

PSHE & RSE Long Term Plan

Year Group	Self-Regulation	Building Relationships		Managing Self	
EYFS	<p style="text-align: center;">My Feelings</p> <p style="text-align: center;">Identifying my feelings</p> <p style="text-align: center;">Coping strategies</p> <p style="text-align: center;">Emotional adjectives</p> <p style="text-align: center;">Facial expressions</p>	<p style="text-align: center;">Special relationships</p> <p style="text-align: center;">Special people</p> <p style="text-align: center;">Sharing</p> <p style="text-align: center;">I am unique</p> <p style="text-align: center;">Similarities and differences</p>	<p style="text-align: center;">My family and friends</p> <p style="text-align: center;">Festivals</p> <p style="text-align: center;">Sharing</p> <p style="text-align: center;">What makes a good friend?</p> <p style="text-align: center;">Being a good friend</p>	<p style="text-align: center;">Taking on challenges</p> <p style="text-align: center;">Why do we have rules?</p> <p style="text-align: center;">Building towers</p> <p style="text-align: center;">Team races</p>	<p style="text-align: center;">My Wellbeing</p> <p style="text-align: center;">What is exercise?</p> <p style="text-align: center;">Being a safe Pedestrian</p> <p style="text-align: center;">Eating healthily</p>

PSHE & RSE Long Term Plan

	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing
Year 1	Setting ground rules for RSE and PSHE lessons What is a family? What are friendships? Friendship problems Healthy friendships Gender stereotypes	Understanding my emotions Ready for bed Handwashing and personal hygiene Sun safety Allergies	Adults in school Adults outside of school Making an emergency call Appropriate contact Safety with substances	Rules The needs of others Similar yet different	What is money? Saving and spending

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Year 2	Setting ground rules for RSE and PSHE lessons Families are all different Unhappy friendships Introduction to manners and courtesy Change and loss Gender stereotypes: careers and jobs	Experiencing different emotions Developing a growth mindset Healthy diet Looking after our teeth	Communicating online Secrets and surprises Appropriate contact: My private parts Appropriate contact: My private parts are private Staying safe with medicine	Rules beyond school Similar yet different – My local community Giving my opinion	Exploring needs Exploring wants

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	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing
Year 3	Setting ground rules for RSE and PSHE lessons Healthy families Friendship conflicts Friendship conflict vs bullying Learning who to trust Respecting differences in others Stereotyping gender Stereotyping age	My healthy diary Wonderful me Resilience: breaking down barriers Diet and dental health	First Aid: Emergencies and calling for help Cyberbullying Influences Keeping safe out and about	Rights of the child Charity Local democracy	Budgeting What careers do people have? Can anyone be anything?

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	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing
Year 4	Setting ground rules for RSE and PSHE lessons Respect and manners Healthy friendships Bullying Stereotypes: Gender Stereotypes: Disability Families in the wider world Change and loss	Looking after our teeth Celebrating mistakes My happiness Emotions Mental Health	Internet safety: Age restrictions Share aware Privacy and security Introducing puberty Tobacco	What are human rights? Diverse communities	Value for money Looking after money What influences career choices?

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	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing
Year 5	Setting ground rules for RSE and PSHE lessons Friendship skills Marriage Respecting myself Family life Bullying Stereotypes: Gender Stereotypes: Race and religion	The importance of rest Taking responsibility for my feelings Healthy meals Sun safety	Online friendships Staying safe online Puberty Menstruation First Aid: Bleeding Alcohol, drugs and tobacco: making decisions	Breaking the law Parliament	Risks handling money online Why challenge workplace stereotypes

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Year 6	Setting ground rules for RSE and PSHE lessons Respect Respectful relationships Stereotypes: attitudes Challenging stereotypes Resolving conflict Change and loss	Taking responsibility for my health The impact of technology on health Resilience toolkit Immunisation Physical health concerns	Alcohol Social media Physical and emotional changes of puberty First Aid: Basic life support	Human rights Prejudice and discrimination National democracy	Career routes
	Identity	Relationships and Sex Education		Transition	
Year 6 Only	Setting ground rules for RSE and PSHE lessons What is identity? Identity and Body image	Setting ground rules for RSE and PSHE lessons Conception Pregnancy and Birth		Transition to Secondary School	