







Long Term Plan for PSHE and RSE

	EYFS	Year 1 and 2	Year 3 and 4	Year 5 and 6
<p>Beginning and Belonging</p>  <p>Ongoing throughout year/links with collective worship /transitions/ school teams</p>	<ul style="list-style-type: none"> • How am I special and what is special about other people in my class? • What have I learnt to do and what would I like to learn next? • How do we welcome new people to our class? • What can I do to help everyone in our classroom feel safer and happier? • How can I play and work well with others? • How can I show I am listening to an adult? • What can help me to follow instructions? 	<ul style="list-style-type: none"> • Do I understand simple ways to make my school a safe and happy place? • How do I get to know the people in my class? • Can I talk about how I feel when I am doing something new? • How do I make someone feel welcome? • How do I make someone feel welcome in my class? • What helps me manage new situations? • Can I listen to other people, share my views and take turns? (think, pair, share) 	<ul style="list-style-type: none"> • What does it feel like to be new or to start something new? • How can I help children and adults feel welcome in school? • What is my role in making my school a place where we can learn happily and safely? • How can we build relationships in our class and how does this benefit me? • What helps me manage a new situation or learn something new? • Who are the different people in my network who I can ask for help? 	<ul style="list-style-type: none"> • What are my responsibilities for making sure everyone in school feels happy and safe? • How can I take responsibility for building relationships in my school and how does this benefit us all? • How might different people feel when starting something new and how can I help? • How do we make people feel welcome and valued in and out of school? • What helps me to be resilient in a range of new situations? • Are there more ways I can get help now and how do I seek support?
<p>Anti-Bullying</p>  <p>Links with Collective worship/whole school anti bullying week</p>		<ul style="list-style-type: none"> • Why might people fall out with their friends? • Can I describe what bullying is? • Do I understand some of the reasons people bully others? • Why is bullying never acceptable or respectful? • How might people feel if they are being bullied? • Who can I talk to if I have worries about friendship difficulties or bullying? • How can I be assertive? • Do I know what to do if I think someone is being bullied? • How do people help me to build positive and safe relationships? 	<ul style="list-style-type: none"> • How are falling out and bullying different? • How do people use power when they bully others? • What are the key characteristics of different types of bullying? • How can lack of respect and empathy towards others lead to bullying? • What is the difference between direct and indirect forms of bullying? • What are bystanders and followers and how might they feel? • Do I understand that bullying affects how people feel for a long time? 	<ul style="list-style-type: none"> • Can I explain the differences between friendship difficulties and bullying? • Can I define the characteristics and different forms of bullying? • How do people use technology & social media to bully others and how can I help others to prevent and manage this? • What do all types of bullying have in common? • Might different groups experience bullying in different ways? • How can people's personal circumstances affect their experiences?

		<ul style="list-style-type: none"> • What does my school do to stop bullying? 	<ul style="list-style-type: none"> • How can I support people I know who are being bullied by being assertive? • How does my school prevent bullying and support people involved? 	<ul style="list-style-type: none"> • How does prejudice sometimes lead people to bully others? • Can I respond assertively to bullying, online and offline? • How might bullying affect people's mental wellbeing and behaviour? • How and why might peers become colluders or supporters in bullying situations? • Can I identify ways of preventing bullying in school and the wider community?
<p>Family & Friends</p> 	<ul style="list-style-type: none"> • Who are my special people and why are they special to me? • Who is in my family and how do we care for each other? • What is a friend and how can I be a good one? • How do I make new friends? • How can I respect my own needs and the needs of others? • How can I make up with friends when I have fallen out with them? • How does what I do affect others? • Do I know what to do if someone is unkind to me? 	<ul style="list-style-type: none"> • Can I describe what a good friend is and does and how it feels to be friends? • Why is telling the truth important? • What skills do I need to choose, make and develop friendships? • How might friendships go wrong, and how does it feel? • How can I try to mend friendships if they have become difficult? • What is my personal space and how do I talk to people about it? • Who is in my family and how do we care for each other? • Who are my special people, why are they special and how do they support me? 	<ul style="list-style-type: none"> • What is a healthy friendship and how does trust play an essential part? • What skills do I need for choosing, making and developing friendships and how effective are they? • How can I help to resolve disagreements positively by listening and compromising? • Can I empathise with other people in a disagreement? • How can I check with my friends that their personal boundaries have not been crossed? • How do my family members help each other to feel safe and secure even when things are tough? • Who is in my network of special people now and how do we affect and support each other? 	<ul style="list-style-type: none"> • What are the characteristics of healthy friendships on and offline and how do they benefit me? • How do trust and loyalty feature in my relationships on and offline? • What are the benefits and risks of making new friends, including those I only know online? • Can I always balance the needs of family & friends & how do I manage this? • Can I communicate, empathise and compromise when resolving friendship issues? • How can I check that my friends give consent on and offline? • How do people in my family continue to support each other as things change?

