



PSHE/RSE Long Term Plan

Term	Autumn	Spring	Summer	THRIVE
Nursery	Story sessions- Made with love Role model Who is who? You got a friend in me Forever friends Self-image and online identity- saying no POL ED- Who are the police and how do they help us? THRIVE Sessions- Weekly	Safe inside and out My body, my rules Feeling poorly People who help us Online reputation-information online Courtesy and manners- good manners Health eating- what foods are healthy POL ED- What are rules? THRIVE Sessions- Weekly	God is love Loving God, loving others Me, you, us Online bullying- being unkind Online relationships- technology THINK tales of the road Being safe in the sun- suncream POL ED-How can I be a good friend? THRIVE Sessions- Weekly	Early Years – End of Reception Focus: <i>Being safe, settled, and connected</i> - Build secure attachments with adults - Recognise basic emotions (happy, sad, cross) - Learn routines and boundaries - Begin sharing and turn-taking Co-regulation Strategies- THRIVE Activities Scribble Spot
Reception	Story sessions- Hand made with love I am me Head, shoulders, knees and toes Ready, Teddy? Health, wellbeing and lifestyle- keeping safe Stepping stones to road safety Health eating and table manners POL ED- Who are the police and how do they help us? Fire safety- Bonfire assembly THRIVE Sessions- Weekly	I like, you like, we all like All the feelings? Let's get real Growing up Managing online information- using the internet Privacy and security- examples of personal information THINK be bright be seen POL ED- What are rules? THRIVE Sessions- Weekly	God is love Loving God, loving others Me, you, us What is the internet Playing online Copyright and ownership- work that belongs to me THINK road ranges NSPCC PANTS Being safe in the sun POL ED-How can I be a good friend? THRIVE Sessions- Weekly	
Y1	Purple mash-Online safety TenTen story sessions- God loves you Special people Self-image and online identity- recognising feelings Money matters- understanding what money is & it's different forms Dental hygiene and healthy eating- looking after our teeth	Treat others well Saying sorry Real life Good and bad secrets Physical contact Online relationships- being kind online Online reputations- information online Where money comes from-jobs Looking after money	Harmful substances Can you help me? Three in one Who is my neighbour? Communities we live in Online bullying- how to behave online THINK safety first- keeping safe when travelling NSPCC P.A.N.T.S- rules	Year 1 Focus: <i>Understanding feelings</i> Name and recognise a wider range of emotions



PSHE/RSE Long Term Plan

	Courtesy and manners POL ED – What is 999? THRIVE Sessions- Weekly Fairtrade fortnight-Sep/Oct Fire safety- Bonfire assembly Food bank- Harvest Black History month- Oct Cycle to school week -Oct Parliament week- Nov Anti-bullying week-Nov	THRIVE Sessions- Weekly POL ED-Who are my trusted adults? Animal safety- Charities RNLI Water Safety	POL ED- What do the police do? THRIVE Sessions- Weekly Trainline-Assembly Refugee week-June Litter picking- community project	- Link feelings to behaviour (“I feel... so I...”) - Learn simple calming strategies (breathing, quiet space) - Begin forming friendships Calming Strategies- THRIVE Activities Scribble Spot
Y2	Purple mash-Online safety Let the children come I am unique Girls and Boys Clean and healthy Managing online information Health, wellbeing and lifestyle Spending and saving Understanding mental health Healthy eating POL ED-How can I work with different people? THRIVE Sessions- Weekly Fairtrade fortnight-Sep/Oct Fire safety- Bonfire assembly Food bank- Harvest Black History month- Oct Cycle to school week -Oct Parliament week- Nov	Feelings, Likes and Dislikes Feeling Inside and Out Super Susie Gets Angry The Cycle of Life Beginnings and Endings NSPCC PANTS Privacy and Security Want or Need Emotions and Feelings Mental Health Problems – Causes and Signs POL ED-What are medicines? THRIVE Sessions- Weekly Animal safety- Charities RNLI Water Safety	God Loves You Three in One Who Is My Neighbour? The Communities We Live In Rules To Help Us Copyright and Ownership THINK – Road Safety Warriors Going Shopping Looking After Our Mental Health Sun Safety POL ED-Why does age matter? THRIVE Sessions- Weekly Trainline-Assembly Refugee week-June	Year 2 Focus: Managing feelings and relationships - Understand that all feelings are okay, but behaviours matter - Develop empathy (understanding others’ feelings) - Resolve simple conflicts with support - Build confidence and independence Restorative Approach- THRIVE Activities



PSHE/RSE Long Term Plan

	Anti-bullying week-Nov			Scribble Spot
Y3	Purple mash-Online safety Story sessions-get up The sacraments Story sessions- Jesus my friend Friends, Family and others Self-image and online identity- understanding the term identity Where does money come from? -work and other sources of money Understanding Mental Health- physical and mental health Dental hygiene and healthy eating- importance of looking after our teeth Bullying and friendship- what makes a good friend POL ED- Who are my key people? THRIVE Sessions- Weekly Fairtrade fortnight-Sep/Oct Fire safety- Bonfire assembly Food bank- Harvest Black History month- Oct Cycle to school week -Oct Parliament week- Nov Anti-bullying week-Nov	When things feel bad Sharing online Chatting online Safe in my body Drugs, alcohol & tobacco First aid heroes NSPCC PANTS Online relationships-Trust Ways to pay Talking about mental health Mental health problems-impact POL ED- What are the emergency services? THRIVE Sessions- Weekly Animal safety- Charities RNLI Water Safety	A community of love What is the church? How do I love others? Online reputation Online bullying Road safety Reasons to borrow Looking after our mental health Courtesy and manners Pol Ed – How can I be a responsible citizen? THRIVE Sessions- Weekly Trainline-Assembly Water safety- Drowning Prevention (Tees Active) Refugee week-June	Year 3 Focus: Emotional regulation and resilience - Recognise triggers for different emotions - Use strategies to calm and refocus - Develop positive self-talk - Work cooperatively with peers Regulation Strategies- THRIVE Activities Scribble Spot
Y4	Purple Mash- Online Safety Story sessions get up The sacraments We don't have to be the same Respecting our bodies What is puberty?	Changing bodies What am I looking at? I am thankful Lifecycles A time for everything NSPCC PANTS	What am I feeling? Community of love What is the church? How do I love others? Copyright and ownership Keeping track- money	Year 4 Focus: Understanding self and others



