



Burstwick Community Primary School

PSHE and SEMH Long Term Plan 2025-2027

2025-2026 Cycle 1	Autumn		Spring		Summer	
EYFS	Being Me in My World (EYFS content)	Celebrating Difference (EYFS content)	Dreams & Goals (EYFS content)	Healthy Me (EYFS content)	Relationships (EYFS content)	Changing Me (Age specific: N & R)
Year 1/2	Being Me in My world (Year 2 content)	Celebrating Difference (Year 2 content)	Dreams & Goals (Year 2 content)	Healthy Me (Year 2 content)	Relationships (Year 2 content)	Changing Me (Age specific: Y1 & Y2)
Year 3/4	Being Me in My world (Year 4 content)	Celebrating Difference (Year 4 content)	Dreams & Goals (Year 4 content)	Healthy Me (Year 4 content)	Relationships (Year 4 content)	Changing Me (Age specific: Y3 & Y4)
Year 5/6	Being Me in My world (Year 6 content)	Celebrating Difference (Year 6 content)	Dreams & Goals (Year 6 content)	Healthy Me (Year 6 content)	Relationships (Year 6 content)	Changing Me (Age specific: Y5 & Y6)

2026-2027 Cycle 2	Autumn		Spring		Summer	
EYFS	Being Me in My World (EYFS content)	Celebrating Difference (EYFS content)	Dreams & Goals (EYFS content)	Healthy Me (EYFS content)	Relationships (EYFS content)	Changing Me (Age specific: N & R)
Year 1/2	Being Me in My world (Year 1 content)	Celebrating Difference (Year 1 content)	Dreams & Goals (Year 1 content)	Healthy Me (Year 1 content)	Relationships (Year 1 content)	Changing Me (Age specific: Y1 & Y2)
Year 3/4	Being Me in My world (Year 3 content)	Celebrating Difference (Year 3 content)	Dreams & Goals (Year 3 content)	Healthy Me (Year 3 content)	Relationships (Year 3 content)	Changing Me (Age specific: Y3 & Y4)
Year 5/6	Being Me in My world (Year 5 content)	Celebrating Difference (Year 5 content)	Dreams & Goals (Year 5 content)	Healthy Me (Year 5 content)	Relationships (Year 5 content)	Changing Me (Age specific: Y5 & Y6)