

PSHE long-term plan

(Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education).

| Year/Half-termly unit titles | 1 Being my Best | 2 Rights and Responsibilities | 3 Me and my Relationships | 4 Valuing Difference | 6 Keeping Myself Safe | 5 Growing and Changing |
|------------------------------|--|---|--|---|--|---|
| EYFS | Keeping by body healthy – food, exercise, sleep Growth Mindset | Looking after things: friends, environment, money | What makes me special People close to me Getting help | Similarities and difference Celebrating difference Showing kindness | Keeping my body safe. People who help to keep us safe. | Cycles Life stages |
| Y1 | Growth Mindset Keeping by body healthy | Taking care of things: Myself My money My environment | Feelings Getting help Classroom rules | Recognising, valuing and celebrating difference Developing tolerance and respect | How our feelings can keep us safe Keeping healthy Medicine Safety | Getting help Becoming independent My body parts |
| Y2 | Growth Mindset Looking after my body | Cooperation Self-regulation | Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation | Being kind and helping others Listening Skills | Appropriate touch Medicine safety | Life cycles Dealing with loss Being supportive |
| Y3 | Keeping myself healthy Celebrating and developing my skills | Skills we need to develop as we grow up Helping and being helped | Cooperation Friendship (including respectful relationships) | Recognising and respecting diversity Being respectful and tolerant | Managing risk Drugs and their risks Staying safe online | Relationships Keeping safe |
| Y4 | Having choices and making decisions about my health Taking care of my environment | Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money | Recognising feelings Bullying Assertive skills | Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes | Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences | Menstruation Managing difficult feelings Relationships including marriage |
| Y5 | Growing independence and taking responsibility Media awareness and safety | Rights and responsibilities Rights and responsibilities relating to my health Decisions about lending, borrowing and spending | Feelings Friendship skills, including compromise Assertive skills | Recognising and celebrating difference, including religions and cultural Influence and pressure of social media | Managing risk, including staying safe online Norms around use of legal drugs (tobacco, alcohol) | Managing difficult feelings Managing change Getting help Body changes during puberty |
| Y6 | Aspirations and goal setting Managing risk | Understanding media bias, including social media Caring: communities and the environment Earning and saving money | Assertiveness Cooperation Safe/unsafe touches | Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour | Emotional needs Staying safe online Drugs: norms and risks (including the law) | Keeping safe Body Image Self esteem |