

## PSHE & RSE Long Term Plan

Year Group	Self-Regulation	Building Relationships		Managing Self	
<b>EYFS</b>	<p style="text-align: center;"><b>My Feelings</b></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;"><b>Special relationships</b></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;"><b>My family and friends</b></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;"><b>Taking on challenges</b></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;"><b>My Wellbeing</b></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>

(D) – this lesson has the opportunity for debate or discussion.

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

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<b>Year 2</b>	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 (D)	Exploring needs  Exploring wants (D)

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<b>Year 3</b>	Setting ground rules for RSE and PSHE lessons  Healthy families  Friendship conflicts  Friendship conflict vs bullying (D)  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 (D)  Cyberbullying  Influences (D)  Keeping safe out and about	Rights of the child  Charity  Local democracy (D)	Budgeting  What careers do people have?  Can anyone be anything?

(D) – this lesson has the opportunity for debate or discussion.

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

(D) – this lesson has the opportunity for debate or discussion.

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<b>Year 5</b>	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 (D) Parliament	Risks handling money online Why challenge workplace stereotypes

(D) – this lesson has the opportunity for debate or discussion.

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<b>Year 6</b>	Setting ground rules for RSE and PSHE lessons  Respect  Respectful relationships  Stereotypes: attitudes  Challenging stereotypes (D)  Resolving conflict  Change and loss	Taking responsibility for my health  The impact of technology on health  Resilience toolkit  Immunisation (D)  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
	<b>Identity</b>	<b>Relationships and Sex Education</b>		<b>Transition</b>	
<b>Year 6 Only</b>	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	

(D) – this lesson has the opportunity for debate or discussion.