

PSHE/RSE overview 2024-2025: Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
						
Nursery	<p>Me and My Relationships Marvellous me! I'm special People who are special to me</p>	<p>Valuing Difference Me and My friends Friends and family Including everyone</p>	<p>Keeping Safe People who help me keep safe Safety indoors and outdoors What's safe to go into My body</p>	<p>Rights and Respect Looking after myself Looking after others Looking after the environment</p>	<p>Being my Best What does my body need? I can keep trying I can do it!</p>	<p>Growing and Changing Growing and changing in nature When I was a baby Girls, boys and families</p>
EYFS	<p>Me and My Relationships All about me What makes me special Who can help me? My feelings My feelings (2)</p>	<p>Valuing Difference I'm special, you're special Same and different Same and different families Same and different homes I am caring I am a friend</p>	<p>Keeping Safe What's safe to go onto my body Keeping myself safe Safe indoors and outdoors Listening to my feelings Keeping safe online People who help keep me safe</p>	<p>Rights and Respect Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money 1 and 2</p>	<p>Being my Best Bouncing back when things go wrong Yes, I can Healthy eating My healthy mind Move your body A good night's sleep</p>	<p>Growing and Changing Seasons Life stages – plants, animals, humans Life stages - human life stage Where do babies come from? Getting bigger Me and my body</p>

Year 1	Me and My Relationships Why we have classroom rules How are you listening? Thinking about feelings Our feelings Feelings and bodies Good friends	Valuing Difference Same or different? Unkind, tease or bully? Harold's school rules It's not fair! Who are our special people? Our special people balloons	Keeping Safe Super sleep Who can help? (1) Good or bad touches? Sharing pictures What could Harold do? Harold loses Geoffrey	Rights and Respect Harold has a bad day Around and about the school Taking care of something Harold's money How should we look after our money? Basic first aid	Being my Best I can eat a rainbow Eat well Harold's wash and brush up Catch it! Bin it! Kill it! Harold learns to ride his bike Pass on the praise!	Growing and Changing Healthy me Then and now Taking care of a baby Who can help? (2) Surprises and secrets Keeping privates private
Year 2	Me and My Relationships Our ideal classroom How are you feeling today? Let's all be happy! Being a good friend Types of bullying Don't do that!	Valuing Difference What makes us who we are? My special people How do we make others feel? When someone is feeling left out An act of kindness Solve the problem	Keeping Safe Harold's picnic How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell?	Rights and Respect Getting on with others When I feel like erupting Feeling safe Playing games Harold saves for something special How can we look after our environment	Being my Best You can do it! My day Harold's postcard - helping us to keep clean and healthy Harold's bathroom What does my body do? Basic first aid	Growing and Changing A helping hand Sam moves away Haven't you grown! My body, your body Respecting privacy Some secrets should never be kept
Year 3	Me and My Relationships As a rule Looking after our special people How can we solve this problem? Friends are special Thanks Dan's dare	Valuing Difference Respect and challenge Family and friends My community Our friends and neighbours Let's celebrate our differences Zeb	Keeping Safe Safe or unsafe? Danger or risk? The Risk robot Super Searcher Help or harm? Alcohol and cigarettes: the facts	Rights and Respect Helping each other to stay safe Recount task Our helpful volunteers Can Harold afford it? Earning money Harold's environment project	Being my Best Derek cooks dinner! (healthy eating) Poorly Harold Body team work For or against? I am fantastic! Top talents	Growing and Changing Relationship tree Body space None of your business! Secret or surprise? My changing body Basic first aid

Year 4	Me and My Relationships Human machines Ok or not ok? (part 1) Ok or not ok? (part 2) An email from Harold! Different feelings Under pressure	Valuing Difference Can you sort it? What would I do? The people we share our world with That is such a stereotype! Friend or acquaintance? Islands	Keeping Safe Danger, risk or hazard? How dare you! Keeping ourselves safe Raisin challenge (2) Picture wise Medicines: check the label	Rights and Respect Who helps us stay healthy and safe? It's your right How do we make a difference? In the news! Safety in numbers Why pay taxes?	Being my Best What makes me Me! Making choices SCARF hotel Harold's Seven Rs My school community (1) Basic first aid	Growing and Changing Moving house My feelings are all over the place! All change! Preparing for changes at puberty Secret or surprise? Together
Year 5	Me and My Relationships Collaboration challenge Give and take How good a friend are you? Relationship cake recipe Our emotional needs Being assertive	Valuing Difference Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true? Stop, start, stereotypes	Keeping Safe Spot bullying Play, like, share Decision dilemmas Ella's diary dilemma Vaping: healthy or unhealthy? Would you risk it?	Rights and Respect What's the story? Fact or opinion? Mo makes a difference Rights, respect and duties Spending wisely Lend us a fiver!	Being my Best It all adds up! Different skills My school community (2) Independence and responsibility Star qualities? Basic first aid, including Sepsis Awareness	Growing and Changing How are they feeling? Taking notice of our feelings Dear Ash Growing up and changing bodies Changing bodies and feelings Help! I'm a teenager - get me out of here!
Year 6	Me and My Relationships Working together Solve the friendship problem Behave yourself Assertiveness skills (formerly Behave yourself - 2) Don't force me Acting appropriately	Valuing Difference OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? - challenging gender stereotypes	Keeping Safe Think before you click! To share or not to share? Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal?	Rights and Respect Two sides to every story Fakebook friends What's it worth? Happy shoppers – caring for the environment Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made	Being my Best This will be your life! Our recommendations What's the risk? (1) What's the risk? (2) Basic first aid, including Sepsis Awareness Five Ways to Wellbeing project	Growing and Changing I look great! Media manipulation Pressure online Helpful or unhelpful? Managing change Is this normal? Making babies