PSHE/RSE Long Term Plan

	Managing online information- accuracy of information Spending decisions- how can these affect others Understanding mental health-links between physical and mental health Bullying and mental wellbeing- strategies POL ED- What is discrimination? THRIVE Sessions- Weekly Fairtrade fortnight-Sep/Oct Fire safety- Bonfire assembly Food bank- Harvest Black History month- Oct Cycle to school week -Oct Parliament week- Nov Anti-bullying week-Nov	Health, wellbeing and lifestyle-screen time Privacy and security-personal information Advertising- influence of our spending Emotions and feelings-knowing the difference Mental health problems-loneliness POL ED-What is first aid? THRIVE Sessions- Weekly Animal safety- Charities RNLI Water Safety	Looking after our mental health Healthy sleeping- importance POL ED- What are protective characteristics? THRIVE Sessions- Weekly Trainline-Assembly Water safety- Drowning Prevention (Tees Active) Refugee week-June	- Explore more complex emotions (jealousy, frustration) - Build resilience when facing challenges - Strengthen empathy and perspective-taking - Develop problem-solving in friendships Problem Solving- THRIVE Activities Scribble Spot
Y5	Purple Mash-Online Safety Story sessions- Get up! God is calling you Under Pressure Do you want a piece of cake? Self-Talk Online Reputation Money- Look after it Understanding Mental Health Courtesy and Manners POL ED-What is grooming? THRIVE Sessions- Weekly Fairtrade fortnight-Sep/Oct	Sharing isn't always caring Cyberbullying Types of Abuse Impacted Lifestyles Making Good Choices Giving Assistance NSPCC PANTS Online Bullying Critical Consumers Talking about Mental Health Mental Health Problems and feeling worried POL ED- How can we use phones sensibly? THRIVE Sessions- Weekly	The Holy Trinity Catholic Social Teaching Reaching Out Self-image and Online Identity Online Relationships Money in the Wider World Looking after our Mental Health Bullying and Stereotypes Health and Allergies POL ED- What is gambling? THRIVE Sessions- Weekly Trainline-Assembly	Year 5 Focus: Independence and managing change - Take responsibility for choices and behaviour - Manage peer influence and social situations - Develop coping strategies for stress and worry



PSHE/RSE Long Term Plan

	Fire safety- Bonfire assembly Food bank- Harvest Black History month- Oct Cycle to school week -Oct Parliament week- Nov Anti-bullying week-Nov	Show racism the red card workshop Animal safety- Charities RNLI Water Safety	Water safety- Drowning Prevention (Tees Active) Refugee week-June Knife crime programme	Build emotional awareness linked to transition Transition Preparation-THRIVE Activities Scribble Spot
Y6	Purple mash-Online safety Story sessions- calming the storm Gifts and talents Girls' bodies Boys' bodies Spots and sleep Build others up Managing online information- influences Value for money and ethical spending- spending decisions Understanding mental health- significance of both physical and mental health POL ED-How can we be allies against racism? THRIVE Sessions- Weekly Fairtrade fortnight-Sep/Oct Fire safety- Bonfire assembly Food bank- Harvest Black History month- Oct Cycle to school week -Oct Parliament week- Nov Anti-bullying week-Nov	Body image Peculiar feelings Emotional changes Hope beyond death Seeing stuff online NSPCC PANTS Health, wellbeing and lifestyle- online Privacy and security – passwords Budgeting Emotions and feelings- concept of Mental health problems-feeling unhappy POL ED-How can we change sexism? THRIVE Sessions- Weekly Show racism the red card workshop Animal safety- Charities RNLI Water Safety	Making babies part 1 and part 2 Menstruation Holy trinity Catholic social teaching Reaching out Copyright and ownership- search tools and online access Money and emotional wellbeing-impact Looking after our mental health POL ED- What is the issue with addiction? THRIVE Sessions- Weekly Trainline-Assembly Water safety- Drowning Prevention (Tees Active) Refugee week-June Knife crime programme	Year 6 Focus: Transition, resilience, and identity - Manage change and uncertainty (move to secondary school) - Strengthen emotional regulation and self-reflection - Build resilience and confidence - Understand identity, relationships, and belonging Transition Preparation-THRIVE Activities Scribble Spot



PSHE/RSE Long Term Plan

Enrichment opportunities	Police Visit- Nursery/ Reception / Y1 Foodbank Visit- Harvest Festival Bonfire Assembly- Fire Brigade- Reception-Y6 Parliament Week- UK Parliament Education-Whole School -Local MP Visit -Student Council -House Captains Money Workshops- The Money Charity- Whole School	NSPCC Visit- Y2/3/4/5/6 First Aid Course- KS2 Show Racism the Red Card RNLI Visit- KS1/ KS2	NSPCC Visit- Nursery / Reception CAFOD Visit- Refugee Week Tees Active- Drowning Prevention Trainline Visit- Railway Safety	Alliance Assembly
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