



Community Friendship Perseverance Ambition Respect Trust

PSHE/RSE Long Term Plan

The units of work are based on the Kapow scheme of work. It includes the statutory: relationships and health education. It is a progressive and fully planned scheme of work, giving children relevant learning experiences to help navigate their world. There is a strong emphasis on promoting the school values and links are made where possible. Assessments are taken from ongoing observations of the children. PSHE/RSE is not only taught in set lessons as other opportunities will arise in other areas of the curriculum.

Topics covered are: Family and Relationships, Safety and the changing body, Health and wellbeing, citizenship, economic wellbeing and transition, identity

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Term 1 Family and relationships	Introduction to RSE <ul style="list-style-type: none"> • What is family? • What are friendships? • Family and friends help and support each other • Making friends • Friendship problems • Healthy Friendships 	Introduction to RSE <ul style="list-style-type: none"> • Families offer stability and love • Families are all different • Managing friendships • Unhappy friendships • Valuing me • Manners & courtesy • Loss and change 	Introduction to RSE <ul style="list-style-type: none"> • Healthy families • Friendships - conflict • Effective communication • Learning who to trust • Respecting differences • Stereotyping 	Introduction to RSE <ul style="list-style-type: none"> • Respect & manners • Healthy friendships • My behaviour • Bullying • Stereotypes • Families in the wider world • Loss and change 	Introduction to RSE <ul style="list-style-type: none"> • Build a friend • Resolving conflict • Respecting myself • Family life • Bullying 	Introduction to RSE <ul style="list-style-type: none"> • Respect • Developing respectful relationships • Stereotypes • Bullying • Being me • Loss and change



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<p>Term 2 and 3 Citizenship and wellbeing</p> <p>(Wellbeing are the free resources found on Kapow)</p>	<p>Responsibility Rules Caring for others: Animals The needs of others</p> <p>Community Similar, yet different Belonging</p> <p>Democracy Democratic decisions</p>	<p>Responsibility Rules beyond school Our school environment Our local environment</p> <p>Community Job roles in our local community Similar yet different: My local community</p> <p>Democracy School Council Giving my opinion</p>	<p>Responsibility Rights of the child Rights and responsibilities Recycling</p> <p>Community Local community groups Charity</p> <p>Democracy Local democracy Rules</p>	<p>Responsibility What are human rights? Caring for the environment</p> <p>Community Community groups Contributing Diverse communities</p> <p>Democracy Local councillors</p>	<p>Safety and the changing body – T2 Online friendships</p> <ul style="list-style-type: none"> Identifying online dangers The changing adolescent body (puberty, including menstruation) First aid Drug education <p>Responsibility Breaking the law Rights and responsibilities Protecting the planet</p> <p>Community Contributing to the community Pressure groups</p> <p>Democracy Parliament</p>	<p>Health and wellbeing – T2</p> <p>What can I be? • Mindfulness • Taking responsibility for my health • Resilience toolkit • Immunisation • Health concerns • Creating habits • The effects of technology on health</p> <p>Citizenship and wellbeing – T3</p> <p>Responsibility Human rights Food choices and the environment Caring for others</p> <p>Community Prejudice and discrimination Valuing diversity</p> <p>Democracy National democracy</p>
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<p>Term 4 Health and wellbeing</p>	<p>Wonderful me</p> <ul style="list-style-type: none"> • What am I like? • Ready for bed • Relaxation • Hand washing & personal hygiene • Sun safety • Allergies • People who help us stay healthy 	<p>Experiencing different emotions</p> <ul style="list-style-type: none"> • Being active • Relaxation • Steps to success • Growth mindset • Healthy diet • Dental health 	<p>My healthy diary</p> <ul style="list-style-type: none"> • Relaxation • Who am I? • My superpowers • Breaking down barriers • Dental health 	<p>Diet and dental health</p> <ul style="list-style-type: none"> • Visualisation • Celebrating mistakes • My role • My happiness • Emotions • Mental health 	<p>Citizenship and wellbeing</p> <p>Responsibility Breaking the law Rights and responsibilities Protecting the planet</p> <p>Community Contributing to the community Pressure groups</p> <p>Democracy Parliament</p>	<p>Economic wellbeing</p> <p>Money Attitudes to money Keeping money safe Gambling</p> <p>Career and aspirations What jobs are available Career routes</p>
<p>Term 5 Economic wellbeing</p>	<p>Money Introduction to money Looking after money Banks and building societies Saving and spending</p>	<p>Money Where money comes from Needs and wants Wants and needs Looking after money</p> <p>Career and aspirations</p>	<p>Money Ways of paying Budgeting How spending affects others Impact of spending</p> <p>Career and aspirations Jobs and careers</p>	<p>Money Spending choices/ value for money Keeping track of money Looking after money</p> <p>Career and aspirations</p>	<p>Health and wellbeing Relaxation</p> <ul style="list-style-type: none"> • The importance of rest • Embracing failure • Going for goals • Taking responsibility for my feelings 	<p>Identity</p>



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	Career and aspirations Jobs in school	Jobs	Gender and careers	Influences on career choices Jobs for me	<ul style="list-style-type: none"> • Healthy meals • Sun safety 	
Term 6 Safety and the changing body	Getting lost <ul style="list-style-type: none"> • Making a call to the emergency services • Asking for help • Appropriate contact • Medication • Safety at home • People who help to keep us safe 	The Internet <ul style="list-style-type: none"> • Communicating online • Secrets and surprises • Appropriate contact • Road safety • Drug education 	Basic first aid <ul style="list-style-type: none"> • Communicating safely online • Online safety • Fake emails • Drugs, alcohol & tobacco • Keeping safe out and about 	Online restrictions <ul style="list-style-type: none"> • Share aware • Basic first aid • Privacy and secrecy • Consuming information online • The changing adolescent body (puberty) 	Economic wellbeing Money Borrowing Income and expenditure Risks with money Prioritising spending Career and aspirations Stereotypes in the workplace	Drugs alcohol & tobacco <ul style="list-style-type: none"> • First aid • Critical digital consumers • Social media • The changing adolescent body (puberty, conception, birth) Identity What is identity <ul style="list-style-type: none"> • Gender identity • Identity and body image
Transition days	1 lesson	1 lesson	1 lesson	1 lesson	1 lesson	Ongoing throughout term 6

