



RSE & PSHE Long Term Plan

	Self-regulation		Building relationships		Managing self	
EYFS	My feelings: Identifying my feelings Coping strategies Emotional adjectives Facial expressions		Special relationships: Special people Sharing I am unique Similarities and differences	My family and friends: Festivals Sharing What makes a good friend? Being a good friend	Taking on challenges: Why do we have rules? Building towers Team races	My wellbeing: What is exercise? Being a safe pedestrian
	Introductory Lesson	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing
Year 1	Setting ground rules for RSE and PSHE lessons	What is family? What are friendships? Friendship problems Healthy friendships Gender stereotypes	Understanding my emotions Ready for bed Handwashing and personal hygiene Sun safety Allergies	Adults in school Adults outside school Making an emergency phone call Appropriate contact Safety with substances	Rules Similar, yet different	What is money? Saving and spending
Year 2	Setting ground rules for RSE and PSHE lessons	Families are all different Unhappy friendships Introduction for manners and courtesy Change and loss Gender stereotypes: careers and jobs	Experiencing different emotions Developing a growth mindset Healthy diet Looking after our teeth	Communicating online Secrets and surprises Appropriate contact: my private parts are private Staying safe with medicine	Rules beyond school Similar yet different – my local community Giving my opinion	Exploring needs Exploring wants

Year 3	Setting ground rules for RSE and PSHE lessons	Healthy families Friendship conflicts Friendship: conflict vs bullying Learning who to trust Respecting differences in others Stereotyping gender	My healthy diary Wonderful me Resilience: breaking down barriers Diet and dental health	First aid: emergencies and calling for help Cyberbullying Influences Keeping safe out and about	Rights of the child Charity Local democracy	Budgeting Career quest
Year 4	Setting ground rules for RSE and PSHE lessons	Respect and manners Healthy friendship Bullying Stereotypes: disability Change and loss	Looking after our teeth Celebrating mistakes My happiness Emotions Mental health	Internet safety: age restrictions Share aware Privacy and security Introducing puberty Tobacco	What are human rights? Diverse communities	Value for money Looking after money
Year 5	Setting ground rules for RSE and PSHE lessons	Friendship skills Marriage Respecting myself Family life Bullying Stereotypes: race and religion	The importance of rest Taking responsibility for my feelings Healthy meals Sun safety	Online friendships Staying safe online Puberty Menstruation First aid: bleeding Alcohol, drugs and tobacco: making decisions	Breaking the law Parliament	Risks and handling money online
Year 6	Setting ground rules for RSE and PSHE lessons	Respect Respectful relationships Challenging stereotypes Resolving conflict Change and loss	Taking responsibility for my health The impact of technology on health Resilience toolbox Immunisation Physical health concerns	Alcohol Social media Physical and emotional changes of puberty First aid: basic life support	Human rights Prejudice and discrimination National democracy	Career roots Identity Identity and body image