

PSHE & RSE Long Term Plan



Suggested long-term plan: RSE & PSHE - Outline (EYFS: Reception)

Week	Autumn	Spring	Summer
Week 1	<u>Self-regulation: My feelings (6 lessons)</u> Lesson 1: Identifying my feelings	<u>Managing self: Taking on challenges (6 lessons)</u> Lesson 1: Why do we have rules?	<u>Building relationships: My family and friends (6 lessons)</u> Lesson 1: Festivals
Week 2	Lesson 2: Feelings jars	Lesson 2: Building towers	Lesson 2: Sharing
Week 3	Lesson 3: Coping strategies	Lesson 3: Team den building	Lesson 3: What makes a good friend?
Week 4	Lesson 4: Describing feelings	Lesson 4: Grounding	Lesson 4: Being a good friend
Week 5	Lesson 5: Facial expressions	Lesson 5: Team races	Lesson 5: Teamwork
Week 6	Lesson 6: Creating a calm corner	Lesson 6: Circus skills	Lesson 6: Celebrating friendships
Week 7	<u>Building relationships: Special relationships (6 lessons)</u> Lesson 1: My family	<u>Self-regulation: Listening and following instructions (6 lessons)</u> Lesson 1: Simon says	<u>Managing self: My wellbeing (6 lessons)</u> Lesson 1: What is exercise?
Week 8	Lesson 2: Special people	Lesson 2: Listening to a story	Lesson 2: Yoga and relaxation
Week 9	Lesson 3: Sharing	Lesson 3: Pass the whisper	Lesson 3: Looking after ourselves
Week 10	Lesson 4: I am unique	Lesson 4: Obstacle race	Lesson 4: Being a safe pedestrian
Week 11	Lesson 5: My interests	Lesson 5: Blindfold walk	Lesson 5: Eating healthily
Week 12	Lesson 6: Similarities and differences	Lesson 6: Treasure hunt	Lesson 6: A rainbow of food

Year 1/2 mixed age - Cycle A

Families and relationships	Health and wellbeing	Safety and body change	Citizenship	Economically well being	Transition
8 lessons	8 lessons	9 lessons	6 lessons	5 lessons	1 lesson
Family Friendships Families are all different Other people's feeling Getting along with other Friendships problems Gender stereotypes	Understanding my feelings Relaxation - laughter and progressive muscle relaxation What am I like? Ready for bed? Hand washing and personal hygiene Sun safety Allergies People who help us stay healthy	Communication with adults People who help keep us safe road safety Safety with medicines Making a call to the emergencies services Difference between secrets and surprises Appropriate contact My private parts Personal boundaries	Rules Similar yet different Belonging Job roles in the community Our school environment Our local environment [could add in local job visitors or a trip in the community]	Money Needs and wants Looking after money Bank and building societies jobs	Change and feelings

Year 1/2 mixed age - Cycle B

Families and relationships	Health and wellbeing	Safety and body change	Citizenship	Economically well being	Transition
8 lessons	7 lessons	9 lessons	7 lessons	5 lessons	1 lesson
Family Friendships Other people's feeling Getting along with other Friendships problems Gender stereotypes	Understanding my feelings Steps to success Developing a growth mindset Being active	Communication with adults Road safety Safety at home Safety with medicines What to do if I get lost	Rules Similar yet different Caring for others; animals The needs of others Democratic decisions School council	Money Needs and wants Saving and spending Bank and building societies jobs	Change and feelings

Change and loss	Relaxation - breathing exercises Healthy diet Looking after our teeth	The internet Appropriate contact My private parts Personal boundaries	Giving my opinion		
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Year 3/4 mixed age - Cycle A

