

PSHE/RSE – Long Term Plan



Year group	Autumn	Spring	Summer			
Seedlings (N2)	<p>Personal, Social and Emotional Development is a Prime Area in EYFS and covers three key aspects – Building Relationships, Managing Self and Self Regulation</p>					
Acorns (N3)						
Reception	<p>Being in my World Children work as part of a group or class and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.</p> <p>Celebrating difference Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable.</p> <p>Dreams and Goals Children are confident to try new activities, and say why they like some activities more than others.</p> <p>Healthy Me Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p> <p>Relationships Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children. Children are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.</p> <p>Changing Me Growing up: how we have changed since we were babies. Naming body parts.</p>					
Year 1	<p>Being in my World Special and safe. My class Rights and Responsibilities Rewards and feeling proud Consequences Owning our Learning Charter</p>	<p>Celebrating difference The same as... Different from.. Bullying Making new friends Celebrating difference.</p>	<p>Dreams and Goals Treasure chest of success Steps to goals Achieving together Stretchy learning Overcoming obstacles Celebrating my success.</p>	<p>Healthy Me Healthy choices. Medicine safety. Road safety. Happy healthy me.</p>	<p>Relationships Families. Making friends. Greetings. People who help us Being my own best friend. Celebrating my special relationships</p>	<p>Changing Me Life cycles My changing body Boys' and girls' bodies. Naming body parts Learning and growing. Coping with changes.</p>

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Year 2	<p>Being in my World Hopes and fears. Rights and responsibilities Rewards and consequences. Our Learning Charter. Owning our Learning Charter</p>	<p>Celebrating difference Boys and girls Why does bullying happen? Standing up for myself and others Making a new friend Celebrating difference and still being friends.</p>	<p>Dreams and Goals Goals to success My Learning Strategies Learning with others A group challenge Celebration of our achievement.</p>	<p>Healthy Me Being Relaxed Medicine Safety Healthy Eating Mindfulness.</p>	<p>Relationships Families Keeping safe-exploring physical contact Friends and Conflict Secrets trust and Appreciation Celebrating My Special Relationships.</p>	<p>Changing Me Lifecycles in Nature Growing from Young to Old. The Changing Me Boys' and Girls' Bodies. Naming body parts and respecting privacy (which parts of the body are private and why this is) Looking Ahead.</p>
Year 3	<p>Being in my World Getting to know each other. Our nightmare school, our dream school Rewards. Our learning charter.</p>	<p>Celebrating difference Families Family conflict Witness and feelings Witness and solutions Words that harm Compliments</p>	<p>Dreams and Goals My dreams and ambitions. A new challenge, our new challenge – overcoming obstacles Celebrating my learning</p>	<p>Healthy Me Being fit and healthy What do I know about drugs? Keeping safe. Safety at home. My amazing body</p>	<p>Relationships Family roles and responsibilities Friendship Keeping myself safe Being a global citizen Celebrating my web of relationships</p>	<p>Changing Me How babies grow. Outside body changes Family stereotypes Looking ahead</p>
Year 4	<p>Being in my World Becoming a class team. Being a school citizen. Rights and responsibilities. Rewards and consequences Our learning charter.</p>	<p>Celebrating difference Judging by appearance Understanding influences Understanding bullying Problem-solving ,Special me Celebrating difference: how we look</p>	<p>Dreams and Goals Hopes and dreams Broken dreams Overcoming disappointment Creating new dreams Achieving goals.</p>	<p>Healthy Me My friends and me Group dynamics. Healthy friendships Smoking. Alcohol.</p>	<p>Relationships Relationship web Love and loss Memories Are animal's special? Special pets Celebrating my relationships with people and animals</p>	<p>Changing Me Unique me. Inside body changes. Girls and puberty. Circles of change Accepting change Looking ahead</p>
Year 5	<p>Being in my World My year ahead in Year 5. Responsibilities, rewards and consequences.</p>	<p>Celebrating difference Different cultures Racism Rumours and name calling Types of</p>	<p>Dreams and Goals Investigate jobs and careers. My dream job. Why I want it and the</p>	<p>Healthy Me Smoking Alcohol Emergency aid</p>	<p>Relationships Recognising me. Getting on and falling out. Girlfriends and</p>	<p>Changing Me Self and body image. Puberty for girls. Puberty for boys.</p>

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	Our class Charter. Owning our class charter.	bullying Does money matter? Celebrating difference across the world.	steps to get there. Dreams and goals of people in different cultures. How can we support each other?	Body image My relationship with food Healthy me	boyfriends. Relationships and technology.	Conception. Looking ahead to Year 6
Year 6	<p>Being in my World Identify goals for the year. Being a Global Citizen – know there are rights for children but not all are met. Understand own wants and needs and compare to children in different communities. Actions affect people locally and globally. Make choices about my own behaviour. Democracy in school.</p>	<p>Celebrating difference Understand different perceptions of normal. Understanding disability Power Struggles Why bully? - Understand the reasons people bully Celebrating difference – appreciate people for who they are.</p>	<p>Dreams and Goals Personal Learning Goals Steps to success – how to work towards achieving goal. Identify problems in the world that concern me. Work with people to make the world a better place. Recognising our achievements</p>	<p>Healthy Me Food – know the impact of food on my body Drugs – know different types of drugs Alcohol – evaluate how alcohol is used responsibly/anti socially. Emergency First Aid Emotional Mental Health and Managing Stress</p>	<p>Relationships Relationship Web – identify significant people. Love and Loss – feelings of grief. Power and Control – recognise when people are trying to gain control. Being safe with technology – also taught throughout the year in computing.</p>	<p>Changing Me Self and Body Image. Puberty. Babies – conception to birth. Transition to High school</p>

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Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Changing Me	Includes Relationships and Sex Education in the context of coping positively with change