



Long Term Plan – Personal, Social, Health and Economic Education (PSHE)

-Relationships, Sex and Health Education (RSHE)

|                    |                            | Relationships                       |   |  | Living in the Wider World                                  |  |  | Health and Wellbeing                  |                                |  |
|--------------------|----------------------------|-------------------------------------|---|--|--|--|--|---------------------------------------|--------------------------------|--|
|                    |                            | Autumn                              | Spring  | Summer   | Autumn   | Spring   | Summer                                       | Autumn                                | Spring                         | Summer   |
|                    |                            | <b>Managing Feelings</b>            | <b>Families and friendships</b>                         | <b>Respecting ourselves and others</b>             | <b>The World I Live In</b>                                 | <b>Self-Care, Support and Safety</b>           | <b>Media literacy and digital resilience</b> | <b>Self-Awareness</b>                 | <b>Healthy Lifestyles</b>      | <b>Changing and Growing</b>                          |
| Key Stage 3        | <b>Year 1</b><br>2024-2025 | What makes me feel happy            | What makes a family/roles of family members             | Getting on with others<br>Respectful relationships | Taking care of my belongings and the immediate environment | People in my community                         | Using different types of technology safely   | Things we are good at                 | Healthy Eating                 | Naming body parts/public and private                 |
|                    | <b>Year 2</b><br>2025-2026 | Identifying and expressing feelings | Playing and working together/<br>appropriate behaviours | Respecting differences and similarities            | Jobs people do   | Getting help and people who help us in school  | Using the internet safely                    | Kind and unkind behaviours            | Taking care of physical health | Baby to adulthood<br>Changes at puberty/ adolescence |
|                    | <b>Year 3</b><br>2026-2027 | Sharing opinions with others        | Attributes of a good friend                             | Self-esteem and unkind comments                    | Rules and laws   | Where and how to seek support in the community | Online relationships including social media  | Cooperating with others appropriately | Mental Wellbeing               | External genitalia/<br>personal hygiene              |
| <b>Key Stage 4</b> | <b>Year 1</b><br>2024-2025 | Managing strong feelings            | Respectful Relationships, including friendships         | Managing hurtful behaviour                         | Diversity, rights and responsibilities                     | Accidents and risks<br>Emergency situations    | Rules and principles of online safety        | Skills for learning                   | Medicinal drugs                | Skills for learning, setting goals                   |

|                    |                            |   |   |  |   |   |  |   |  |  |
|--------------------|----------------------------|---|---|--|---|---|--|---|--|--|
|                    | <b>Year 2</b><br>2025-2026 | Feeling frightened/<br>worried/<br>Feeling unwell | Families and close positive relationships<br>Different types of relationships | Recognising bullying                             | Being a global citizen:<br>making a difference to the world   | Basic first aid.  | Risks of time spent online                 | Personal strengths                          | Drugs, alcohol, tobacco                                | Wants and needs  |
| <b>Key Stage 5</b> | <b>Year 1</b><br>2024-2025 | Managing personal feelings and asking for help    | Understanding peer influence  | Forming and maintaining respectful relationships | Preparing for adulthood including wants and needs             | Keeping safe in different environments and different situations | How information is stored, shared and used | Managing friendships and peer influence     | Different elements of a healthy lifestyle              | Healthy/unhealthy relationship behaviours                  |
|                    | <b>Year 2</b><br>2025-2026 | Managing change and loss including bereavement    | Bullying, abuse and discrimination  | Romantic feelings and sexual attraction          | Different jobs and skills<br>Setting long term personal goals | Physical contact and feeling safe                               | Online gambling                            | Recognising Prejudice and discrimination    | Mental and physical health and prevention              | Intimate relationships, consent and contraception and STIs |
|                    | <b>Year 3</b><br>2026-2027 | Understanding pressure                            | Social influence  | Safe relationships including sexual health       | Managing finances including gambling                          | Expectations of relationships<br>Abuse                          | Harmful behaviours online/<br>reporting    | Harassment, bullying and where to find help | What affects mental health and ways to take care of it | Long term relationships and parenthood                     |

This long-term plan has been produced with reference to PSHE Association Programme of Study/PSHE Association Planning Framework for pupils with SEND and Statutory Guidance for RSE and HE (DFE)