<p>Managing Change</p>  <p>Ongoing throughout year & links with transition times</p>		<ul style="list-style-type: none"> • How are my achievements, skills and responsibilities changing and what else might change? • How might people feel during times of loss and change? • How do friendships change? • What helps me to feel calmer when I am experiencing strong emotions linked to loss and change? • How might people feel when they lose a special possession? • When can I make choices about changes? 	<ul style="list-style-type: none"> • What changes have I already experienced and what might happen in the future? • What helps me when I'm experiencing strong emotions due to loss or change? • What strategies help me to thrive when my friendships change? • How might I behave when I feel strong emotions linked to loss and change? • How might people feel when loved ones or pets die, or they are separated from them for other reasons? • What changes might people welcome and how can they plan for these? 	<ul style="list-style-type: none"> • What positive and negative changes might people experience? • How do people's emotions evolve over time as they experience loss and change? • How can I manage the changing influences and pressures on my friendships and relationships? • What different strategies do people use to manage feelings linked to loss and change and how can I help? • How might people whose families change feel? • When might change lead to positive outcomes for people? • What positive and negative changes have I experienced and how have these experiences affected me? • What strategies will help me to thrive when I move to my next school?
<p>My Emotions</p> 	<ul style="list-style-type: none"> • Can I recognise and talk about my feelings? • Can I recognise emotions in other people and say how they might be feeling? • Do I know what might cause different emotions in myself and other people? • How might I and others feel when things change? 	<ul style="list-style-type: none"> • What am I good at and what is special about me? • How can I stand up for myself? • Can I name some different feelings? • Can I describe situations in which I might feel happy, sad and cross etc? • How do my feelings and action affect others? • How do I manage some of my emotions and associated behaviours? • What are the different ways people might relax and what helps me to feel relaxed? • Who do I share my feelings with? 	<ul style="list-style-type: none"> • Why is it important to accept and feel proud of who we are? • What does the word 'unique' mean and what do I feel proud of about myself? • Why is mental wellbeing as important as physical wellbeing? • How can I communicate my emotions? • Can I recognise some simple ways to manage difficult emotions? • What does it mean when someone says I am "over reacting" and how do I show 	<ul style="list-style-type: none"> • How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing? • What does it mean to have a 'strong sense of identity' & 'self-respect'? • What can I do to boost my self-respect? • How do I manage strong emotions? • How can I judge if my own feelings and behaviours are appropriate & proportionate?

