



PSHE/RSE overview 2024-2025: Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Notes
EYFS	Me and My Relationships All about me What makes me special Who can help me? My feelings My feelings (2)	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	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	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	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	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	
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 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	

Main points:

- Each year group to cover 1 unit each half term which is split in to 6 lessons.
- Key language – Intentions, Skills, Assessment Questions
- Year 1-6 Pre and Post Unit Assessment to be carried out to gain children's knowledge and understanding – post unit assessment to be completed in a different colour.
- For some units there are optional lessons if you need additional lessons or want to substitute any.