

RSE and PSHE Long Term Plan

	Term 1		Term 2		Term 3	
REC	<p>See themselves as a valuable individual. Build constructive and respectful relationships. Express their feelings and consider the feelings of others</p> <p><i>Building up and following classroom rules.</i> <i>What makes a good friend?</i> No outsiders lesson – The family book (p50) No outsiders lesson – Mommy Mama and me (p51)</p> <p>Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity</p>	<p>Express their feelings and consider the feelings of others Think about the perspectives of others. <i>How do I feel today?</i> No outsiders lesson – Red Rockets and Rainbow Jelly (p48)</p> <p>No outsiders lesson - Blue Chameleon (P49)</p> <p>Know and talk about the different factors that support their overall health and wellbeing: being a safe pedestrian <i>Look at road safety. Link to the change in seasons and dark mornings/evenings due to change in season.</i></p>	<p>Express their feelings and consider the feelings of others.</p> <p>Think about the perspectives of others.</p> <p>Know and talk about the different factors that support their overall health and wellbeing: - toothbrushing</p> <p>Health and bodily awareness – The importance of physical exercise and a healthy diet and talk about ways to keep healthy and safe</p>	<p>See themselves as a valuable individual. <i>Who looks after them and what makes them feel special?</i> No outsiders lesson – You choose – Expressing likes/dislikes.</p> <p>Know and talk about the different factors that support their overall health and wellbeing: - - having a good sleep routine</p>	<p>Express their feelings and consider the feelings of others</p>	<p>Show sensitivity to their own and to others' needs. <i>How can we be heroes?</i> <i>Who would you help?</i> Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>Know and talk about the different factors that support their overall health and wellbeing: healthy eating <i>Different types of food/food groups</i> <i>Balanced diet</i> <i>Identifying fruit and vegetables</i> <i>5 a day</i></p>

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	<p>- sensible amounts of 'screen time' E Safety work.</p> <p>Teach about the importance of handwashing. How to wash your hands properly. Supervise handwashing.</p>					
Year 1	Relationships	Relationships	Health and Wellbeing	Living in the wider world	Health and Wellbeing	Living in the wider world
	<p>What is the same and different about us?</p> <p>Ourselves and others; similarities and differences; individuality; our bodies</p> <p>NO OUTSIDERS – 'Elmer' Year 1 To like the way I am</p>	<p>Who is special to us?</p> <p>Ourselves and others; people who care for us; groups we belong to; families</p> <p>NO OUTSIDERS – Year 1 – My Grandpa is Amazing - To recognise that people are different ages.</p>	<p>Who helps to keep us safe?</p> <p>Keeping safe; people who help us</p>	<p>What can we do with money?</p> <p>Money; making choices; needs and wants</p>	<p>What helps us stay healthy?</p> <p>Being healthy; hygiene; medicines; people who help us with health</p>	<p>How can we look after each other and the world?</p> <p>Ourselves and others; the world around us; caring for others; growing and changing</p> <p>NO OUTSIDERS s-YEAR 1 –The little pirate To play with both boys and girls</p>

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	No Outsiders – Max the Champion’ Year 1 To understand that our bodies work in different ways					No Outsiders – Year 1- My world, your world’ To understand we share the world with lots of people
Year 2	Relationships	Relationships	Living in the wider world	Health and wellbeing	Health and Wellbeing	Health and Wellbeing
	<p>What makes a good friend?</p> <p>Friendship; feeling lonely; managing arguments</p> <p>No OUTSIDERS – Year 3 – Two Monsters’ To find a solution to a problem</p>	<p>What is bullying?</p> <p>Behaviour; bullying; words and actions; respect for others</p> <p>NO OUTSIDERS – Year 2 – ‘Blown away’ - To be able to work with everyone in my class</p> <p>No OUTSIDER – Year 3 - To understand how differences can affect someone</p>	<p>What jobs do people do?</p> <p>People and jobs; money; role of the internet</p>	<p>What helps us to stay safe?</p> <p>Keeping safe; recognising risk; rules</p>	<p>What helps us grow and stay healthy?</p> <p>Being healthy: eating, drinking, playing and sleeping</p>	<p>How do we recognise our feelings?</p> <p>Feelings; mood; times of change; loss and bereavement; growing up</p> <p>No OUTSIDERS – Y2 - ‘The Odd Egg’ To Understand what makes people proud</p> <p>No OUTSIDERS – y2 - ‘Just Because)</p>

