

RSE & PSHE

Long-term plan

Standard

Suggested long-term plan: RSE & PSHE

Overview (All year groups)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
Year 1	My healthy self: How can we look after our emotions?	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Citizenship: How can I help others and the environment?	Health protection: How can I protect myself and others in daily life?	Staying safe: How can I stay safe?
Year 2	My healthy self: How can we look after our bodies?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How are things shared online?	Citizenship: How do people belong to a community and earn money?	Growing up: How can we look after and respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
Year 3	My healthy self: How can I take care of my mind and body?	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Citizenship: What rights and responsibilities do we have?	Healthy protection: How can we prevent illness and injury and respond if they happen?	Citizenship: What careers do people choose and why?
Year 4	My healthy self: How can I make healthy choices?	Connecting with others: How can we respect each other?	The online world: How can I evaluate what I see online?	Citizenship: How can I spend my money wisely?	Growing up: How will my body and emotions change as I grow up?	Staying safe: What signs help me recognise what is safe or unsafe?
Year 5	My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	Citizenship: How can we be in control of our money?
Year 6	My healthy self: How do my choices today shape my future wellbeing?	Connecting with others: What does it mean to stand up for myself and others?	The online world: How do I feel about being online?	Citizenship: How can we protect everyone's rights?	Staying safe: How can I stay safe as I grow up?	Sex education: How do people become parents and carers? Non Statutory

Long-term plan: RSE & PSHE

EYFS

Autumn 1	<u>Self-regulation: My feelings</u> 6 lessons In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.	Autumn 2	<u>Building relationships: Special relationships</u> 6 lessons In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.
Spring 1	<u>Managing self: Taking on challenges</u> 6 lessons In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.	Spring 2	<u>Self-regulation: Listening and following instructions</u> 6 lessons In this unit, children will learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.
Summer 1	<u>Building relationships: My family and friends</u> 6 lessons In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.	Summer 2	<u>Managing self: My wellbeing</u> 6 lessons In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.

Long-term plan: RSE & PSHE

Overview - Key stage 1

Year 1

Autumn 1	<u>My healthy self: How can we look after our emotions?</u> 8 lessons Developing understanding of emotions by exploring how feelings can vary and change in different situations. Pupils identify strategies to manage uncomfortable emotions, recognise ways to feel better and learn how to seek support when they need help.	Autumn 2	<u>Connecting with others: How can I help myself and others feel happy and safe?</u> 7 lessons Exploring what makes them and their families special and exploring how to build and maintain healthy relationships.
Spring 1	<u>The online world: How do we spend time online?</u> 7 lessons Recognising when online activity is taking place and learning to behave safely and politely, including managing screen time and responding to unsuitable content.	Spring 2	Citizenship: How can I help others and the environment?
Summer 1	<u>Health protection: How can I protect myself and others in daily life?</u> 7 lessons Exploring illnesses and injuries, understanding the roles of different healthcare workers in prevention and treatment and practising how to get medical help.	Summer 2	<u>Staying safe: How can I stay safe?</u> 6 lessons Learning to notice dangers in everyday places, follow simple safety rules, listen to body clues and ask trusted adults for help to keep themselves and others safe.

Long-term plan: RSE & PSHE

Overview - Key stage 1

Year 2

Autumn 1	<u>My healthy self: How can we look after our bodies?</u> 7 lessons Building understanding of how daily habits support physical health by exploring the benefits of movement, sleep, healthy eating, hydration and dental care, and applying this knowledge to create a healthy daily routine.	Autumn 2	<u>Connecting with others: How can I build safe, kind and caring relationships with others?</u> 7 lessons Celebrating individual and family diversity, exploring personal boundaries, understanding the features of healthy relationships and how to seek help.
Spring 1	The online world: How are things shared online?	Spring 2	Citizenship: How do people belong to a community and earn money?
Summer 1	<u>Growing up: How can we look after and respect our bodies as we grow?</u> 7 lessons Learning how people grow and change as they get older, recognising physical changes, naming private body parts correctly and understanding privacy, personal boundaries and who can help.	Summer 2	Staying safe: How can I make safe choices in different places?

