

## PSHE & RSE Long Term Plan

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

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

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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<br><br>Respect and manners<br><br>Healthy friendships<br><br>Bullying<br><br>Stereotypes: Disability<br><br>Change and loss                | Looking after our teeth<br><br>Celebrating mistakes<br><br>My happiness<br><br>Emotions<br><br>Mental Health | Internet safety: Age restrictions<br><br>Share aware<br><br>Privacy and security<br><br>Introducing puberty<br><br>Tobacco                                      | What are human rights?<br><br>Diverse communities | Value for money<br><br>Looking after money |
| Year 5 | Setting ground rules for RSE and PSHE lessons<br><br>Friendship skills<br><br>Marriage<br><br>Respecting myself<br><br>Family life<br><br>Bullying<br><br>Stereotypes: Race and religion | The importance of rest<br><br>Taking responsibility for my feelings<br><br>Healthy meals<br><br>Sun safety   | Online friendships<br><br>Staying safe online<br><br>Puberty<br><br>Menstruation<br><br>First Aid: Bleeding<br><br>Alcohol, drugs and tobacco: making decisions | Breaking the law<br><br>Parliament                | Risks handling money online                |

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| Year 6      | <p>Setting ground rules for RSE and PSHE lessons</p> <p>Respect</p> <p>Respectful relationships</p> <p>Challenging stereotypes</p> <p>Resolving conflict</p> <p>Change and loss</p> | <p>Taking responsibility for my health</p> <p>The impact of technology on health</p> <p>Resilience toolkit</p> <p>Immunisation</p> <p>Physical health concerns</p> | <p>Alcohol</p> <p>Social media</p> <p>Physical and emotional changes of puberty</p> <p>First Aid: Basic life support</p> | <p>Human rights</p> <p>Prejudice and discrimination</p> <p>National democracy</p>                 | Career routes |
| Year 6 Only | <b>Identity</b>                                                                                                                                                                     |                                                                                                                                                                    |                                                                                                                          | <b>Sex Education</b>                                                                              |               |
|             | <p>Setting ground rules for RSE and PSHE lessons</p> <p>Identity and Body image</p>                                                                                                 |                                                                                                                                                                    |                                                                                                                          | <p>Setting ground rules for RSE and PSHE lessons</p> <p>Conception</p> <p>Pregnancy and Birth</p> |               |