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						To feel proud of being different
Year 3	Relationships	Health and Wellbeing	Relationships	Living in the wider world	Health and Wellbeing	Health and Wellbeing
	<p>How can we be a good friend?</p> <p>Friendship; making positive friendships, managing loneliness, dealing with arguments</p> <p>NO OUTSIDERS – Year 2 - ‘The first slodge’ To understand how we share the world</p> <p>NO OUTSIDERS – Year 3 - ‘The new jumper’ Use</p>	<p>What keeps us safe?</p> <p>Keeping safe; at home and school; our bodies; hygiene; medicines and household products</p> <p>No OUTSIDERS – Year 3- ‘ This is Our House’ -To understand what discrimination means (linked to English)</p>	<p>What are families like?</p> <p>Families; family life; caring for each other</p>	<p>What makes a community?</p> <p>Community; belonging to groups; similarities and differences; respect for others</p> <p>NO OUTSIDERS – Year 2 - ‘The Great Big Book of Families’ To understand why diversity is</p>	<p>Why should we eat well and look after our teeth?</p> <p>Being healthy: eating well, dental care</p>	<p>Why should we keep active and sleep well?</p> <p>Being healthy: keeping active, taking rest</p>

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	<p>strategies to help someone who feels different</p> <p>NO OUTSIDERS – Year 3 - ‘Beegu’ To be welcoming</p>					
Year 4	Health and Wellbeing	Relationships	Health and Wellbeing	Health and wellbeing	Living in the wider world	Health and Wellbeing
	<p>What strengths, skills and interests do we have?</p> <p>Self-esteem: self-worth; personal qualities; goal setting; managing set backs</p>	<p>How can friends communicate safely?</p> <p>Friendships; relationships; becoming independent; online safety</p> <p>NO OUTSIDERS Year 4 - ‘King and King’ To understand why people choose to get married</p>	<p>How can we manage our feelings?</p> <p>Feelings and emotions; expression of feelings; behaviour</p>	<p>How can we manage risk in different places?</p> <p>Keeping safe; out and about; recognising and managing risk</p> <p>NO OUTSIDERS – Year 4- ‘ The way back home’ To overcome language as a barrier</p>	<p>How can our choices make a difference to others and the environment?</p> <p>Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions</p> <p>No OUTSIDERS – Year 4- ‘The</p>	<p>What makes up a person’s identity?</p> <p>Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes</p> <p>No OUTSIDERS – Year 4 - ‘Red’ To</p>

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					Flower' To ask questions	be who you want to be No OUTSIDERS – Year 4 - 'Dogs don't do ballet'To know when to be assertive
Year 5	Health and Wellbeing	Living in the wider world	Health and wellbeing	Relationships	Health and wellbeing	Living in the wider world
	<p>How can we help in an accident or emergency?</p> <p>Basic first aid, accidents, dealing with emergencies</p>	<p>What decisions can people make with money?</p> <p>Money; making decisions; spending and saving</p> <p>NO OUTSIDERS Year 5 –'Where the poppies now grow' To Learn from our Past (linked to Remembrance Day</p>	<p>How will we grow and change?</p> <p>Growing and changing; puberty</p>	<p>How do we treat each other with respect?</p> <p>Respect for self and others; courteous behaviour; safety; human rights</p> <p>No OUTSIDERS – Year 5- 'And Tango make Three 'To accept people who are different from me</p>	<p>How can drugs common to everyday life affect health?</p> <p>Drugs, alcohol and tobacco; healthy habits</p>	<p>What jobs would we like?</p> <p>Careers; aspirations; role models; the future</p> <p>No Outsiders – Y5- 'Rose Blanche' - To justify my actions (linked to history lesson)</p>

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				<p>No OUTSIDERS – Year 6 – My Princess Boy’ To promote diversity</p> <p>No OUTSIDERS – Year 6 - ‘The Whisperer’ To stand up to discrimination</p>		<p>No Outsiders - y5 To Appreciate artistic freedom (linked to history)</p>
Year 6	Health and Wellbeing	Living in the wider world	Relationships			
	<p>How can we keep healthy as we grow?</p> <p>Looking after ourselves; growing up; becoming independent; taking more responsibility</p> <p>NO OUTSIDERS- Y5 -’ How to heal a broken wing ‘ To recognise when someone needs help</p>	<p>How can the media influence people?</p> <p>Media literacy and digital resilience; influences and decision-making; online safety</p> <p>NO OUTSIDERS Y6 -’ The Island’ To challenge the causes of racism</p>	<p>What will change as we become more independent? How do friendships change as we grow?</p> <p>Different relationships, changing and growing, adulthood, independence, moving to secondary school</p> <p>NO OUTSIDERS Year 6 To consider how my life may change as I grow up</p>			

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			No OUTSIDERS – Year 6 ‘Dreams of Freedom’- To recognise my freedom
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