

## RSE and PSHE Long Term Plan

	Term 1		Term 2		Term 3	
Year 1	Relationships	Relationships	Health and Wellbeing	Living in the wider world	Health and Wellbeing	Living in the wider world
	<b>What is the same and different about us?</b> Ourselves and others; similarities and differences; individuality; our bodies	<b>Who is special to us?</b> Ourselves and others; people who care for us; groups we belong to; families	<b>Who helps to keep us safe?</b> Keeping safe; people who help us	<b>What can we do with money?</b> Money; making choices; needs and wants	<b>What helps us stay healthy?</b> Being healthy; hygiene; medicines; people who help us with health	<b>How can we look after each other and the world?</b> Ourselves and others; the world around us; caring for others; growing and changing
Year 2	Relationships	Relationships	Living in the wider world	Health and wellbeing	Health and Wellbeing	Health and Wellbeing
	<b>What makes a good friend?</b> Friendship; feeling lonely; managing arguments	<b>What is bullying?</b> Behaviour; bullying; words and actions; respect for others	<b>What jobs do people do?</b> People and jobs; money; role of the internet	<b>What helps us to stay safe?</b> Keeping safe; recognising risk; rules	<b>What helps us grow and stay healthy?</b> Being healthy: eating, drinking, playing and sleeping	<b>How do we recognise our feelings?</b> Feelings; mood; times of change; loss and bereavement; growing up
Year 3	Relationships	Health and Wellbeing	Relationships	Living in the wider world	Health and Wellbeing	Health and Wellbeing
	<b>How can we be a good friend?</b> Friendship; making positive friendships, managing loneliness, dealing with arguments	<b>What keeps us safe?</b> Keeping safe; at home and school; our bodies; hygiene; medicines and household products	<b>What are families like?</b> Families; family life; caring for each other	<b>What makes a community?</b> Community; belonging to groups; similarities and differences; respect for others	<b>Why should we eat well and look after our teeth?</b> Being healthy: eating well, dental care	<b>Why should we keep active and sleep well?</b> Being healthy: keeping active, taking rest

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Year 4	Health and Wellbeing	Relationships	Health and Wellbeing	Health and wellbeing	Living in the wider world	Health and Wellbeing
	<b>What strengths, skills and interests do we have?</b> Self-esteem: self-worth; personal qualities; goal setting; managing set backs	<b>How can friends communicate safely?</b> Friendships; relationships; becoming independent; online safety	<b>How can we manage our feelings?</b> Feelings and emotions; expression of feelings; behaviour	<b>How can we manage risk in different places?</b> Keeping safe; out and about; recognising and managing risk	<b>How can our choices make a difference to others and the environment?</b> Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions	<b>What makes up a person's identity?</b> Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes
Year 5	Health and Wellbeing	Living in the wider world	Health and wellbeing	Relationships	Health and wellbeing	Living in the wider world
	<b>How can we help in an accident or emergency?</b> Basic first aid, accidents, dealing with emergencies	<b>What decisions can people make with money?</b> Money; making decisions; spending and saving	<b>How will we grow and change?</b> Growing and changing; puberty	<b>How do we treat each other with respect?</b> Respect for self and others; courteous behaviour; safety; human rights	<b>How can drugs common to everyday life affect health?</b> Drugs, alcohol and tobacco; healthy habits	<b>What jobs would we like?</b> Careers; aspirations; role models; the future
Year 6	Health and Wellbeing		Living in the wider world		Relationships	
	<b>How can we keep healthy as we grow?</b> Looking after ourselves; growing up; becoming independent; taking more responsibility		<b>How can the media influence people?</b> Media literacy and digital resilience; influences and decision-making; online safety		<b>What will change as we become more independent? How do friendships change as we grow?</b> Different relationships, changing and growing, adulthood, independence, moving to secondary school	