



PSHEE and RSE Long Term Planning Map 2024-2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation Stage 1 & 2 Personal, Social and Emotional Development	Being me in my world Understanding our place in our school, including our feelings, what makes us the same and different and how we can make choices?	Celebrating difference Know that we are all different, special, have strengths and can have similarities. We can use words to stand up for ourselves but also show kindness.	Dreams and goals Set goals and preserve to achieve them. Use kind words towards others and think about our future careers. Know what it means to feel proud.	Healthy me Explain how exercise affects the body and why heart and lungs are so important. Explain knowledge and attitude towards drugs. Identify things, people and places that they need to keep safe from. Know strategies for keeping safe, who to go to for help and how to contact the emergency services.	Relationships Know how to make friends and to solve friendship problems if they occur. Know how to be a good friend and to treat others with respect and kindness.	Changing me Know the names of different parts of the body and understand that we all grow from babies to adults. Know that they can talk about worries and/or the things that they looking forward to in Year 1.
Year 1	Being me in my world Know that we are special, our voices are valued and our achievements are celebrated. We have rights and a responsibilities in school.	Celebrating difference Recognise our similarities and differences that make us unique. Know how to make friends and who to talk to about bullying.	Dreams and goals Know the things I do well, set goals, understand obstacles, tackle challenges and celebrate achievements of ourselves and others.	Healthy me Understand the difference between being healthy and unhealthy, including keeping clean. Medicines and their uses. Understand how to keep safe when crossing the road.	Relationships Understand that there are lots of different types of families. Know appropriate ways of physical contact to greet my friends and know which ways I prefer. Know who can help me in my school community	Changing me Understand the life cycles of animals and humans. Think about changes linked to changes since they were young. Identify the parts of the body that make boys different to girls using the correct names for these.
Year 2	Being me in my world Gain the skills to help ourselves and others learn making our class fair, as a result of our choices and the consequences we face. Identify hopes, worries and dreams.	Celebrating difference Understand that everyone can choose who they want to be and stand up for what they think is right. Understand that it is okay to be different and this should not lead to judgement or bullying.	Dreams and goals Choose a realistic goal linked to my strengths as a learner, showing perseverance when things get difficult. Work as a group, knowing how to help each other learn and recognising how I was successful.	Healthy me Understand what they need to keep body healthy, safe use of medicines and how they affect the body.	Relationships Identify the different relationships with family members and express appreciation for special relationships. . Understand that there are lots of forms of physical contact within a family. Recognise and appreciate people who can help them.	Changing me Explain the natural process of growing from young to old and understand that this is not in my control Recognise how their body has changed since they were babies. Recognise the physical differences between boys and girls, use the correct names and appreciate that some parts of my body are private.



<p>Year 3</p>	<p>Being me in my world Recognise my achievements, worth and goals. Gain knowledge of rules, rights and responsibilities and the impact of these on myself and others.</p>	<p>Celebrating difference Understand that everyone’s family is different, important and can experience conflict. Understand what it means to witness bullying and that many words can be hurtful.</p>	<p>Dreams and goals Think about difficulties others have faced and how they were successful. Identify ambitions, breaking challenges into steps. Show motivation and determination.</p>	<p>Healthy me Explain how exercise effects the body. Think about knowledge and attitudes towards drugs. Think about strategies for keeping safe.</p>	<p>Relationships Identify the roles and responsibilities of each member of a family. Explain how some of the actions and work of people around the world help and Influence their lives. Put into practice skills of friendship. Know and use some strategies for keeping themselves safe online.</p>	<p>Changing me Understand how babies grow and develop in the mother’s uterus. Understand what a baby needs to live and grow. Understand that boys’ and girls’ bodies need to change so that when they grow up their bodies can make babies</p>
<p>Year 4</p>	<p>Being me in my world Understand my place in our class and school community within the different roles. We can make decisions as a team and must show empathy for others.</p>	<p>Celebrating difference Understand stereotyping and the need to accept others. Recognise the need to report any bullying we witness. Know how we are special and unique.</p>	<p>Dreams and goals Know how it feels to have hopes and dreams, but that they don’t always come true. Reflect on positive experiences and make new plans for success.</p>	<p>Healthy me Understand the facts about smoking and drinking alcohol and their effects on health. Recognise peer pressure how to resist.</p>	<p>Relationships Know how to show love/appreciation and explain why someone is special to them. Explore feelings associated with loss. Recognise how friendships change and how they can be managed. Understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when they are older.</p>	<p>Changing me Describe how a girl’s body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this. Correctly label the internal and external parts of male and female bodies that are necessary for making a baby.</p>
<p>Year 5</p>	<p>Being me in my world Recognise my rights and responsibilities as a citizen of the UK, empathising with those who have different lives to me. Face challenges, set goals and identify how my behaviour impacts on the team.</p>	<p>Celebrating difference Understand culture, racism and that we must be accepting of those who are different. Recognise that rumours can lead to bullying. Compare our lives to those in less developed countries to our own.</p>	<p>Dreams and goals Understand the need for money in achieving our goals. Understand that we can learn from people of other cultures. Know about what jobs we might want to have when we’re older and know how to support each other to achieve our goals.</p>	<p>Healthy me Understand the health risks of smoking/ tobacco and effects on the body. Explain risks with misusing alcohol, anti-social behaviour, and how it affects the liver and heart. Understand how the media, social media and celebrity culture promotes certain body types.</p>	<p>Relationships Have an accurate picture of who they are as a person. Explain how to stay safe when using communicating online and the positives and negatives of an online community.</p>	<p>Changing me Being aware of their own self and body –image. Explain how a girl’s body changes during puberty and understand the importance of looking after yourself. Describe changes during puberty.</p>
<p>Year 6</p>	<p>Being me in my world Know my universal rights and understand that my</p>	<p>Celebrating difference Recognise that people perceive ‘normal’</p>	<p>Dreams and goals Know how to set realistic challenges but also the</p>	<p>Healthy me Know about different types of drugs, their</p>	<p>Relationships Recognise the importance of taking</p>	<p>Changing me Explain how girls’ and boys’ bodies change</p>



	<p>actions can affect people locally and globally. Know that my wants and needs can differ to that of others and make choices about my behaviour with an awareness of rewards and consequences.</p>	<p>differently and that we must empathise with those who are different. Understand how being different can affect our lives but that many people with disabilities live amazing lives. Know to celebrate diversity and that it should not cause conflict.</p>	<p>importance of stretching ourselves. Describe the ways in which we can make the world a better place and the importance of motivation. Accept and give praise, knowing what others like about us.</p>	<p>uses effects. Understand that some people can be exploited and made to do things that are against the law. Linking this to why some people join gangs and the risks this involves</p>	<p>care of mental health. Recognise the process of grief. Judge whether something online is safe and helpful and to use technology positively and safely.</p>	<p>during puberty and understand how this may affect self-image. Understand that sexual intercourse can lead to conception and that is how babies are usually made. Describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p>
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