	<ul style="list-style-type: none"> • What are some simple ways to help myself feel better? • How can I help other people feel better? • What could I do when things are difficult for me? 		<p>understanding towards myself and others?</p> <ul style="list-style-type: none"> • How do my actions and emotions affect the way I and others feel? • How do I care for other people's feelings? • Who can I talk to about the way I feel? 	<ul style="list-style-type: none"> • How do I recognise how other people feel and respond to them • What is loneliness and how can we manage feelings of isolation? • How common is mental ill health and what self-care techniques can I use? • How and from whom do I get support when things are difficult?
<p>Personal Safety</p>  <p>Whole school safety week?</p>		<ul style="list-style-type: none"> • Which school/classroom rules are about helping people to feel safe? • Can I name my own Early Warning Signs? • Who could I talk with if I have a worry or need to ask for help? • What could I do if a friend or someone in my family isn't kind to me? • Can I identify private body parts and say 'no' to unwanted touch? • What could I do if I feel worried about a secret? • What could I do if something worries or upsets me when I am online? 	<ul style="list-style-type: none"> • Can I recognise when my Early Warning Signs are telling me I don't feel safe? • What qualities do trusted adults and trusted friends have? • Who is on my personal network and how can I ask them for help? • What could I do if I feel worried about a friendship or family relationship? • What sorts of physical contact do I feel comfortable with and what could I do if physical contact is unwanted? • How can I decide if a secret is safe or unsafe? • How can I keep safe online? 	<ul style="list-style-type: none"> • Can I use my Early Warning Signs to judge how safe I am feeling? • How do I judge who is a trusted adult or trusted friend? • How can I seek help or advice from someone on my personal network and when should I review my network? • How could I report concerns of abuse or neglect? • Can I identify appropriate & inappropriate or unsafe physical contact? • How do I judge when it is not right to keep a secret and what action could I take? • How can I recognise risks online and report concerns? • What strategies can I use to assess risk and help me feel safer when I am feeling unsafe?
<p>Relationship and Sex Education</p>	<p><u>My Body & Growing Up</u></p> <ul style="list-style-type: none"> • What does my body look like? • How has my body changed as it has grown? 	<ul style="list-style-type: none"> • Year1 • What are the names of the main parts of the body? 	<ul style="list-style-type: none"> • How are males and females' bodies different and what are the different parts called? 	<ul style="list-style-type: none"> • What are male and female sexual parts called and what are their functions? • How can I talk about bodies confidently and appropriately?



Links with Science
Please ensure parents are informed in advance of any Sex Education teaching and make sure material is available if requested.

- What can my body do?
- What differences and similarities are there between our bodies?
- How can I look after my body and keep it clean?
- How am I learning to take care of myself and what do I still need help with?
- Who are the members of my family and trusted people who look after me?
- How do I feel about growing up?

- What am I in charge of my actions and my body?
- Can I identify a trusted adult I can talk to about my body? (from RSE Year 3)
- How do I keep my body clean?
- How can I avoid spreading common illnesses and diseases? Year 2
- How do babies change and grow? (Statutory in science for Year 2)
- How have I changed since I was a baby? (Statutory in science for Year 2)
- What's growing in that bump? (Sex Education/NC Science)
- What do babies and children need from their families?
- Which stable, caring relationships are at the heart of families I know?
- What are my responsibilities now I'm growing up?

- When do we talk about our bodies, how they change, and who do we talk to?
- Why is it important to keep myself clean?
- What can I do for myself to stay clean and how will this change in the future?
- How do different illnesses and diseases spread and what can I do to prevent this?
- What are the main stages of the human life? (Science)
- How did I begin? (Sex Education)
- What does it mean to be 'grown up'?
- What am I responsible for now and how will this change?
- How do different caring, stable, adult relationships create a secure environment for children to grow up?

- What happens to the bodies at puberty?
- What might influence my view of my body?
- How can I keep my growing and changing body clean?
- How can the spread of viruses and bacteria be stopped?
- What are the different ways babies are conceived and born? (Sex Education)
- What effect might puberty have on people's feelings and emotions?
- How can my words or actions affect how others feel, and what are my responsibilities?
- What should adults think about before they have children?
- Why might people get married or become civil partners?
- What are different families like?

Managing safety and Risk




Safety awareness week/ Reinforce when going on trips.



- Keeping Safe**
- What are some situations where I need to think about how to keep myself safer?
 - Do I understand simple safety rules for when I am at home, at school and when I am out and about?
 - What are the clues my body gives me if I am feeling unsafe?
 - Can I say 'No!' if I feel unsafe or unsure about something?


- What is my name, address and phone number and when might I need to give them?
- What is an emergency and who can help?
- What are the benefits and risks for me in the sun and how can I stay safer?
- What are the risks for me if I am lost and how can I get help?
- How can I help to stop simple accidents from happening and how can I help if there is an accident?

- When might I meet adults I don't know & how can I respond safely?
- What actions could I take in an emergency or accident and how can I call the emergency services?

- When am I responsible for my own safety as I get older and how can I keep others safer?
- How can I safely get the attention of a known or unknown adult in an emergency?
- Can I carry out basic first aid in common situations, including head injuries?
- What are the benefits of cycling and walking on my own and how can I stay safer?
- How can being outside support my wellbeing & how do I keep myself safe in the sun?

