

PSHE and RSE Long Term Plan

	AUTUMN 1		AUTUMN 2		SPRING 1		SPRING 2		SUMMER 1		SUMMER 2							
	Relationships						Living in the wider world				Health and Wellbeing							
	Families and Friendships		Safe Relationships		Respecting ourselves and others		Belonging to a community		Media literacy and digital resilience		Money and work		Physical health and Mental wellbeing		Growing and changing		Keeping safe	
NURSERY	My family; feelings and emotions (RSE)		Sharing and taking turnings (RSE)		Feelings and emotions; rules (RSE)		Classroom rules; belonging to a class; forming positive relationships		Appropriate computer games (RSE)		Different jobs		Healthy foods, personal hygiene, exercise (RSE)		Body parts; changing (RSE)		Crossing roads safely with an adult; keeping safe at home and online (RSE)	
RECEPTION	Playing with different people; turn taking and sharing; (RSE)		Private body parts; staying safe outside (RSE)		Knowing why another child is upset; being sensitive, saying no; being polite (RSE)		Classroom rules; right from wrong; positive attachments		Appropriate computer games; limiting time using technology (RSE)		Different jobs; different strengths		Healthy foods, personal hygiene, importance of sleep, and exercise; knowing what I am good at (RSE)		Body parts; changing; what makes me unique (RSE)		Key workers that keep me safe; crossing roads safely; keeping safe online. (RSE)	
YEAR 1	Roles of different people; families; feeling cared for (RSE)		Recognising privacy; staying safe; seeking permission (RSE)		How behaviour affects others; being polite and respectful (RSE)		What rules are; caring for others' needs; looking after the environment		Using the internet and digital devices; communicating online (RSE)		Strengths and interests; jobs in the community		Keeping healthy; food and exercise, hygiene routines; sun safety (RSE)		Recognising what makes them unique and special; feelings; managing when things go wrong (RSE)		How rules and age restrictions help us; keeping safe online (RSE)	
YEAR 2	Making friends; feeling lonely and getting help (RSE)		Managing secrets; resisting pressure and getting help; recognizing hurtful behaviour (RSE)		Recognising things in common and differences; playing and working cooperatively; sharing opinions (RSE)		Belonging to a group; roles and responsibilities; being the same and different in the community		The internet in everyday life; online content and information (RSE)		What money is; needs and wants; looking after money		Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help (RSE)		Growing older; naming body parts; moving class or year (RSE)		Safety in different environments; risk and safety at home; emergencies (RSE)	

SEND Adapted Plan	<p>Changing and Growing CG4: Different types of relationships</p> <p>Self-Awareness SA3: Playing and working together SA4: People who are special to us</p>	<p>Changing and Growing CG3: Dealing with touch</p> <p>Self-Care, Support and Safety SSS3: Trust SSS5: Public and Private</p>	<p>Self-Awareness SA2: Kind and Unkind behaviours SA5: Getting on with others</p> <p>Managing Feelings MF1: Identifying and expressing feelings MF2: Managing strong feelings</p>	<p>The World I Live In WIL15: Belonging to a community WIL4: Taking Care of the environment WIL13: Rules and Laws WIL11: Respecting differences between people</p>	<p>Self-Care, Support and Safety SSS4: Keeping Safe online</p>	<p>The World I Live in: WIL16: Money WIL1: Jobs people do</p>	<p>Healthy Lifestyles HL1: Healthy Eating KL2: Taking care of physical health HL3: Keeping well</p> <p>Self-Care, Support and Safety SSS1: Taking care of ourselves</p>	<p>Growing and Changing CG1: Baby to adult</p> <p>Self-Awareness SA1: Things we are good at</p>	<p>Self-Care, Support and Safety SSS2: Keeping Safe</p>
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