

LONG TERM PLAN

Subject: PSHE (RSE)

Key Stage: 1 and 2

Year Groups: All

Cycle	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 C1	Physical health and fitness.	Mental wellbeing - managing emotions.	Families and people who care for me.	Caring friendships.	Rights and responsibilities.	Growing and changing.
KS1 C2	Healthy lifestyles – Physical activity, diet, teeth, hygiene, and mental wellbeing.	Keeping safe – Boundaries and understanding when to say no.	Feelings and emotions.	Healthy relationships.	Money.	Friendships – Managing conflict.
Y3/4 C1	Mental wellbeing – Self-care.	Internet safety and harms.	Healthy relationships.	Families and people who care for me - Valuing difference.	Responsibility – Caring for our environment.	Self-awareness - setting goals.
Y3/4 C2	Keeping safe online.	Healthy lifestyles and exercise.	Feelings and emotions – mental wellbeing.	Safe relationships.	Money.	Belonging to a community.
Y5/6 C1	Health and prevention.	Mental wellbeing online.	Safe relationships – digital resilience.	Respectful relationships – Valuing difference.	Rights and responsibility - British values.	Changing adolescent body – Sex education.
Y5/6 C2	Mental wellbeing.	Drugs, alcohol, tobacco and basic first aid.	Keeping safe – Boundaries and privacy.	Healthy relationships – Peer influence.	Money and work.	Changing adolescent body – Sex education.