	<ul style="list-style-type: none"> • Can I ask for help and tell people who care for me if I feel unsafe, worried or upset? • Who are the people who help to keep me safe? PP • What goes on to and into my body and who puts it there? • Why do people use medicines? • What are the safety rules relating to medicines and who helps me with these? 			
<p>Digital Lifestyles</p>  <p>Links with Computing</p>		<ul style="list-style-type: none"> • What are some examples of ways in which I use technology and the internet and what are the benefits? • What is meant by 'identity' and how might someone's identity online be different from their identity in the physical world? • What are some examples of online content or contact which might mean I feel unsafe, worried or upset? • What might I need to report and how would I do this? • What sort of rules can help to keep us safer and healthier when using technology? • Who can help me if I have questions or concerns about what I experience online or about others' online behaviour? 	<ul style="list-style-type: none"> • How might my use of technology change as I get older, and how can I make healthier and safer decisions? • How does my own and others' online identity affect my decisions about communicating online? • How might people with similar likes & interests get together online? • Can I explain the difference between "liking" and "trusting" someone online? • What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact? • When looking at online content, what is the difference between opinions, beliefs and facts? • Why is it important to ration the time we spend using technology and/or online? • How might the things I see and do online affect how I feel and how 	<ul style="list-style-type: none"> • What kinds of problems can be caused by impulsive online communication? • What are some examples of how I use the internet, the services it offers, and how do I make decisions? • What are the principles for my contact and conduct online, including when I am anonymous? • How can I critically consider my online friendships, contacts and sources of information, and make positive contributions? • How might the media shape my ideas about various issues and how can I challenge or reject these? • Can I explain some ways in which information and data is shared and used online? • How can online content impact on me positively or negatively?

			<p>healthy I am, and how can I get support when I need it?</p> <ul style="list-style-type: none"> • Why are social media, some computer games, online gaming and TV/films age restricted and how does peer influence play a part in my decision making? 	<ul style="list-style-type: none"> • What are my responsibilities for my own and others' mental and physical wellbeing online and how can I fulfil these? • What are some ways of reporting concerns and why is it important to persist in asking? • Can I identify, flag and report inappropriate content?
<p>Drug Education</p>  <p>Links with Science</p>		<ul style="list-style-type: none"> • Which substances might enter our bodies, how do they get there and what do they do? • What are medicines and why and when do some people use them? • When and why do people have an injection from a doctor or a nurse? • Who is in charge of what medicine I take? • What different things can help me feel better if I feel poorly? • How can I keep safe with medicines and substances at home and at school? 	<ul style="list-style-type: none"> • What medical and legal drugs do I know about, and what are their effects? • Who uses and misuses legal drugs? • Why do some people need medicine and who prescribes it? • What are immunisations and have I had any? • What are the safety rules for storing medicine and other risky substances? • What should I do if I find something risky, like a syringe? 	<ul style="list-style-type: none"> • What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them? • How does drug use affect the way a body or brain works? • How do medicines help people with different illnesses? • What immunisations have I had or may I have in future and how do they keep me healthy? • What is drug misuse? • What are some of the laws about drugs? • When and how should I check information about drugs?
<p>Healthy Lifestyles</p>  <p>Links with PE/Science/DT</p>	<ul style="list-style-type: none"> • What things can I do when I feel good and healthy? • What can't I do when I am feeling ill or not so healthy? • What can I do to help keep my body healthy? • Why are food and drink good for us? • How can I make healthier choices about food? 	<ul style="list-style-type: none"> • How can I stay as healthy as possible? • What does it feel like to be healthy? • What does healthy eating mean and why is it important? • Why is it important to be active and what are the opportunities for physical activity? • What can help us eat healthily? 	<ul style="list-style-type: none"> • What does healthy eating and a balanced meal mean? • What is an active lifestyle and how does it help me to be healthier? • What is mental wellbeing and how is it affected by my physical health? • How much sleep do I need & what happens if I don't have enough? • How can I plan and prepare simple, healthy meals safely? • How can I look after my teeth and why is it important? 	<ul style="list-style-type: none"> • How does physical activity help me & what might be the risks of not engaging in it? • What could characterise a balanced or unbalanced diet and what are the associated benefits and risks? • What are the different aspects of a healthy lifestyle and how could I become healthier? • What are the factors influencing me when I'm making lifestyle

