

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> |

| Year Group | Family and Relationships | Health and Wellbeing | Safety and the Changing Body | Citizenship | Economic Wellbeing |
|------------|--|--|--|---|--|
| Year 1 | <p style="text-align: center;">Setting ground rules for RSE and PSHE lessons</p> <p style="text-align: center;">What is a family?</p> <p style="text-align: center;">What are friendships?</p> <p style="text-align: center;">Friendship problems</p> <p style="text-align: center;">Healthy friendships</p> <p style="text-align: center;">Gender stereotypes</p> | <p style="text-align: center;">Understanding my emotions</p> <p style="text-align: center;">Ready for bed</p> <p style="text-align: center;">Handwashing and personal hygiene</p> <p style="text-align: center;">Sun safety</p> <p style="text-align: center;">Allergies</p> | <p style="text-align: center;">Adults in school</p> <p style="text-align: center;">Adults outside of school</p> <p style="text-align: center;">Making an emergency call</p> <p style="text-align: center;">Appropriate contact</p> <p style="text-align: center;">Safety with substances</p> | <p style="text-align: center;">Rules</p> <p style="text-align: center;">Similar yet different</p> | <p style="text-align: center;">What is money?</p> <p style="text-align: center;">Saving and spending</p> |

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| Year 2 | <p>Setting ground rules for RSE and PSHE lessons</p> <p>Families are all different</p> <p>Unhappy friendships</p> <p>Introduction to manners and courtesy</p> <p>Change and loss</p> <p>Gender stereotypes: careers and jobs</p> | <p>Experiencing different emotions</p> <p>Developing a growth mindset</p> <p>Healthy diet</p> <p>Looking after our teeth</p> | <p>Communicating online</p> <p>Secrets and surprises</p> <p>Appropriate contact: My private parts</p> <p>Appropriate contact: My private parts are private</p> <p>Staying safe with medicine</p> | <p>Rules beyond school</p> <p>Similar yet different – My local community</p> <p>Giving my opinion</p> | <p>Exploring needs</p> <p>Exploring wants</p> |
| Year 3 | <p>Setting ground rules for RSE and PSHE lessons</p> <p>Healthy families</p> <p>Friendship conflicts</p> <p>Friendship conflict vs bullying</p> <p>Learning who to trust</p> <p>Respecting differences in others</p> | <p>My healthy diary</p> <p>Wonderful me</p> <p>Resilience: breaking down barriers</p> <p>Diet and dental health</p> | <p>First Aid: Emergencies and calling for help</p> <p>Cyberbullying</p> <p>Influences</p> <p>Keeping safe out and about</p> | <p>Rights of the child</p> <p>Charity</p> <p>Local democracy</p> | <p>Budgeting</p> <p>Career quest</p> |

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| | Stereotyping gender | | | | |
| Year 4 | Setting ground rules for RSE and PSHE lessons Respect and manners Healthy friendships Bullying Stereotypes: Disability 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 |
| Year 5 | Setting ground rules for RSE and PSHE lessons Friendship skills Marriage Respecting myself Family life Bullying 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 |

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| Year 6 | Setting ground rules for RSE and PSHE lessons Respect Respectful relationships 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 |
| Year 6 Only | Identity | Relationships and Sex Education | | Transition | |
| | Setting ground rules for RSE and PSHE lessons Identity and Body image | Setting ground rules for RSE and PSHE lessons Conception Pregnancy and Birth | | Transition to Secondary School | |