

Long Term Planning
Curriculum Area: PSHE & RSE



	Autumn Term	Spring Term	Summer Term
EYFS Year A	<p><u>Me and My Relationships</u></p> <ul style="list-style-type: none"> • Marvellous me! • I'm special • People who are special to me <p><u>Valuing Difference</u></p> <ul style="list-style-type: none"> • Me and my friends • Friends and family • Including everyone 	<p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> • People who help me and keep me safe • Safety Indoors and Outdoors • What's safe to go into my body <p><u>Being my best</u></p> <ul style="list-style-type: none"> • Looking after myself • Looking after others • Looking after my environment 	<p><u>Being my best</u></p> <ul style="list-style-type: none"> • What does my body need? • I can keep trying • I can do it! <p><u>Growing & Changing</u></p> <ul style="list-style-type: none"> • Growing and changing in nature • When I was a baby • Girls, boys and families
EYFS Year B	<p><u>Me and My Relationships</u></p> <ul style="list-style-type: none"> • All about me • What makes me special • Me and my special people • Who can help me? • My feelings • My feelings (2) <p><u>Valuing Difference</u></p>	<p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> • What's safe to go onto my body • Keeping Myself Safe - What's safe to go into my body (including medicines) • Safe indoors and outdoors • Listening to my feelings • Keeping safe online • People who help to keep me safe 	<p><u>Being my best</u></p> <ul style="list-style-type: none"> • Bouncing back when things go wrong • Yes, I can! • Healthy eating • My healthy mind • Move your body • A good night's sleep

	<ul style="list-style-type: none"> • I'm special, you're special • Same and different • Same and different families • Same and different homes • I am caring • I am a friend 	<p><u>Being my best</u></p> <ul style="list-style-type: none"> • Looking after my special people • Looking after my friends • Being helpful at home and caring for our classroom • Caring for our world • Looking after money (1): recognising, spending, using • Looking after money (2): saving money and keeping it safe 	<p><u>Growing & Changing</u></p> <ul style="list-style-type: none"> • Seasons • Life stages - plants, animals, humans • Life Stages: Human life stage - who will I be? • Where do babies come from? • Getting bigger • Me and my body - girls and boys
<p>KS1 Cycle A</p>	<p><u>Me and My Relationships</u></p> <ul style="list-style-type: none"> • Why we have classroom rules • How are you listening? • Thinking about feelings • Our feelings • Feelings and bodies • Good friends <p><u>Valuing Difference</u></p> <ul style="list-style-type: none"> • Same or different? • Unkind, tease or bully? • Harold's school rules • It's not fair! • Who are our special people? • Our special people balloons 	<p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> • Super sleep • Who can help? (1) • Good or bad touches? • Sharing pictures • What could Harold do? • Harold loses Geoffrey <p><u>Rights and Respect</u></p> <ul style="list-style-type: none"> • Harold has a bad day • Around and about the school • Taking care of something • Harold's money • How should we look after our money? 	<p><u>Being my best</u></p> <ul style="list-style-type: none"> • I can eat a rainbow • Eat well • Harold's wash and brush up • Catch it! Bin it! Kill it! • Harold learns to ride his bike • Pass on the praise! <p><u>Growing & Changing</u></p> <ul style="list-style-type: none"> • Healthy me • Then and now • Taking care of a baby • Who can help? (2) • Surprises and secrets

		<ul style="list-style-type: none"> • Basic first aid 	<ul style="list-style-type: none"> • Keeping privates private
KS1 Cycle B	<p><u>Me and My Relationships</u></p> <ul style="list-style-type: none"> • Our ideal classroom (1) • Our ideal classroom (2) (OPTIONAL) • How are you feeling today? • Let's all be happy! • Being a good friend • Types of bullying • Don't do that! <p><u>Valuing Difference</u></p> <ul style="list-style-type: none"> • What makes us who we are? • My special people • How do we make others feel? • When someone is feeling left out • An act of kindness • Solve the problem 	<p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> • Harold's picnic • How safe would you feel? • What should Harold say? • I don't like that! • Fun or not? • Should I tell? <p><u>Rights and Respect</u></p> <ul style="list-style-type: none"> • Getting on with others • When I feel like erupting • Feeling safe • Playing games • Harold saves for something special • Harold goes camping (OPTIONAL) • How can we look after our environment? 	<p><u>Being my best</u></p> <ul style="list-style-type: none"> • You can do it! • My day • Harold's postcard - helping us to keep clean and healthy • Harold's bathroom • What does my body do? • My body needs... (OPTIONAL) • Basic first aid <p><u>Growing & Changing</u></p> <ul style="list-style-type: none"> • A helping hand • Sam moves away • Haven't you grown! • My body, your body • Respecting privacy • Some secrets should never be kept
LKS2 Cycle A	<p><u>Me and My Relationships</u></p> <ul style="list-style-type: none"> • As a rule • Looking after our special people • How can we solve this problem? • Tangram team challenge (OPTIONAL) 	<p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> • Safe or unsafe? • Danger or risk? • The Risk robot • Super Searcher • Help or harm? 	<p><u>Being my best</u></p> <ul style="list-style-type: none"> • Derek cooks dinner! (healthy eating) • Poorly Harold • Body team work • For or against?

