



Long term plans for PSHE

Including RSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1	Me and My Relationships All about me, What makes me special, me and my special people, who can help me, my feelings	Valuing Difference I'm special, you're special, same and different, I am caring	Keeping Myself Safe What is safe to go into my body, safe indoors and outdoors, listening to my feelings, keeping safe online, people who help me.	Rights and Responsibilities Looking after my special people, being helpful at home and caring in our classroom, caring for our world, looking after money.	Being My Best Yes I can, healthy eating, move your body, a good night sleep	Growing and Changing Plants animals and humans, human life stages- who will I be, where do babies come from, getting bigger.
Class 2	Me and my relationships Class rules, my feelings, my friends, my special people	Valuing difference Similarities and differences between people, what is fair?, what is unkind, teasing or bullying?	Keeping myself safe Being healthy, good sleep, getting lost, good and bad touches	Rights and responsibilities Looking after my things, my money, looking after myself, being helpful at school	Being my best Eating well, giving and receiving praise, having a bad day, catch it, bin it, kill it!	Growing and changing My body, taking care of a baby, who can help me? Keeping privates private.

Class 3 Year A 2020-2021	Keeping safe Safe or unsafe. Helping each other. Stay safe.	Keeping safe Danger, risk or hazard. When feelings change. Under pressure.	Feelings and emotions Secret or surprise. Different feelings.	Feelings and emotions Risk taking. Supports networks. Staying safe	Growing and Changing Achievements and aspirations. Building self-esteem. My changing body Puberty & Menstrual Cycle	Growing and Changing Going through changes. Growth mind set.
Year B 2021-2022	Valuing differences Includes British Values focus	Valuing differences Family and friends, community, respect	Rights and Responsibilities Discussions around money, living in the wider world, environment	Rights and Responsibilities Stereotypes, acquaintances, people we share our world with	Being my Best Healthy eating, For and Against, Teamwork Puberty & Menstrual Cycle	Being my Best Keeping Healthy, Growth Mindset, Goal setting
Class 4 Year B 2021-2022	Me and My relationships (using Y5 plans) Includes collaboration, what makes a good friends, emotional needs, communication	Valuing Differences (using Y5 plans) Includes diversity, kind conversations, discrimination, social media, fake news.	Rights and Responsibilities (using Y5 plans) Includes fact vs opinion in the media, rights & responsibilities, money, local councils, volunteering.	Keeping Myself Safe (using Y5 plans) Includes thinking skills, risk taking, bullying, online safety, drugs, smoking	Being My Best (using Y5 plans) Includes keeping fit and healthy, strengths, talents, responsibility, media portrayals	Growing and Changing (Year 5 and Year 6 to be taught separately each year) Year 5 Includes feelings, puberty and labelling body parts. Stereotypes, positive and negative reactions. Year 6 Includes changing emotions, self-esteem, media manipulation, and online pressure. Changes in puberty,
Year A 2022-2023	Me and My relationships (using Y6 plans) Includes friendship problems, negotiation,	Valuing Differences (using Y6 plans) Includes tolerance, gender stereotypes, respecting differences.	Rights and Responsibilities (using Y6 plans) Includes social media, savings, and taxes, biased and unbiased	Keeping Myself Safe (using Y6 plans) Includes online safety, addiction, drugs, alcohol,	Being My Best (using Y6 plans) Includes 5 Ways to Wellbeing, aspirations, health	

	assertiveness, acting appropriately		opinions. Sustainability, democracy.	emotional needs, responsibility	& wellbeing, risk taking	conception, safe and unsafe secrets.
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