

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)