Families and relationships	Health and wellbeing	Safety and body change	Citizenship	Economically well being	Transition
9 lessons	8 lessons	10 lessons	6 lessons	5 lessons	1 lessons
Introductory lesson: Setting ground rules and signposting Friendship issues and bullying The effects of bullying and the responsibility of the bystander Stereotyping - Gender Stereotyping - Age/disability Healthy friendships - boundaries Learning who to trust Respecting differences	My healthy diary Diet and dental health Relaxation - stretches Wonderful me My superpowers Celebrating mistakes Communicating my feelings My happiness	Be kind online Cyberbullying Share aware Privacy and secrecy First Aid: Bites and stings Choices and influences Year 3: First Aid: Emergencies and calling for help Year 4: Introducing puberty Year 3: Road safety Year 4: Growing up	Recycling/reusing Local community buildings and groups Local council and democracy Rules Rights of the child What are human rights?	Spending choices Budgeting Money and emotions Jobs and careers Gender and careers	Coping strategies

Change and loss - bereavement					
<u>Year 3/4 mixed age - Cycle B</u>					
Families and relationships	Health and wellbeing	Safety and body change	Citizenship	Economically well being	Transition
9 lessons	8 lessons	10 lessons	6 lessons	5 lessons	1 lessons
Introductory lesson: Setting ground rules and signposting Friendship issues and bullying Healthy families Stereotyping - Gender Stereotyping - Age/disability Effective communication to support Relationships Respect and manners Respecting differences	My healthy diary Looking after our teeth Relaxation - visualisation Meaning and purpose - my role Resilience: breaking down problems Emotions Communicating my feelings Mental health	Fake emails Internet safety: age restrictions Consuming information online Tobacco First Aid: asthma Choices and influences Year 3: First Aid: Emergencies and calling for help Year 4: Introducing puberty Year 3: Road safety Year 4: Growing up	Recycling/reusing Local community buildings and groups Local council and democracy Diverse communities Rights of a child Charity	Spending choices Budgeting Money and emotions Jobs and careers Jobs for me	Coping strategies

<u>Year 5/6 mixed age - Cycle A</u>					
Families and relationships	Health and wellbeing	Safety and body change	Citizenship	Economically well being	Transition

8 lessons	7 lessons	7 lessons	6 lessons	5 lessons	1 lessons
Setting rules and signposting What makes a good friend? Respect Respecting myself Marriage Bullying Stereotyping Challenging stereotyping	Relaxation The importance of rest Embracing failure Going for goals Taking responsibility for my feelings Healthy meals Sun safety	Online friendships Staying safe online First Aid Alcohol Drugs, alcohol and tobacco Puberty (YR5 ONLY) Physical and emotional changes (YR6 ONLY) Menstruation (YR5 ONLY) Conception (YR6 ONLY)	Breaking the law Prejudice and discrimination Protecting the planet Contributing to the community Rights and responsibility Parliament and national democracy	Borrowing Income and expenditure Prioritising spending Risks with money Careers Identity - YR 6 ONLY What is identity? Identity and body image	Roles and responsibilities

Year 5/6 mixed age - Cycle B

Families and relationships	Health and wellbeing	Safety and body change	Citizenship	Economically well being	Transition
8 lessons	8 lessons	7 lessons	7 lessons	5 lessons	1 lessons
Setting rules and signposting Friendship skills Respect Resolving conflict Family life Stereotyping Challenging stereotyping	Relaxation What can I be? Taking responsibility for my health Impact of technology on health Resilience toolbox Immunisation	Critical digital consumers Social media First Aid; bleeding First Aid; Basic life support Puberty (YR5 ONLY) Physical and emotional changes (YR6 ONLY)	Pressure groups Valuing diversity Food choices and the environment Caring for others Rights and responsibility Parliament and national democracy	Attitudes to money Keeping money safe Stereotypes in the work place Gambling Careers Identity - YEAR 6 ONLY	Roles and responsibilities

	Physical health concerns Good and bad habits	Menstruation (YR5 ONLY) Conception (YR6 ONLY) Emotional changes in puberty (YR5 ONLY)		What is identity? Identity and body image	
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