

RSE & PSHE

Long-term plan

Standard

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Suggested long-term plan: RSE & PSHE

Overview (All year groups)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Self-regulation: Listening and following instructions	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
	Coming soon! How can we look after our feelings?	How can I help myself and others feel happy and safe?	Coming soon! How do we spend time online?	Coming soon! How can I help others and the environment?	How can I protect myself and others in daily life?	How can I stay safe?
	How can we look after our bodies?	How can I build safe, kind and caring relationships with others?	Coming soon! How are things shared online?	Coming soon! How do people belong to a community and earn money?	How can we look after and respect our bodies as we grow?	Coming soon! How can I make safe choices in different places?
	Coming soon! How can I take care of my mind and body?	What helps us feel safe and included?	Coming soon! How should we communicate online?	Coming soon! What rights and responsibilities do we have?	Coming soon! How can we prevent illness and injury and respond if they happen?	Coming soon! What careers do people choose and why?
	Coming soon! How can I make healthy choices?	How can we respect each other?	Coming soon! How can I evaluate what I see online?	Coming soon! How can I spend my money wisely?	How will my body and emotions change as I grow up?	What signs help me recognise what is safe or unsafe?
	Coming soon! How can I support my mind and body as I grow?	Why are healthy relationships important?	How am I influenced by what I see online?	Coming soon! How can we make a difference in our communities and beyond?	How can I manage the changes to my body and emotions as I grow up?	Coming soon! How can we be in control of our money?
	Coming soon! How do my choices today shape my future wellbeing?	What does it mean to stand up for myself and others?	Coming soon! How do I feel about being online?	Coming soon! How can we protect everyone's rights?	Coming soon! How can I stay safe as I grow up?	How do people become parents and carers?

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Overview - EYFS

EYFS

<p>Autumn 1</p>	<p><u>Self-regulation: Listening and following instructions</u></p> <p>6 lessons</p> <p>In this unit, children will learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.</p>	<p>Autumn 2</p>	<p><u>Building relationships: Special relationships</u></p> <p>6 lessons</p> <p>In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.</p>
<p>Spring 1</p>	<p><u>Managing self: Taking on challenges</u></p> <p>6 lessons</p> <p>In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.</p>	<p>Spring 2</p>	<p><u>Self-regulation: Listening and following instructions</u></p> <p>6 lessons</p> <p>In this unit, children will learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.</p>
<p>Summer 1</p>	<p><u>Building relationships: My family and friends</u></p> <p>6 lessons</p> <p>In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.</p>	<p>Summer 2</p>	<p><u>Managing self: My wellbeing</u></p> <p>6 lessons</p> <p>In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.</p>

Suggested long-term plan: RSE & PSHE

Overview - Key stage 1

Year 1

Autumn 1	How can we look after our feelings?	Autumn 2	<u>How can I help myself and others feel happy and safe?</u> 7 lessons Exploring what makes them and their families special and exploring how to build and maintain healthy relationships.
Spring 1	How do we spend time online?	Spring 2	How can I help others and the environment?
Summer 1	<u>How can I protect myself and others in daily life?</u> 7 lessons Exploring illnesses and injuries, understanding the roles of different healthcare workers in prevention and treatment and practising how to get medical help.	Summer 2	<u>How can I stay safe?</u> 6 lessons Learning to notice dangers in everyday places, follow simple safety rules, listen to body clues and ask trusted adults for help to keep themselves and others safe.

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Overview - Key stage 1

Year 2

Autumn 1	<p><u>How can we look after our bodies?</u></p> <p>7 lessons</p> <p>Building understanding of how daily habits support physical health by exploring the benefits of movement, sleep, healthy eating, hydration and dental care, and applying this knowledge to create a healthy daily routine.</p>	Autumn 2	<p><u>How can I build safe, kind and caring relationships with others?</u></p> <p>7 lessons</p> <p>Celebrating individual and family diversity, exploring personal boundaries, understanding the features of healthy relationships and how to seek help.</p>
Spring 1	<p>How are things shared online?</p>	Spring 2	<p>How do people belong to a community and earn money?</p>
Summer 1	<p><u>How can we look after and respect our bodies as we grow?</u></p> <p>7 lessons</p> <p>Learning how people grow and change as they get older, recognising physical changes, naming private body parts correctly and understanding privacy, personal boundaries and who can help.</p>	Summer 2	<p>How can I make safe choices in different places?</p>

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Overview - Lower key stage 2

Year 3

Autumn 1	How can I take care of my mind and body?	Autumn 2	<u>What helps us feel safe and included?</u> 7 lessons Celebrating what makes them unique and exploring personal boundaries and understanding how relationships can offer support, care, kindness and shared values.
Spring 1	How should we communicate online?	Spring 2	What rights and responsibilities do we have?
Summer 1	How can we prevent illness and injury and respond if they happen?	Summer 2	What careers do people choose and why?

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Overview - Lower key stage 2

Year 4

Autumn 1	How can I make healthy choices?	Autumn 2	<u>How can we respect each other?</u> 7 lessons Understanding how trust, fairness and boundaries keep friendships healthy and practising how to respond assertively and respectfully when challenges or unkind behaviours arise.
Spring 1	How can I evaluate what I see online?	Spring 2	How can I spend my money wisely?
Summer 1	<u>How will my body and emotions change as I grow up?</u> 7 lessons Learning about the physical and emotional changes that occur during puberty, pupils recognise that these changes are normal and happen at different times for everyone.	Summer 2	<u>What signs help me recognise what is safe or unsafe?</u> 7 lessons Developing understanding of hazards, risks and emergencies by recognising signs of danger and identifying unsafe situations in a range of contexts. Exploring how to assess risk, make safe choices and respond appropriately, including seeking help in an emergency.

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Overview - Upper key stage 2

Year 5

Autumn 1	How can I support my mind and body as I grow?	Autumn 2	<u>Why are healthy relationships important?</u> 7 lessons Developing understanding of identity, family relationships and friendships by exploring how values, commitment, support, communication and assertiveness help to build and maintain respectful, healthy connections with others.
Spring 1	<u>How am I influenced by what I see online?</u> 7 lessons Exploring how online trends, adverts and influencers can shape behaviour and choices, including recognising misleading information and making informed, safe choices.	Spring 2	How can we make a difference in our communities and beyond?
Summer 1	<u>How can I manage the changes to my body and emotions as I grow up?</u> 7 lessons Learning about the physical and emotional changes of puberty, including periods, hygiene and personal boundaries, to support healthy development and respectful relationships.	Summer 2	How can we be in control of our money?

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Overview - Upper key stage 2

Year 6

Autumn 1	How do my choices today shape my future wellbeing?	Autumn 2	<u>What does it mean to stand up for myself and others?</u> 7 lessons Deepening understanding of respectful relationships by linking values to self-respect, boundaries and consent, and by evaluating how to challenge unfairness, prevent bullying and seek help safely in a range of real-life situations.
Spring 1	How do I feel about being online?	Spring 2	How can we protect everyone's rights?
Summer 1	How can I stay safe as I grow up?	Summer 2	<u>How do people become parents and carers?</u> 7 lessons Learning about conception and pregnancy, exploring different family structures and understanding why consent is important.