	<ul style="list-style-type: none"> • Friends are special • Thunks • Dan's dare <p><u>Valuing Difference</u></p> <ul style="list-style-type: none"> • Respect and challenge • Family and friends • My community • Our friends and neighbours • Let's celebrate our differences • Zeb 	<ul style="list-style-type: none"> • Alcohol and cigarettes: the facts <p><u>Rights and Respect</u></p> <ul style="list-style-type: none"> • Helping each other to stay safe • Recount task • Our helpful volunteers • Can Harold afford it? • Earning money • Harold's environment project • Let's have a tidy up! (OPTIONAL) 	<ul style="list-style-type: none"> • I am fantastic! • Top talents <p><u>Growing & Changing</u></p> <ul style="list-style-type: none"> • Relationship tree • Body space • None of your business! • Secret or surprise? • My changing body • Basic first aid
LKS2 Cycle B	<p><u>Me and My Relationships</u></p> <ul style="list-style-type: none"> • Human machines • Ok or not ok? (part 1) • Ok or not ok? (part 2) • An email from Harold! • Different feelings • When feelings change (OPTIONAL) • Under pressure <p><u>Valuing Difference</u></p> <ul style="list-style-type: none"> • Can you sort it? • What would I do? • The people we share our world with • That is such a stereotype! 	<p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> • Danger, risk or hazard? • How dare you! • Keeping ourselves safe • Raisin challenge (2) • Picture wise • Medicines: check the label <p><u>Rights and Respect</u></p> <ul style="list-style-type: none"> • Who helps us stay healthy and safe? • It's your right • How do we make a difference? • In the news! • Safety in numbers • Harold's expenses (OPTIONAL) 	<p><u>Being my best</u></p> <ul style="list-style-type: none"> • What makes me ME! • Making choices • SCARF hotel • Harold's Seven Rs • My school community (1) • Basic first aid <p><u>Growing & Changing</u></p> <ul style="list-style-type: none"> • Moving house • My feelings are all over the place! • All change!

	<ul style="list-style-type: none"> • Friend or acquaintance? • Islands 	<ul style="list-style-type: none"> • Why pay taxes? • Logo quiz (OPTIONAL) 	<ul style="list-style-type: none"> • Preparing for changes at puberty (formerly Period positive/preparing for periods) • Secret or surprise? • Together
UKS2 Cycle A	<p><u>Me and My Relationships</u></p> <ul style="list-style-type: none"> • Collaboration Challenge! • Give and take • How good a friend are you? • Relationship cake recipe • Our emotional needs • Being assertive <p><u>Valuing Difference</u></p> <ul style="list-style-type: none"> • Qualities of friendship • Kind conversations • Happy being me • The land of the Red People • Is it true? • Stop, start, stereotypes 	<p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> • Spot bullying • Play, like, share • Decision dilemmas • Ella's diary dilemma • Vaping: healthy or unhealthy? • Would you risk it? <p><u>Rights and Respect</u></p> <ul style="list-style-type: none"> • What's the story? • Fact or opinion? • Mo makes a difference • Rights, respect and duties • Spending wisely • Lend us a fiver! 	<p><u>Being my best</u></p> <ul style="list-style-type: none"> • It all adds up! • Different skills • My school community (2) • Independence and responsibility • Star qualities? • Basic first aid, including Sepsis Awareness <p><u>Growing & Changing</u></p> <ul style="list-style-type: none"> • How are they feeling? • Taking notice of our feelings • Dear Ash • Growing up and changing bodies • Changing bodies and feelings • Help! I'm a teenager - get me out of here!
UKS2 Cycle B	<p><u>Me and My Relationships</u></p> <ul style="list-style-type: none"> • Working together • Let's negotiate (OPTIONAL) • Solve the friendship problem 	<p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> • Think before you click! • It's a puzzle (OPTIONAL) • To share or not to share? 	<p><u>Being my best</u></p> <ul style="list-style-type: none"> • This will be your life! • Our recommendations • What's the risk? (1)

	<ul style="list-style-type: none"> • Dan's day (OPTIONAL) • Behave yourself • Assertiveness skills (formerly Behave yourself - 2) • Don't force me • Acting appropriately <p><u>Valuing Difference</u></p> <ul style="list-style-type: none"> • OK to be different • We have more in common than not • Respecting differences • Tolerance and respect for others • Advertising friendships! • Boys will be boys? - challenging gender stereotypes 	<ul style="list-style-type: none"> • Rat Park • What sort of drug is...? • Drugs: it's the law! • Alcohol: what is normal? <p><u>Rights and Respect</u></p> <ul style="list-style-type: none"> • Two sides to every story • Fakebook friends • What's it worth? • Jobs and taxes (OPTIONAL) • Happy shoppers - caring for the environment • Action stations! (OPTIONAL) • Project Pitch (parts 1 & 2) (OPTIONAL) • Democracy in Britain 1 - Elections • Democracy in Britain 2 - How (most) laws are made • Community art (OPTIONAL) 	<ul style="list-style-type: none"> • What's the risk? (2) • Basic first aid, including Sepsis Awareness • Five Ways to Wellbeing project <p><u>Growing & Changing</u></p> <ul style="list-style-type: none"> • I look great! • Media manipulation • Pressure online • Helpful or unhelpful? Managing change • Is this normal? • Making babies
--	--	--	--