

PSHE & RSE Long Term Plan

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

	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 Similar yet different	What is money? Saving and spending
Year 2	Setting ground rules for RSE and PSHE lessons Families are all different Unhappy friendships	Experiencing different emotions Developing a growth mindset Healthy diet	Communicating online Secrets and surprises Appropriate contact: My private parts	Rules beyond school Similar yet different – My local community Giving my opinion	Exploring needs Exploring wants

PSHE & RSE Long Term Plan

	<p>Introduction to manners and courtesy</p> <p>Change and loss</p> <p>Gender stereotypes: careers and jobs</p>	<p>Looking after our teeth</p>	<p>Appropriate contact: My private parts are private</p> <p>Staying safe with medicine</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>Stereotyping gender</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>
Year 4	<p>Setting ground rules for RSE and PSHE lessons</p> <p>Respect and manners</p> <p>Healthy friendships</p> <p>Bullying</p>	<p>Looking after our teeth</p> <p>Celebrating mistakes</p> <p>My happiness</p> <p>Emotions</p>	<p>Internet safety: Age restrictions</p> <p>Share aware</p> <p>Privacy and security</p> <p>Introducing puberty</p>	<p>What are human rights?</p> <p>Diverse communities</p>	<p>Value for money</p> <p>Looking after money</p>

PSHE & RSE Long Term Plan

	Stereotypes: Disability Change and loss	Mental Health	Tobacco		
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
Year 6	Setting ground rules for RSE and PSHE lessons Respect Respectful relationships Challenging stereotypes	Taking responsibility for my health The impact of technology on health Resilience toolkit Immunisation	Alcohol Social media Physical and emotional changes of puberty First Aid: Basic life support	Human rights Prejudice and discrimination National democracy	Career routes Identity

PSHE & RSE Long Term Plan

	Resolving conflict Change and loss	Physical health concerns			Identity and Body image
--	---------------------------------------	--------------------------	--	--	-------------------------