



## Subject: PSHE and RSE

### Long Term Plan Including Key Knowledge

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Reception</b>	Zones of Regulation- developing understanding and strategies for emotional and sensory self-management.					
<b>Year 1</b>	<b>Citizenship</b> Rules Similar, yet different	<b>Family and relationships</b> What is family? What are friendships? Friendship problems Healthy friendships Gender stereotypes	<b>Safety and the changing body</b> Adults in school Adults outside school Making an emergency phone call	<b>Safety and the changing body</b> Appropriate contact Safety with substances PANTS- introduction to safe touch	<b>Economic wellbeing</b> Introduction to money Saving and spending	<b>Health and wellbeing</b> Ready for bed Personal hygiene Sun safety Allergies Understanding emotions- leading on to transition support to next class.
<b>Year 2</b>	<b>Citizenship</b> Rules beyond school Similar yet different- my local community Giving my opinion	<b>Family and relationships</b> Families are all different Unhappy friendships Introduction to manners and courtesy Change and loss Gender stereotypes	<b>Safety and the changing body</b> Communicating online Staying safe with medicine	<b>Safety and the changing body</b> Secrets and surprises Appropriate contact. My private parts are private- PANTS (safe touch)	<b>Economic wellbeing</b> Wants and needs Looking after money Careers and jobs	<b>Health and wellbeing</b> Healthy diet Looking after our teeth Experiencing different Emotions- leading on to transition support to next class. Developing a growth mindset
<b>Year 3</b>	<b>Family and relationships</b> Healthy families Friendship conflicts Friendship: conflict vs bullying Learning who to trust Respecting differences in others Stereotyping gender	<b>Safety and the changing body</b> First Aid: emergencies and calling for help Cyberbullying Influences Keeping safe out and about	<b>Citizenship</b> Rights of the child Charity Local democracy	<b>Health and wellbeing (links to Science and DT)</b> My healthy diary Health and wellbeing Resilience: breaking down barriers Diet and dental health	<b>Economic wellbeing</b> Ways of paying Jobs and careers	<b>Transition to new class</b> Understanding and exploring emotions- leading on to transition support to next class.
<b>Year 4</b>	<b>Family and relationships</b> Respect and manners Healthy friendship Bullying Stereotypes: Disability Change and loss	<b>Safety and the changing body</b> Internet safety: Age restrictions Share aware Privacy and security Introducing puberty Tobacco	<b>Health and wellbeing</b> Looking after our teeth Celebrating mistakes My happiness Emotions Mental health	<b>Citizenship</b> What are human rights? Diverse communities	<b>Economic wellbeing</b> Keeping track of money Influences on career choices	<b>Transition to new class</b> Understanding and exploring emotions- leading on to transition support to next class.

<b>Year 5</b>	<b>Economic wellbeing</b> Risks with money	<b>Citizenship</b> Breaking the law Parliament	<b>Family and relationships</b> Friendship skills Marriage Respecting myself Family life Bullying Stereotypes: Race and religion	<b>Safety and changing body</b> First Aid: Bleeding Alcohol, drugs and tobacco: Making decisions	<b>Health and wellbeing</b> The importance of rest Taking responsibility for my feelings Healthy meals Sun safety	<b>Safety and changing body and transition</b> Online friendships Staying safe online Puberty Menstruation  Transition support to next class.
<b>Year 6</b>	<b>Citizenship</b> Human rights Prejudice and discrimination National democracy	<b>Health and wellbeing</b> Taking responsibility for my health The impact of technology on health Resilience toolkit	<b>Health and wellbeing/ Safety</b> Physical Health concerns First Aid: Basic life Support Immunisation	<b>Economic wellbeing</b> What jobs are available	<b>Family and Relationships</b> Respect Respectful relationships Challenging stereotypes Resolving conflict Change and loss	<b>Safety and changing body, identity and transition</b> Alcohol Social media Physical and emotional changes of puberty Identity and body image  Transition support to Secondary School.