	<ul style="list-style-type: none"> • What is exercise is and why is it good for us? • Why are rest and sleep good for us? 			<p>choices and how might these change over time?</p> <ul style="list-style-type: none"> • What might be the signs of physical illness and how might I respond? • What are the benefits and risks of spending time online/on electronic devices in terms of my physical and mental health? • Why are online apps and games age restricted?
<p>Diversity and Communities</p>  <p>Links with RE/Collective worship/school teams</p>	<p><u>Me & My World</u></p> <ul style="list-style-type: none"> • Who are the people who help to look after me and my school? • How can I help to look after my school? • How can I help to care for my things at home? • Where do I live and what are the different places and features in my neighbourhood? • Who are the people who live and work in my neighbourhood, including people who help me? PP • How can we look after the local neighbourhood and keep it special for everybody? • What do animals and plants need to live and how can I help to take care of them? 	<ul style="list-style-type: none"> • Can I listen to other people, share my views and take turns? • What makes me ‘me’ and you ‘you’? • Do all boys and girls like the same thing? • What is my family like and how are other families different? • What different groups do we belong to? • What is a stereotype and can I give some examples? • What does ‘my community’ mean and how does it feel to be part of it? 	<ul style="list-style-type: none"> • What have we got in common and how are we different? RR • How might others’ expectations of girls and boys affect people’s feelings and choices? RR • How are our families the same and different from each other? • Do people who live in my locality have different traditions, cultures and beliefs? • How does valuing diversity benefit everyone? • Why are stereotypes unfair and how can I challenge them? 	<ul style="list-style-type: none"> • How do other people’s perceptions, views and stereotypes influence my sense of identity? • How do views of gender affect my identity, friendships, behaviour & choices? • What are people’s different identities locally and in the UK? • How can I show respect for different lifestyles beliefs & traditions? • What are the negative effects of stereotyping? • Which wider communities & groups am I part of & how does this benefit me? • What are voluntary organisations and how do they make a difference? • What is the role of the media and how does it influence me and my community? • Who cares for the environment and what is my contribution?

Rights Rules and responsibilities



Ongoing throughout year

<ul style="list-style-type: none"> • What is money and why do we need it? 	<ul style="list-style-type: none"> • How do rules make me feel happy and safe? • How do I take part in making rules? • Who looks after me and what are their responsibilities? • What jobs and responsibilities do I have in school and at home? • Can I listen to other people, share my views and take turns? • Can I take part in discussions and decisions in class? 	<ul style="list-style-type: none"> • What does it mean to be treated and to treat others with respect? • Who are those in positions of authority within our school and communities and how can we show respect? • Why do we need rules at home and at school? • What part can I play in making and changing rules? • What do we mean by rights and responsibilities? • What are my responsibilities at home and at school? • How do we make democratic decisions in school? What is a representative and how do we elect them? 	<ul style="list-style-type: none"> • What are the conventions of courtesy & manners and how do these vary? • How does my behaviour online affect others & how can I show respect? • Why is it important to keep my personal information private, especially online? • How can I contribute to making and changing rules in school? • How can I make a difference in school? • Are there places or times when I have to behave differently? • What are the basic rights of children and adults? • Why do we have laws in our country? • How does democracy work in our community and in our country? • What do councils, councillors, parliament and MPs do? • Can I take part in a debate and listen to other people's views?
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Working Together



Ongoing throughout year/collective worship/school teams

	<ul style="list-style-type: none"> • What am I and other people good at? • What new skills would I like to develop? • How can I listen well to other people? • How can I work well in a group? • Why is it important to take turns? • How can I negotiate to sort out disagreements? • How are my skills useful in a group? • What is a useful evaluation? 	<ul style="list-style-type: none"> • What am I good at and what are others good at? • What new skills would I like or need to develop? How well can I listen to other people? • How do I ask open questions? • How can I share my views and opinions effectively? • How can different people contribute to a group task? 	<ul style="list-style-type: none"> • What are my strengths and skills and how are they seen by others? • What helps me learn new skills effectively? • What would I like to improve and how can I achieve this? • How could my skills and strengths be used in future employment?
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