



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	
	Autumn 1 <i>Being Me in My World.</i>	Autumn 2 <i>Celebrating Difference.</i>	Spring 1 <i>Relationships.</i>	Spring 2 <i>Changing Me.</i>	Summer 1 <i>Healthy Me.</i>	Summer 2 <i>Dreams and Goals.</i>
Year 1	<i>Who keeps us safe?</i>	<i>What is the same/different about us?</i>	<i>Who is special to us?</i>	<i>What can we do with our money?</i> <i>How do our needs and wants change as we grow?</i>	<i>What helps us stay healthy?</i>	<i>How can we look after each other and the world?</i> Kidsafe
Year 2	<i>What makes a good friend?</i>	<i>What is bullying?</i>	<i>What jobs do people do?</i>	<i>What helps us to stay safe?</i> Kidsafe	<i>What helps us grow and stay healthy?</i>	<i>How do we recognise our feelings?</i>
Year 3	<i>How can we be a good friend?</i>	<i>What makes a community?</i>	<i>What are families like?</i>	<i>What keeps us safe?</i> Kidsafe	<i>Why should we eat well and look after our teeth?</i>	<i>Why should we keep active and sleep well?</i>
Year 4	<i>What strengths, skills and interests do we have?</i> Kidsafe refresher	<i>How can friends communicate safely?</i>	<i>How can we manage our feelings?</i>	<i>How can we manage risk in our environment?</i>	<i>How can our choices make a difference to others and the environment?</i>	<i>What makes up a person's identity?</i>

Year 5	How do we treat each other with respect? Kidsafe refresher	What decisions can people make with money?	How can we help in an accident or emergency?	Growing and Changing.	How can drugs common to everyday life affect health?	What jobs would we like?
Year 6	How can we keep healthy as we grow? Kidsafe refresher	How can the media influence people?		What will change as we become more independent? How do friendships change as we grow?		