



Mundy C of E Junior School.
PSHCE Long Term Plan.
2-year cycle – 2025-2030



	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 3 and 4 Cycle 1	PSHE Matters: Being Healthy Growing up with Yasmine and Tom: Lesson 1: Introducing Yasmine and Tom. Lesson 7: Body care.	PSHE Matters: Relationships Growing up with Yasmine and Tom: Lesson 6: My personal and private body parts and keeping safe.	PSHE Matters: Exploring Emotions Growing up with Yasmine and Tom: Lesson 5: Families and getting on with our families. Lesson 6: My personal and private body parts and keeping safe.	PSHE Matters: Difference and Diversity Growing up with Yasmine and Tom: Lesson 2: Gender Stereotypes and Aspirations. Lesson 3: Me myself and I.	PSHE Matters: Being Responsible Growing up with Yasmine and Tom: Lesson 8: Is it risky? Lesson 9: People who can help us on and offline.	PSHE Matters: Bullying Matters. Growing up with Yasmine and Tom: Lesson 4: What makes a good friend?
Year 3 and 4 Cycle 2	PSHE Matters: Drug Education Growing up with Yasmine and Tom: Lesson 1: Introducing Yasmine and Tom.	PSHE Matters: Growing Up Growing up with Yasmine and Tom: Lesson 2: Gender Stereotypes and Aspirations. Lesson 5: Families and getting on with our families.	PSHE Matters: Changes Growing up with Yasmine and Tom: Lesson 6: My personal and private body parts and keeping safe. Lesson 7: Body care.	PSHE Matters: Being Me Growing up with Yasmine and Tom: Lesson 3: Me myself and I. Lesson 4: What makes a good friend?	PSHE Matters: Money Matters	PSHE Matters: Being Safe Growing up with Yasmine and Tom: Lesson 8: Is it risky? Lesson 9: People who can help us on and offline.

*This follows the PSHE Matters scheme of work. **Growing up with Yasmine and Tom Scheme is used for RSE. Lessons in red need parental consent.



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	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 5 and 6 Cycle 1	PSHE Matters: Being Healthy Growing up with Yasmine and Tom: Lesson 1: Introducing Yasmine and Tom. Lesson 8: Periods and menstruation.	PSHE Matters: Relationships Growing up with Yasmine and Tom: Lesson 2: Online and Offline friendships. Lesson 3: Friendships and Secrets. Lesson 9: Wet dreams and Masturbation. Lesson 10: Making babies – Sexual intercourse. Lesson 12: Making babies – Pregnancy and birth.	PSHE Matters: Exploring Emotions Growing up with Yasmine and Tom: Lesson 4: Friendships and pressure. Lesson 7: Changes at puberty.	PSHE Matters: Difference and Diversity Growing up with Yasmine and Tom: Lesson 11: Making Babies – Assisted fertility and multiple births. Lesson 13: Identity and Prejudice. Lesson 14: Equality and the law.	PSHE Matters: Being Responsible Growing up with Yasmine and Tom: Lesson 5: Keeping safe – Safe and unsafe touch. Lesson 6: Keeping safe – online images.	PSHE Matters: Bullying Matters. Growing up with Yasmine and Tom: Lesson 15: Getting help.
Year 5 and 6 Cycle 2	PSHE Matters: Drug Education Growing up with Yasmine and Tom: Lesson 1: Introducing Yasmine and Tom. Lesson 3: Friendships and Secrets.	PSHE Matters: Growing Up Growing up with Yasmine and Tom: Lesson 7: Changes at puberty. Lesson 10: Making babies – Sexual intercourse.	PSHE Matters: Changes Growing up with Yasmine and Tom: Lesson 8: Periods and menstruation. Lesson 11: Making Babies – Assisted fertility and multiple births. Lesson 12: Making babies – Pregnancy and birth.	PSHE Matters: Being Me Growing up with Yasmine and Tom: Lesson 4: Friendships and pressure. Lesson 9: Wet dreams and Masturbation. Lesson 13: Identity and Prejudice.	PSHE Matters: Money Matters Growing up with Yasmine and Tom: Lesson 14: Equality and the law. Lesson 15: Getting help.	PSHE Matters: Being Safe Growing up with Yasmine and Tom: Lesson 2: Online and Offline friendships. Lesson 5: Keeping safe – Safe and unsafe touch. Lesson 6: Keeping safe – online images.

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