



Love God, Love each other, Love Learning

PSHE/RSE Long-term plan

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p>Relationships</p> <p>What is the same and different about us?</p> <p>Ourselves and others; similarities and differences; individuality; our bodies</p>	<p>Relationships</p> <p>What makes a good friend?</p> <p>Friendship; feeling lonely; managing arguments</p>	<p>Relationships</p> <p>What are families like?</p> <p>Families; family life; caring for each other</p>	<p>Health and wellbeing</p> <p>What strengths, skills and interests do we have?</p> <p>Self-esteem: self-worth; personal qualities; goal setting; managing set backs</p>	<p>Health and wellbeing</p> <p>What makes up a person's identity?</p> <p>Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes</p>	<p>Health and wellbeing</p> <p>How can we keep healthy as we grow?</p> <p>Looking after ourselves; growing up; becoming independent; taking more responsibility</p>
Autumn 2	<p>Relationships</p> <p>Who is special to us?</p> <p>Ourselves and others; people who care for us; groups we belong to; families</p>	<p>Relationships</p> <p>What is bullying?</p> <p>Behaviour; bullying; words and actions; respect for others</p>	<p>Relationships</p> <p>How can we be a good friend?</p> <p>Friendship; making positive friendships, managing loneliness, dealing with arguments</p>	<p>Relationships</p> <p>How do we treat each other with respect?</p> <p>Respect for self and others; courteous behaviour; safety; human rights</p>	<p>Living in the wider world</p> <p>What decisions can people make with money?</p> <p>Money; making decisions; spending and saving</p>	



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<p>Spring 1</p>	<p>Health and wellbeing</p> <p>Who helps to keep us safe?</p> <p>Keeping safe; people who help us</p>	<p>Living in the wider world</p> <p>What jobs do people do?</p> <p>People and jobs; money; role of the internet</p>	<p>Living in the wider world</p> <p>What makes a community?</p> <p>Community; belonging to groups; similarities and differences; respect for others</p>	<p>Health and wellbeing</p> <p>How can we manage our feelings?</p> <p>Feelings and emotions; expression of feelings; behaviour</p>	<p>Health and wellbeing</p> <p>How can we help in an accident or emergency?</p> <p>Basic first aid, accidents, dealing with emergencies</p>	
<p>Spring 2</p>	<p>Health and wellbeing</p> <p>What helps us stay healthy?</p> <p>Being healthy; hygiene; medicines; people who help us with health</p>	<p>Health and wellbeing</p> <p>What helps us grow and stay healthy?</p> <p>Being healthy: eating, drinking, playing and sleeping</p>	<p>Health and wellbeing</p> <p>What keeps us safe?</p> <p>Keeping safe; at home and school; our bodies; hygiene; medicines and household products</p>	<p>Health and wellbeing</p> <p>How can we manage risk in different places?</p> <p>Keeping safe; out and about; recognising and managing risk</p>	<p>Relationships</p> <p>How can friends communicate safely?</p> <p>Friendships; relationships; becoming independent; online safety</p>	
<p>Summer 1</p>	<p>Living in the wider world</p> <p>What can we do with money?</p> <p>Money; making choices; needs and</p>	<p>Health and wellbeing</p> <p>How do we recognise our feelings?</p> <p>Feelings; mood; times of change; loss and bereavement; growing</p>	<p>Health and wellbeing</p> <p>Why should we eat well and look after our teeth?</p> <p>Being healthy: eating well, dental care</p>	<p>Living in the wider world</p> <p>How can our choices make a difference to others and the environment?</p>	<p>Health and wellbeing</p> <p>How can drugs common to everyday life affect health?</p>	<p>Living the wider world</p> <p>How can the media influence people?</p> <p>Media literacy and digital resilience;</p>



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	wants	up		Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions	Drugs, alcohol and tobacco; healthy habits	influences and decision-making; online safety
Summer 2	<p>Living in the wider world</p> <p>How can we look after each other and the world?</p> <p>Ourselves and others; the world around us; caring for others; growing and changing</p> <p>A Journey in Love - We meet God's love in our family</p>	<p>Health and wellbeing</p> <p>What helps us stay safe?</p> <p>Keeping safe; recognising risk; rules</p> <p>A Journey in Love - We meet God's love in the community</p>	<p>Health and wellbeing</p> <p>Why should we keep active and sleep well?</p> <p>Being healthy: keeping active, taking rest</p> <p>A Journey in Love - How we live in love</p>	<p>A Journey in Love - God loves us in our differences</p>	<p>Living in the wider world</p> <p>What jobs would we like?</p> <p>Careers; aspirations; role models; the future</p> <p>Health and wellbeing</p> <p>How will we grow and change?</p> <p>Growing and changing; puberty</p> <p>A Journey in Love - God loves us in our changing and developing</p>	<p>Relationships</p> <p>What will change as we become more independent? How do friendships change as we grow?</p> <p>Different relationships, changing and growing, adulthood, independence, moving to secondary school</p> <p>A Journey in Love - The wonder of God's love in creating new life</p>