Long-term plan: RSE & PSHE

Overview - Lower key stage 2

Year 3

Autumn 1	<u>My healthy self: How can I take care of my mind and body?</u> 8 lessons Discovering how the body and mind are connected and strategies to keep both healthy. Pupils name the six emotions and related feelings, identify how these may be shown in body language, consider how sleep affects mood, develop strategies to manage strong emotions and recognise when and how to ask trusted adults for support.	Autumn 2	<u>Connecting with others: What helps us feel safe and included?</u> 7 lessons Celebrating what makes them unique and exploring personal boundaries and understanding how relationships can offer support, care, kindness and shared values.
Spring 1	The online world: How should we communicate online?	Spring 2	Citizenship: What rights and responsibilities do we have?
Summer 1	Healthy protection: How can we prevent illness and injury and respond if they happen?	Summer 2	Citizenship: What careers do people choose and why?

Long-term plan: RSE & PSHE

Overview - Lower key stage 2

Year 4

Autumn 1	My healthy self: How can I make healthy choices?	Autumn 2	<u>Connecting with others: How can we respect each other?</u> 7 lessons Understanding how trust, fairness and boundaries keep friendships healthy and practising how to respond assertively and respectfully when challenges or unkind behaviours arise.
Spring 1	The online world: How can I evaluate what I see online?	Spring 2	Citizenship: How can I spend my money wisely?
Summer 1	<u>Growing up: How will my body and emotions change as I grow up?</u> 7 lessons Learning about the physical and emotional changes that occur during puberty, pupils recognise that these changes are normal and happen at different times for everyone.	Summer 2	<u>Staying safe: What signs help me recognise what is safe or unsafe?</u> 7 lessons Developing understanding of hazards, risks and emergencies by exploring how to recognise unsafe situations and make informed choices to stay safe in different environments. Pupils investigate ways to reduce risk at home, outdoors, near water and roads before applying their knowledge to respond appropriately in emergency situations and seek help.

Long-term plan: RSE & PSHE

Overview - Upper key stage 2

Year 5

Autumn 1	<u>My healthy self: How can I support my mind and body as I grow?</u> 7 lessons Exploring healthy choices by reading traffic light food labels, understanding physical activity and recognising how emotions can affect the body and mind. Pupils apply their understanding by evaluating food and activity choices, practising strategies to manage strong feelings and identifying ways to seek support for mental health and wellbeing.	Autumn 2	<u>Connecting with others: Why are healthy relationships important?</u> 7 lessons Developing understanding of identity, family relationships and friendships by exploring how values, commitment, support, communication and assertiveness help to build and maintain respectful, healthy connections with others.
Spring 1	<u>The online world: How am I influenced by what I see online?</u> 7 lessons Exploring how online trends, adverts and influencers can shape behaviour and choices, including recognising misleading information and making informed, safe choices.	Spring 2	Citizenship: How can we make a difference in our communities and beyond?
Summer 1	<u>Growing up: How can I manage the changes to my body and emotions as I grow up?</u> 7 lessons	Summer 2	Citizenship: How can we be in control of our money?

	Learning about the physical and emotional changes of puberty, including periods, hygiene and personal boundaries, to support healthy development and respectful relationships.		
--	--	--	--

Long-term plan: RSE & PSHE

Overview - Upper key stage 2

Year 6

Autumn 1	My healthy self: How do my choices today shape my future wellbeing?	Autumn 2	<u>Connecting with others: What does it mean to stand up for myself and others?</u> 7 lessons Deepening understanding of respectful relationships by exploring self-respect, boundaries, consent and ways to challenge unfairness, prevent bullying and seek help safely.
Spring 1	The online world: How do I feel about being online?	Spring 2	Citizenship: How can we protect everyone's rights?
Summer 1	Staying safe: How can I stay safe as I grow up?	Summer 2	<u>Sex education: How do people become parents and carers?</u> 7 lessons Learning about conception and pregnancy, exploring different family structures and understanding why consent is important. Non Statutory