose Blanche:</i> "To consider how my life may change as I grow up."	-	Explore possibilities: Why are qualifications important for jobs?	Personal development and social responsibility How can my identity help me in a new school? How do we respectfully disagree? What is the difference between rules, rights, and laws?	-

Summer 2	<i>Dreams of Freedom:</i> "To recognise my freedom."	-	Manage career: How can I prepare for change?	Personal development and social responsibility How do people budget and look after their money?	-
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9. Key Implementation Dates

The following awareness dates are integrated into the curriculum delivery to highlight specific themes:

- **Anti-bullying week:** 10th – 14th November 2025
- **Children's Mental Health week:** 9th – 15th February 2026
- **Safer Internet Day:** 10th February 2026