PSHE and RSE Long Term Plan			
	Autumn	Spring	Summer
Reception	**A Belonging to a community** School rules and expectations **B Family and friendships** Naming who I live with, beginning to recognise what a friendship is and identify ways to form friendships **C Respecting ourselves and others** Building friendships and Zones of Regulation	**A Physical health and Mental wellbeing** What healthy means, foods, sleep, brushing teeth, handwashing **B Money and Work** Common goals, jobs in the community, what challenges are **C Media literacy and digital resilience** To name a range of devices	**A Growing and changing** Our body, naming body parts, including penis, testicles, vulva, vagina, respecting our bodies, human lifecycle **B Keeping safe** Being online and playing, negotiating spaces, age restrictions **C Safe relationships** Exploring feelings and relationships, important and trusted adults
Year 1	**A Belonging to a community** School rules, classroom expectations, the needs of others **B family and friendships** Adults within the wider community **C Respecting ourselves and others** The impact of kind and unkind behaviour	**A Physical health and Mental wellbeing** The difference between healthy and unhealthy, road safety, people who keep us safe **B Money and Work** What a goal is, how to achieve goals, what resilience is **C Media literacy and digital resilience** How rules and age restrictions help us; keeping safe online	**A Growing and changing** Recap names of body parts, recognising what makes them unique and special; recognising feelings; managing when things go wrong **B Keeping safe** Rules and how they keep us safe; online safety **C Safe relationships** Consent and how to say we need help
Year 2	**A Belonging to a community** School rules, classroom expectations, being part of a team **B family and friendships** Positive interactions and resolving arguments **C Respecting ourselves and others** Recognising things in common and differences; playing and working cooperatively; sharing opinions	**A Physical health and Mental wellbeing** Staying healthy, what mental health is, dangers of household products, food nutrients **B Money and Work** Goals we have, celebrating success, skills needed for different jobs **C Media literacy and digital resilience** The internet in everyday life; online content and information	**A Growing and changing** Growing older; life cycle; naming body parts; moving into KS2 **B Keeping safe** Safety in different environments; risk and safety at home; emergencies **C Safe relationships** Managing secrets; resisting pressure and getting help; recognising hurtful behaviour
Year 3	**A Belonging to a community**	**A Physical health and Mental wellbeing** What fit and healthy means, food groups and	**A Growing and changing** Strengths and interests about our

	School rules, classroom expectations, the value of rules and laws; rights, freedoms and responsibilities **B Family and friendships** What makes a family; features of family life **C Respecting ourselves and others** Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	impact on health, what drugs are, caring for mental health **B Money and Work** Different jobs and skills, role models in the community, skills as a learner **C Media literacy and digital resilience** How the internet is used; assessing information online	personality, changing me, managing our emotions, being proud of our achievements **B Keeping safe** Risks and hazards; safety in the local environment and unfamiliar places **C Safe relationships** Personal boundaries; safely responding to others; the impact of hurtful behaviour, what bullying looks like on and offline
Year 4	**A Belonging to a community** School rules, classroom expectations, what makes a community; shared responsibilities **B Family and friendships** Positive friendships, including online **C Respecting ourselves and others** Respecting differences and similarities; discussing difference sensitively	**A Physical health and Mental wellbeing** Maintaining a balanced lifestyle, self image, smoking and vaping, being safe around medicines **B Money and Work** Jobs in the local area, dreams and how they may not always be achieved, planning for the future **C Media literacy and digital resilience** How data is shared and used	**A Growing and changing** Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty, menstruation and wet dreams. **B Keeping safe** Medicines and household products; drugs common to everyday life, side effects of drugs e.g. smoking and vaping **C Safe relationships** Responding to hurtful behaviour; managing confidentiality; recognising risks online, when teasing becomes hurtful
Year 5	**A Belonging to a community** School rules, classroom expectations, being part of a community; celebrating difference **B Family and friendships** Healthy relationships and family life, positive online friendships **C Respecting ourselves and others** Responding respectfully to a wide range of people; recognising prejudice and discrimination	**A Physical health and Mental wellbeing** Caring for our physical and mental health, peer pressure, the role of emergency services **B Money and Work** Identifying job interests and aspirations; what influences career choices; workplace stereotypes **C Media literacy and digital resilience** How information online is targeted; different media types, their role and impact	**A Growing and changing** Body changes, personal identity, protected characteristics, different relationships, self-esteem **B Keeping safe** Keeping safe in different situations, including responding in emergencies, first aid and FGM DV, risk taking behaviour **C Safe relationships** Physical contact and feeling safe, consent
Year 6	**A Belonging to a community**	**A Physical health and Mental wellbeing**	**A Growing and changing** Human reproduction and birth; body image and relationships; managing transitions

	School rules, classroom expectations, valuing diversity; challenging discrimination and stereotypes **B Family and friendships** Relationships, families, love and loss **C Respecting ourselves and others** Expressing opinions and respecting other points of view, including discussing topical issues	Taking responsibility for our physical and mental health, peer pressure, gangs, county lines **B Money and Work** Influences and attitudes to money; money and financial risks **C Media literacy and digital resilience** Evaluating media sources; sharing things online	**B Keeping safe** Keeping personal information safe, sexting and online footprint, drug use and the law, drug use and the media, vaping and use of drugs. **C Safe relationships** Recognising and managing pressure, consent in different situations, healthy vs unhealthy relationships.