



St Oswald's Catholic Primary School



RSHE

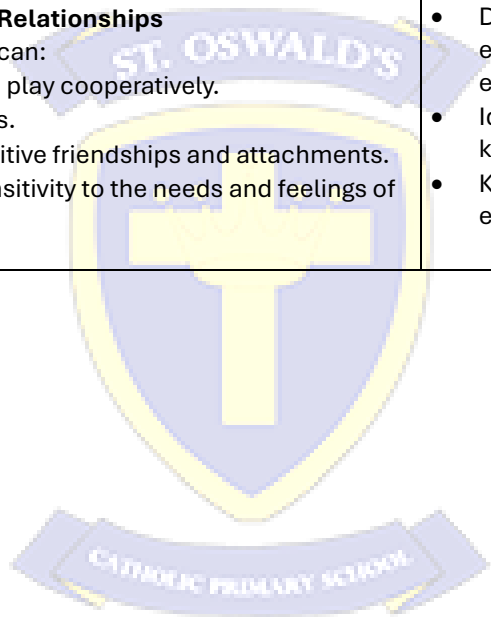
Long Term Plan

2026-2027

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Describe self in positive term and talk about abilities. Aware of the boundaries and of behavioural expectations. Being unique. Talking about who is in their family.	Sense of self and belonging Being different. Being unique Behavioural expectations Emotions	Friendships – What makes a good friend Saying sorry and forgiving Feelings	Resilience Feeling safe Understanding actions and consequences Exploring physical and emotional growth Coping with challenges and bouncing back	Helping others Empathy Community Problem solving and resilience Caring for the environment	Friendships and teamwork Confidence and courage Challenging stereotypes Belonging and identity
Year 1	Making Friends: Playing and learning together	Mental Health and Wellbeing	Celebrating me, you and our families	Safety at Home	Being Healthy	Showing kindness to ourselves and others
Year 2	Mental Health and Wellbeing	Keeping safe online	Me, my body and staying safe	Money and Word	Safety outside the home	Looking back and moving on
Year 3	Me, my friends and belonging	Mental Health and Wellbeing	Building Healthy Habits	Making Choices Online	Keeping safe out and about	Looking out for each other
Year 4	Mental Health and Wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families growing together
Year 5	Friendships, stereotypes and bullying	Mental Health and Wellbeing	Positively engaging with our world	Respecting boundaries	Safe connections online	Embedding healthy habits and learning first aid
Year 6	Mental Health and Wellbeing	Managing money and online spending	Changes in puberty (and Sex Education)	Drug Education: assessing risk and managing influences	Developing our understanding of AI	Looking to the future

EYFS Development Matters		National Curriculum			
PSED		End of Key Stage 1	End of Lower Key Stage 2		End of Upper Key Stage 2
Self-Regulation Children can: - Understand and talk about their own feelings and those of others. - Begin to regulate their behaviour appropriately. - Set and work towards simple goals. - Wait for things they want and control impulses when appropriate. - Pay attention and follow instructions involving several ideas or actions.		Relationships Education Pupils should be able to: - Identify people who care for them and understand that families may look different from one another. - Describe the characteristics of a good friend, including kindness, honesty and respect. - Take turns, share and cooperate with others. - Recognise when they need help and know how to ask trusted adults for support.	Relationships Education Pupils should be able to: - Recognise the features of positive, healthy friendships. - Demonstrate respect for differences between people. - Recognise bullying behaviour, including online bullying, and know appropriate responses. - Understand personal boundaries and privacy. - Use technology respectfully and responsibly.		Relationships Education Pupils should be able to: - Explain the characteristics of healthy and unhealthy relationships. - Understand the importance of mutual respect in relationships. - Recognise peer influence and know strategies to manage pressure. - Understand consent in relation to personal space, privacy and boundaries. - Evaluate online content critically and act safely online.

Managing Self Children can: • Show confidence in trying new activities. • Demonstrate independence, resilience and perseverance. • Explain why rules are important. • Understand right and wrong and try to behave accordingly. • Manage basic personal hygiene and self-care needs. • Understand the importance of healthy choices. Building Relationships Children can: • Work and play cooperatively. • Take turns. • Form positive friendships and attachments. • Show sensitivity to the needs and feelings of others	• Understand that personal information should not always be shared online. • Know the difference between safe and unsafe secrets and understand that worries should be shared with a trusted adult. Health Education Pupils should be able to: • Name and describe a range of feelings and emotions. • Explain simple ways to look after their mental wellbeing. • Describe healthy habits including exercise, sleep, hygiene and healthy eating. • Identify simple risks and know how to keep themselves safe. • Know how and when to seek help in an emergency.	• Identify trusted adults and sources of support both online and offline. Health Education Pupils should be able to: • Recognise how thoughts, feelings and behaviour influence wellbeing. • Explain strategies for managing worries, setbacks and challenges. • Describe factors that contribute to a healthy lifestyle. • Understand the safe use of medicines and everyday substances. • Identify risks in a range of situations and suggest ways to reduce them. • Demonstrate basic first-aid awareness. •	• Know how to report concerns about online or offline safety. Health Education Pupils should be able to: • Explain how to maintain positive mental wellbeing and seek support when needed. • Understand the physical and emotional changes associated with puberty. • Describe the importance of hygiene during adolescence. • Make informed decisions about physical health, nutrition, sleep and exercise. • Assess risks and make safer choices in a range of real-life situations. • Apply basic first-aid knowledge and know how to access emergency help.
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