



PSHE Long Term Plan

EYFS

AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Welcome to Orchard!	Dark Nights, Bright Lights!	999 Emergency	If You go down to the Woods	In the Garden	In the Garden
Self-regulation My Feelings L1 Identifying my feelings L3 Coping strategies	Self-regulation My Feelings L4 Emotional adjectives L5 Facial expressions	Building Relationships Special Relationships L2 Special people L3 Sharing L4 I am Unique L6 Similarities and differences	Building Relationships My Family and Friends L1 Festivals L2 Sharing L3 What makes a good friend L4 Being a good friend	Managing Self Taking on Challenges L1 Why do we have rules L2 Building towers L5 Team races	Managing Self My Wellbeing L1 What is exercise? L4 Being a safe pedestrian L5 Eating healthy

KEY STAGE 1

YEAR	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
A Year 1 lessons	Oh I do Like to be Beside the Seaside	Once upon a Time	Under the Sea	Adventure is out there		Wild Things
	Setting ground rules for PSHE and RSE lessons Family and Relationships L1 What is Family? L2 What are friendships? L5 Friendship problems L6 Healthy friendships L7 Gender stereotypes	Health and Wellbeing L1 Understanding my emotions L3 Ready for bed L5 Handwashing and personal hygiene L6 Sun Safety L7 Allergies	Safety and the Changing Body L1 Adults in School L2 Adults outside school L4 Making an emergency phone call L6 Safety with substances	Citizenship L1 Rules L4 Similar, yet different	Economic Wellbeing L1 What is money? L4 Saving and spending	RSE Year 1 L5 Appropriate contact Year 2 L4 Appropriate contact: my private parts L5 Appropriate contact: My private parts are private EW- My Grandpa is Amazing
B Year 2 lessons	Green Fingers	Super Hero Me	Ice, Ice Baby	Jurassic World		Donington Detectives
	Setting ground rules for PSHE and RSE lessons Family and Relationships L2 Families are all different L4 Unhappy friendships L5 introduction to manners and courtesy L6 Change and loss L7 Gender stereotypes: careers and jobs	Health and Wellbeing L1 Experiencing different emotions L5 Developing a growth mindset L6 Healthy diet L7 Looking after our teeth	Safety and the Changing Body L2 Communicating online L3 Secrets and surprises L8 Staying safe with medicine	Citizenship L1 Rules beyond school L5 Similar yet different – my local community	Economic Wellbeing L2 Exploring needs L3 Exploring wants	RSE Year 1 L5 Appropriate contact Year 2 L4 Appropriate contact: my private parts L5 Appropriate contact: My private parts are private EW - The Great Big Book of Families EW - Just Because

LOWER KEY STAGE 2

YEAR	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
A Year 3 lessons	Earth Rocks!	Road Trip USA	The Flintstones	Raiders & Traders	Where the Rainforest Meets the Sea	
	Setting ground rules for PSHE and RSE lessons Family and Relationships L1 Healthy families L2 Friendship conflicts L3 Friendship conflict cs bullying L5 Learning who to trust L6 Respecting differences in others L7 Stereotyping gender	Health and Wellbeing L1 My healthy diary L3 Wonderful me L5 Resilience: breaking down barriers L6 Diet and dental health	Safety and the Changing Body L1 First aid: emergencies and calling for help L4 Cyberbullying L7 Influences L8 Keeping safe out and about	Citizenship L1 Rights of the child L5 Charity L6 Local democracy	Economic Wellbeing L2 Budgeting L5 Career quest	RSE Year 3 Growing up Year 4 L7 Introducing puberty EW- Red: A Crayon's Story
B Year 4 lessons	Marvellous Me	The Fabulous Pharaohs	Lights, Camera, Action!	May the Force Be With You	The Rampaging Romans	Location, Location, Location
	Setting ground rules for PSHE and RSE lessons Health and Wellbeing L1 Looking after our teeth L3 Celebrating mistakes L5 My happiness L6 Emotions L7 Mental health	Family and Relationships L1 Respect and manners L2 Healthy friendship L4 Bullying L6 Stereotypes: disability L8 Change and loss	Safety and the Changing Body L1 internet safety: age restrictions L2 share aware L4 Privacy and security L8 Tobacco	Citizenship L1 What are human rights? L5 Diverse communities	Economic Wellbeing L1 Value for money L3 Looking after money	RSE Year 3 Growing up Year 4 L7 Introducing puberty EW – King and King

UPPER KEY STAGE 2

YEAR	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
A Year 5 Lessons	To Infinity and Beyond!	Let There Be Light	On Safari	The Groovy Greeks	All of the Fun of the Fair	
	<p>Setting ground rules for PSHE and RSE lessons</p> <p>Family and Relationships</p> <p>L2 Friendship skills L3 Marriage L4 Respecting myself L6 Bullying L8 Stereotypes: Race and religion</p>	<p>Health and Wellbeing</p> <p>L2 The importance of rest L5 Taking responsibility for my feelings L6 Healthy meals L7 Sun safety</p>	<p>Safety and the Changing Body</p> <p>L1 Online friendships L2 Staying safe online L6 First aid: Bleeding L7 Alcohol, drugs and tobacco: making decisions</p>	<p>Citizenship</p> <p>L1 Breaking the law L6 Parliament</p>	<p>Economic Wellbeing</p> <p>L4 Risks handling money online</p>	<p>RSE</p> <p><u>Year 5</u> L6 Puberty L7 Menstruation L8 Emotional change in puberty <u>Year 6</u> L2 Identity and body image L6 Physical and emotional changes in puberty L7 Conception L8 Pregnancy and birth EW – My Princess Boy</p> <p>Year 6 – Transition</p>
B Year 6 Lessons	Keeping Healthy	Dig for Victory	Water Worlds	Amazing Americas	The Vile Victorians	
	<p>Setting ground rules for PSHE and RSE lessons</p> <p>Health and Wellbeing</p> <p>L3 Taking responsibility for my health L4 The impact of technology on health L5 Resilience toolkit L6 Immunisation L8 Physical health concerns</p>	<p>Family and Relationships</p> <p>L1 Respect L2 Respectful relationships L4 Challenging stereotypes L5 Resolving conflict L6 Change and loss</p>	<p>Safety and the Changing Body</p> <p>L1 Alcohol L3 Social media L8 First aid: basic life support</p>	<p>Citizenship</p> <p>L1 Human rights L4 Prejudice and discrimination L6 National democracy</p>	<p>Economic Wellbeing</p> <p>L6 Career routes</p>	<p>RSE</p> <p><u>Year 5</u> L6 Puberty L7 Menstruation L8 Emotional change in puberty <u>Year 6</u> L2 Identity and body image L6 Physical and emotional changes in puberty L7 Conception L8 Pregnancy and birth EW – And Tango makes three</p> <p>Year 6 – Transition</p>