



## PSHE/RSHE Long Term Plan

Relationships		Healthy Living		Living in the Wider World	
Relationships	Being Me in My World	Changing Me	Healthy Me	Celebrating Difference	Dreams and Goals

	Term 1		Term 2		Term 3	
	<b>Autumn 1</b> Being Me in My World.	<b>Autumn 2</b> Celebrating Difference.	<b>Spring 1</b> Relationships.	<b>Spring 2</b> Changing Me.	<b>Summer 1</b> Healthy Me.	<b>Summer 2</b> Dreams and Goals.
EYFS	Developing relationships Understanding feelings Managing behaviour – using gentle words and hands	Making friends Dealing with falling out Being a good friend Anti-bullying week	Families and homes Who is in my family?	Uniqueness – what makes me special Families and homes Making friends	My body and being healthy My body and exercise Food and teeth cleaning Sleep Stranger Danger Health Week	Goal setting Overcoming obstacles Celebrating achievements
<b>Year 1</b>	Ourselves; our bodies. What makes us unique? What are our likes and dislikes?	What is the same/different about us (physically, personally, socially)? What are our strengths? Groups that we belong to.	How our behaviour affects people around us. Families and different family units. How our families love and care for us.	Wants and needs. How people grow and change and their needs become different. Responsibilities in and out of the classroom. Money; how we earn it and how we can keep it safe.	How to keep ourselves healthy; hygiene, medicines. Different roles in the community who help us to stay safe. How to get help in an emergency.	What does our future look like; what dreams/goals do we have for ourselves as well as our dreams and goals for the world. How can we look after each other and the world?

<b>Year 2</b>	<p>Friendship. Feeling lonely. How to manage arguments/conflict.</p>	<p>Behaviour; What is bullying? Appropriate words and actions. Showing respect for others.</p>	<p>Keeping safe; recognising risk. Following rules. Trust; trusted adults and secrets.</p>	<p>Feelings; identifying a range of feelings. Times of change; loss and bereavement. Sharing feelings with trusted people.</p>	<p>Being healthy. What makes us healthy; eating, drinking, playing and sleeping. Sunshine; safety of the sun. Growth.</p>	<p>People and jobs; jobs within the community. Importance of money. Strengths and weaknesses linked to skills. Use of internet. Managing change.</p>
<b>Year 3</b>	<p>Friendship; making positive friendships. Seeking support from others. Managing loneliness. Dealing with arguments. Seeking support if friendships are unsafe.</p>	<p>Community; belonging to groups; diverse communities. similarities and differences; respect for others.</p>	<p>Families; range of different families. Positive family life. Ways to care for family members.</p>	<p>Routines; sleep, physical activity. Choices and who influences decisions. Household products. Protecting the body. What to do in an emergency.</p>	<p>Being healthy: eating well, dental care. Seeking advice. Physical activity benefits. Hygiene; medicines, allergies.</p>	<p>Managing change. Pressure from others. Overcoming difficulties to succeed. Challenges and achieving goals.</p>
<b>Year 4</b>	<p>Recognising personal qualities; self-esteem, self-worth. Setting achievable goals. Managing setbacks and learning from mistakes.</p>	<p>Respecting similarities and differences in people; identity; personal attributes and qualities. Importance of individuality. Challenging stereotypes and assumptions.</p>	<p>Identifying relationships; friendships and families. Online relationships. Asking for help or advice from trusted adult. Responding to unhealthy friendships.</p>	<p>Importance of caring for others; the environment; people and animals. Shared responsibilities. Making informed choices and decisions. Sharing thoughts and ideas using appropriate skills and vocabulary.</p>	<p>Feelings and emotions; expression of feelings. Intensity of feelings. Managing feelings related to loss or grief. Supporting others. Seeking advice.</p>	<p>Keeping safe; recognising and managing risk appropriately. Keeping safe in range of environments. Peer influences. Online safety. Rules and laws linked to safety. Dreams and ambitions; motivation and enthusiasm.</p>

<b>Year 5</b>	Behaviour; respectful behaviours. Right to privacy. Rights and responsibilities. Reporting concerns. Inappropriate behaviours.	Careers; skills and attributes needed. Range of jobs suited to different people. Challenging job stereotypes.	Family; roles, expectations and responsibilities. Choices and how they affect others. Expressing appreciation for others. Family conflict. Families and their differences.	Growing and changing; puberty. How to help in an emergency.	Drugs, alcohol and tobacco. Laws linked to drugs. Healthy habits. Asking for help; trusted adults and drugs.	Money; decisions on spending and saving. Risks associated with money. The future – what influences our decisions?
<b>Year 6</b>	Independence; increased opportunities and taking more responsibility. Managing changing friendships. Media; people’s wellbeing. Social media and images. Online content. Appropriate content. Risks online linked to gambling.	Different relationships; Gender, ethnicity and faith. Decision influences.	Adult relationships; marriage and civil partnerships. Marriage consent. Range of relationships; romantic, intimate.	Changing and growing; mental and physical health. Making healthy choices. Staying safe in the sun. Activities; online and physical. Influence of friends and family on health choices. Sleep quality and effects. Drugs. Mental health and support.	Moving to secondary school; managing change and seeking advice,	