



Subject: PSHE and RSE

Long Term Plan Including Key Knowledge

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

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