

PHSE/RSHE Long Term Plan

(Linking to PHSE Association Medium Term Plans)

PSHE and RSHE are deeply integrated and will naturally be taught together
These are the three core themes that run within the PSHE/RSHE programme of study

1. Relationships 2. Health and Wellbeing 3. Living in the Wider World

These three core themes are taught through nine topics throughout the school year

1. Relationships - Family and Friendships/ Safe Relationships/ Respecting Ourselves and Others

2. Health and Wellbeing - Physical Health and Mental Wellbeing/ Growing and Changing/ Keeping Safe

3. Living in the Wider World - Belonging to a Community/ Media Literacy and Digital Resilience/ Money and Work

	Self- Regulation			Managing self			Building Relationships		
Nursery	<p style="text-align: center;">Three and four year olds</p> <ul style="list-style-type: none"> Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. Increasingly follow rules, understanding why they are important. Remember rules without needing an adult to remind them. Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Understand gradually how others might be feeling. Express their feelings and consider the feelings of others. <ul style="list-style-type: none"> Show resilience and perseverance in the face of challenge. Identify and moderate their own feelings socially and emotionally. Think about the perspectives of others. 			<p style="text-align: center;">Three and four year olds</p> <p>Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly.</p> <ul style="list-style-type: none"> Make healthy choices about food, drink, activity and toothbrushing. <p style="text-align: center;">Manage their own needs. - personal hygiene</p> <ul style="list-style-type: none"> Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian 			<p style="text-align: center;">Three and four year olds</p> <ul style="list-style-type: none"> Develop their sense of responsibility and membership of a community. Become more outgoing with unfamiliar people, in the safe context of their setting. <ul style="list-style-type: none"> Show more confidence in new social situations. Play with one or more other children, extending and elaborating play ideas. Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. <ul style="list-style-type: none"> Develop appropriate ways of being assertive. <ul style="list-style-type: none"> Talk with others to solve conflicts. See themselves as a valuable individual. Build constructive and respectful relationships. 		
Reception	<p style="text-align: center;">Children in Reception</p> <ul style="list-style-type: none"> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. 			<p style="text-align: center;">Children in Reception</p> <ul style="list-style-type: none"> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. <ul style="list-style-type: none"> Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. 			<p style="text-align: center;">Children in Reception</p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs. 		
	Autumn			Spring			Summer		
Key concepts	Family and Friendships	Safe Relationships	Respecting Ourselves and Others	Physical health and Mental Wellbeing	Growing and Changing	Keeping Safe	Belonging to a Community	Media Literacy and Digital Resilience	Money and Work
Year 1	Roles of different people; families; feeling cared for	Recognising Privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	Keeping healthy; food and exercise; hygiene routines; sun safety	Recognising what makes them unique and special; feelings;	How rules and age restrictions help us; keeping safe online	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community

				What rules are; caring for others' needs; looking after the environment	managing when things go wrong				
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money
Year 3	Recognising respectful behaviour; the importance of self respect; courtesy and being polite	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and re-framing setbacks	Risks and hazards; safety in the local environment and unfamiliar places	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information on line	Different jobs and skills; job stereotypes; setting personal goals
Year 4	Keeping secrets/ confidentiality Knowing when to break a confidence	Positive relationships/ friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Maintaining a balanced lifestyle; oral hygiene and dental care Medicines and household products; drugs common to everyday life	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe
Year 5	Managing friendships and peer influence	Actions, consequences, negotiation and compromise	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes
Year 6	Recognising and managing pressure; consent in different situations	Attraction to others; romantic relationships; civil partnership and marriage	Expressing opinions and respecting other points of view, including	What affects mental health and ways to take care of it; managing change, loss and	Human reproduction and birth; increasing health choices and habits; what	Independence, responsibility, keeping safe, influences on behaviour,	Human rights, communities valuing diversity; challenging	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks

			discussing topical issues	bereavement; managing time online	affects feelings; expressing feelings independence; managing transition	protecting their body (FGM)	discrimination and stereotypes		
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