

## PSHE/RSE Long term plan 2023-2024

### No Outsiders

	Autumn	Spring	Summer
	<p>Events</p> <p>Anti-Bullying Week- 14<sup>th</sup>-18<sup>th</sup> November</p> <p>Black History Month- October</p>	<p>Children's Mental Health week- 6<sup>th</sup> -12<sup>th</sup> February</p>	<p>April- Stress Awareness Month</p> <p>King Charles III's Coronation 6<sup>th</sup> May</p> <p>Mental Health Awareness Week 13<sup>th</sup>-20<sup>th</sup> May</p> <p>Walk to School Week 15<sup>th</sup>-19<sup>th</sup> May</p> <p>World Day for cultural diversity- 21<sup>st</sup> May</p> <p>World environment Day- 5<sup>th</sup> June</p> <p>June- Pride</p> <p>Healthy Eating Week 12<sup>th</sup>-16<sup>th</sup> June</p> <p>International Day of Friendship 30<sup>th</sup> July</p>
Start of school year - Zones of regulation, class rules, School values and rights			
EYFS	Self- Regulation	Managing self	Building Relationships
Nursery Range 5	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Increasingly follow rules, understanding why they are important.</li> <li>• Remember rules without needing an adult to remind them.</li> </ul> <p>Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.</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"> <li>• Make healthy choices about food, drink, activity and toothbrushing.</li> </ul> <p>Manage their own needs. - personal hygiene</p> <ul style="list-style-type: none"> <li>• Know and talk about the different factors that support their overall health and wellbeing: - regular physical</li> </ul>	<ul style="list-style-type: none"> <li>• Develop their sense of responsibility and membership of a community.</li> <li>• Become more outgoing with unfamiliar people, in the safe context of their setting.</li> <li>• Show more confidence in new social situations.</li> <li>• Play with one or more other children, extending and elaborating play ideas.</li> <li>• Find solutions to conflicts and rivalries. For example,</li> </ul>

	<ul style="list-style-type: none"><li>• Understand gradually how others might be feeling.</li><li>• Express their feelings and consider the feelings of others.</li><li>• Show resilience and perseverance in the face of challenge.</li><li>• Identify and moderate their own feelings socially and emotionally.</li><li>• Think about the perspectives of others.</li></ul>	activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian	accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. <ul style="list-style-type: none"><li>• Develop appropriate ways of being assertive.</li><li>• Talk with others to solve conflicts.</li><li>• See themselves as a valuable individual.</li><li>• Build constructive and respectful relationships.</li></ul>		
Reception Range 6	<ul style="list-style-type: none"><li>• Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</li><li>• Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li><li>• 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.</li></ul>	<ul style="list-style-type: none"><li>• Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li><li>• Explain the reasons for rules, know right from wrong and try to behave accordingly.</li><li>• Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li></ul>	<ul style="list-style-type: none"><li>• Work and play cooperatively and take turns with others.</li><li>• Form positive attachments to adults and friendships with peers.</li><li>• Show sensitivity to their own and to others' needs.</li></ul>		
	<b>Families and relationships</b>	<b>Citizenship</b>	<b>Economic wellbeing</b>	<b>Health and wellbeing</b>	<b>Safety and the changing body</b>
Year 1	Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.	Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.	Learning about a range of money and bank functions including cash safety, spending, saving and jobs.	Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, dealing with allergic reactions and people in the community who keep us healthy.	Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying hazards in the home and people in the community who keep us safe.
Year 2	Learning that families are composed of different people who offer each other care and support; how other people show their	Learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local	Learning about financial literacy including how adults get money, wants and needs, using skills and talents and inclusive environments	Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions	Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.

	feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect.	community; learning how school councils work and voicing an opinion.		setting goals, developing a growth mindset and understanding dental hygiene.	
Year 3	Learning how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.	Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy	Introduction to budgeting, learning about the different paying methods, the emotional impact of money, the ethics of spending, potential jobs and careers and learning that anyone can aspire to anything.	Understanding that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.	Learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.
Year 4	Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.	Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.	Exploring choices associated with looking after money, what makes something good value for money, stereotypes in the workplace, career changes and what influences career choices.	Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene	Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.
Year 5	Developing an understanding of families, including marriage, of what to do if someone feels unsafe	An introduction to the justice system; how parliament works; and the role of pressure groups; learning about	Learn to manage money, understand borrowing, be cautious online, challenge workplace stereotypes, and	Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals	Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.

	in their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.	rights and responsibilities, the impact of energy on the planet and contributing to the community.	align interests with future careers.	and embracing failure; understanding the importance of rest and relaxation.	
Year 6	Learning to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.	Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.	Explore choices related to navigating feelings about money, keeping money safe, managing finances in secondary school, understanding the risks of gambling, considering careers in various workplaces, and identifying the paths to pursue different careers	Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.	Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive