# Suggested long-term plan: RSE & PSHE

## Overview (All year groups)

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|---|---|---|---|---|---|
| EYFS | Self-regulation: My feelings | Self-regulation: My feelings | Managing self: Taking on challenges | Self-regulation: Listening and following instructions | Building relationships: My family and friends | Managing self: My wellbeing |
| Year 1/2 | Connecting with others: How can I help myself and others feel happy and safe? | The online world: How do we spend time online? | Health protection: How can I protect myself and others in daily life? | Staying safe: How can I stay safe? | Connecting with others: How can I build safe, kind and caring relationships with others? | The online world: How can we stay safe online? |
| Year 3/4 | Connecting with others: What helps us feel safe and included? | The online world: How should we communicate online? | Citizenship: What careers do people choose and why? | Staying safe: What signs help me recognise what is safe or unsafe? | Connecting with others: How can we respect each other? | The online world: How can we decide what to trust online? |
| Year 5/6 | Connecting with others: Why are healthy relationships important? | The online world: How am I influenced by what I see online? | Citizenship: How can we be in control of our money? | Connecting with others: What does it mean to stand up for myself and others? | The online world: How do I feel about the things I see online? | Staying safe: How can I stay safe as I grow up? |

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|---|---|---|---|---|---|
| EYFS | Self-regulation: My feelings | Building relationships: Special relationships | Managing self: Taking on challenges | Self-regulation: Listening and following instructions | Building relationships: My family and friends | Managing self: My wellbeing |
| Year 1/2 | My healthy self: How can we look after our emotions? | Citizenship: How can I help others and the environment? | Citizenship: How do people belong to a community and earn money? | My healthy self: How can we look after our bodies? | Growing up: How can we look after and respect our bodies as we grow? | Staying safe: How can I make safe choices in different places? |
| Year 3/4 | My healthy self: How can I take care of my mind and body? | Citizenship: What rights and responsibilities do we have? | Health protection: How can we prevent illness and injury and respond if they happen? | My healthy self: How can I make healthy choices? | Citizenship: How can I spend money responsibly? | Growing up: How will my body and emotions change as I grow up? |
| Year 5/6 | My healthy self: How can I support my mind and body as I grow? | Citizenship: How can we make a difference in our communities and beyond? | Growing up: How can I manage the changes to my body and emotions as I grow up? | My healthy self: How do my choices today shape my future health? | Citizenship: How can we protect everyone's rights? | Sex education: How do people become parents and carers? |

Click here for information on different mixed-age year group combinations for RSE & PSHE.

# Suggested long-term plan: RSE & PSHE

Overview - EYFS

## EYFS

| | | | |
|---|---|---|---|
| **Unit 1** | Self-regulation: My feelings<br><br>6 lessons<br><br>Recognising and describing different feelings, and learning strategies to regulate and feel calm. | **Unit 2** | Self-regulation: My feelings<br><br>6 lessons<br><br>Recognising and describing different feelings, and learning strategies to regulate and feel calm. |
| **Unit 3** | Managing self: Taking on challenges<br><br>6 lessons<br><br>Considering the value of perseverance in facing challenges, the children learn to communicate effectively with others, recognise the importance of rules and practise simple coping strategies. | **Unit 4** | Self-regulation: Listening and following instructions<br><br>6 lessons<br><br>Developing listening and communication skills through stories and games that encourage careful attention to spoken language. The children explore how information can change as it is passed from person to person and how rumours spread. |

EYFS

| | | | |
|---|---|---|---|
| **Unit 5** | Building relationships: My family and friends<br><br>6 lessons<br><br>Developing an understanding of sharing, turn-taking and positive relationships. The children consider the qualities of a good friend, recognise how kind words affect others and work collaboratively to develop teamwork skills. | **Unit 6** | Managing self: My wellbeing<br><br>6 lessons<br><br>Identifying why exercise is important for physical and mental health, the children discuss ways to take care of themselves, learn how to be safe pedestrians and consider the importance of a balanced diet. |

# Suggested long-term plan: RSE & PSHE

Overview - Key stage 1

Year 1/2

| | | | |
|---|---|---|---|
| **Unit 1** | Connecting with others: How can I help myself and others feel happy and safe?<br><br>6 lessons<br><br>Identifying what makes them and others special, pupils learn how friends, family and classmates can help and support each other. They explore how respect is shown through behaviour in different situations and identify simple strategies for managing disagreements in families and friendships. | **Unit 2** | The online world: How do we spend time online?<br><br>6 lessons<br><br>Understanding how to stay safe and respectful online and recognising the different ways people use the internet in everyday life. Pupils compare online and offline activities, explore appropriate online behaviour and identify strategies for staying safe and responding to unsuitable content. |
| **Unit 3** | Health protection: How can I protect myself and others in daily life?<br><br>6 lessons<br><br>Exploring illnesses and injuries, understanding the roles of different healthcare workers in prevention and treatment and practising how to get medical help. Pupils investigate how germs spread, practise ways to reduce the risk of illness and learn when and how to seek help in an emergency. | **Unit 4** | Staying safe: How can I stay safe?<br><br>6 lessons<br><br>Recognising how rules help to keep people safe by identifying everyday hazards and understanding situations that could cause harm. Pupils explore ways to stay safe around roads and potentially dangerous items, recognise body clues that signal a problem and learn how to seek help from a trusted adult when needed. |

