

## 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)	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	<b>Rights and Respect</b> 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	Bouncing back when things go wrong Yes, I can Healthy eating My healthy mind	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	Same or different? Unkind, tease or bully? Harold's school rules It's not fair! Who are our special	<b>Keeping Safe</b> Super sleep Who can help? (1) Good or bad touches? Sharing pictures What could Harold do? Harold loses Geoffrey	<b>Rights and Respect</b> 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	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!	My special people How do we make others feel? When someone is feeling left out	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?	others When I feel like erupting Feeling safe Playing games Harold saves for something special	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	Relationships As a rule Looking after our special people How can we solve this problem? Friends are special Thunks	Respect and challenge Family and friends	<b>Keeping Safe</b> Safe or unsafe? Danger or risk? The Risk robot Super Searcher Help or harm? Alcohol and cigarettes: the facts	to stay safe Recount task Our helpful volunteers Can Harold afford it?	Derek cooks dinner! (healthy eating) Poorly Harold Body team work For or against?	Growing and Changing Relationship tree Body space None of your business! Secret or surprise? My changing body Basic first aid	
Year 4	<b>Relationships</b> Human machines Ok or not ok? (part 1) Ok or not ok? (part 2) An email from Harold! Different feelings Under pressure	Can you sort it? What would I do? The people we share our world with That is such a stereotype! Friend or	Keeping Safe Danger, risk or hazard? How dare you! Keeping ourselves safe Raisin challenge (2) Picture wise Medicines: check the label	healthy and safe? It's your right How do we make a difference? In the news! Safety in numbers	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	Collaboration challenge Give and take How good a friend are you?	Qualities of friendship Kind conversations Happy being me The land of the Red	Vaping: healthy or unhealthy?	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	Working together Solve the friendship problem Behave yourself Assertiveness skills (formerly Behave yourself - 2) Don't force me Acting appropriately	OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? -	Rat Park What sort of drug is?	story Fakebook friends What's it worth? Happy shoppers – caring for the	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	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.