Year 1/2

| | | | |
|---|---|---|---|
| **Unit 5** | Connecting with others: How can I build safe, kind and caring relationships with others?<br><br>6 lessons<br><br>Recognising how families and communities can be similar and different, pupils learn about kindness, respect and positive relationships. Pupils recognise unkind behaviour, including bullying, explore personal space, privacy and boundaries and identify trusted adults who can help them when they feel worried or unsafe. | **Unit 6** | The online world: How can we stay safe online?<br><br>6 lessons<br><br>Developing an understanding of how people use the internet safely, including sharing information, protecting private information and recognising that not everything online is real. Pupils apply their understanding by identifying safe and unsafe online situations, evaluating online content and explaining how to respond safely when they need help. |

# Suggested long-term plan: RSE & PSHE

Overview - EYFS

## EYFS

| | | | |
|---|---|---|---|
| **Unit 1** | Self-regulation: My feelings<br><br>6 lessons<br><br>Recognising and describing different feelings, and learning strategies to regulate and feel calm. | **Unit 2** | Building relationships: Special relationships<br><br>0 lessons<br><br>Learning about families, friendships and positive relationships by exploring the importance of special people in the children's lives. They consider the value of sharing, learn strategies for sharing fairly and recognise their own strengths as individuals. |
| **Unit 3** | Managing self: Taking on challenges<br><br>6 lessons<br><br>Considering the value of perseverance in facing challenges, the children learn to communicate effectively with others, recognise the importance of rules and practise simple coping strategies. | **Unit 4** | Self-regulation: Listening and following instructions<br><br>6 lessons<br><br>Developing listening and communication skills through stories and games that encourage careful attention to spoken language. The children explore how information can change as it is passed from person to person and how rumours spread. |

EYFS

| | | | |
|---|---|---|---|
| **Unit 5** | Building relationships: My family and friends<br><br>6 lessons<br><br>Developing an understanding of sharing, turn-taking and positive relationships. The children consider the qualities of a good friend, recognise how kind words affect others and work collaboratively to develop teamwork skills. | **Unit 6** | Managing self: My wellbeing<br><br>6 lessons<br><br>Identifying why exercise is important for physical and mental health, the children discuss ways to take care of themselves, learn how to be safe pedestrians and consider the importance of a balanced diet. |

# Suggested long-term plan: RSE & PSHE

Overview - Key stage 1

Year 1/2

| | | | |
|---|---|---|---|
| **Unit 1** | My healthy self: How can we look after our emotions?<br><br>6 lessons<br><br>Recognising and naming a range of emotions, pupils learn to identify facial and body clues linked to feelings. They explore what helps them feel calm and happy, understand the importance of rest and enjoyable activities, and practise simple strategies for managing different emotions. | **Unit 2** | Citizenship: How can I help others and the environment?<br><br>6 lessons<br><br>Learning how people can care for others and the environment through exploring the needs of babies, young children and pets, alongside ways to improve their school and local area. Pupils investigate how rules help communities stay safe, happy and fair, and consider how they can make a positive contribution to the world around them. |
| **Unit 3** | Citizenship: How do people belong to a community and earn money?<br><br>6 lessons<br><br>Exploring communities, belonging and money through learning about the groups people belong to, the jobs people do and where money comes from. | **Unit 4** | My healthy self: How can we look after our bodies?<br><br>6 lessons<br><br>Understanding how everyday choices support health and wellbeing by exploring the effects of movement, sleep, food and drink on the body. Pupils identify healthy habits, including eating fruit and vegetables, drinking water, resting well and caring for their teeth, before planning a simple healthy daily routine. |

Year 1/2

| | | | |
|---|---|---|---|
| **Unit 5** | Growing up: How can we look after and respect our bodies as we grow?<br><br>6 lessons<br><br>Recognising how people grow and change over time through learning about physical development, privacy and personal boundaries. Pupils learn that change is a normal part of growing up, use the correct scientific names for private body parts and identify trusted people who can help if they feel worried or unsafe. | **Unit 6** | Staying safe: How can I make safe choices in different places?<br><br>6 lessons<br><br>Understanding that unsafe situations at home and in public, including common hazards and behaviours that can make someone feel unsafe. Pupils identify when words, actions or touch are not okay, practise saying no and learn how and when to seek help from a trusted adult. |