Elham Primary School
Long Term Plan
PSHE and RSE

EYFS

Autumn	Spring	Summer
Term 1: SELF-REGULATION: MY FEELINGS **Term 2: BUILDING RELATIONSHIPS: SPECIAL RELATIONSHIPS** Learning to explore and understand feelings and learning to explore why families and special people are valuable.	**Term 3: MANAGING SELF: TAKING ON CHALLENGES** **Term 4: SELF-REGULATION: LISTENING & FOLLOWING INSTRUCTIONS** Understanding why we have rules and the importance of honesty, thoughtfulness and resilience.	**Term 5: BUILDING RELATIONSHIPS: MY FAMILY & FRIENDS** **Term 6: MANAGING SELF: MY WELLBEING** Understanding about our different beliefs and celebrations and how we can look after ourselves through exercise and diet.

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KEY STAGE 1

YEAR 1/2 CYCLE A

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FAMILIES AND RELATIONSHIPS Exploring differences within families and other people's feelings.	**HEALTH AND WELLBEING** Understanding our emotions and identifying our strengths.	**SAFETY AND THE CHANGING BODY** Learning how to communicate safely and considering who keeps us safe in our community.	**CITIZENSHIP** Considering why we have rules.	**ECONOMIC WELLBEING** Understanding what money is and where it comes from.	**TRANSITION** Consideration and consolidation of skills developed through the academic year.

YEAR 1/2 CYCLE B

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FAMILIES AND RELATIONSHIPS Exploring families, friendships and gender stereotypes.	**HEALTH AND WELLBEING** Setting achievable goals and considering how to overcome difficulties.	**SAFETY AND THE CHANGING BODY** Learning steps to cross the road safely and recognising hazards in the home.	**CITIZENSHIP** Identifying similarities and differences between ourselves and understanding the needs of animals.	**ECONOMIC WELLBEING** Understanding money and different ways in which adults and children receive it.	**TRANSITION** Consideration and consolidation of skills developed through the academic year.

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KEY STAGE 2

YEAR 3/4

CYCLE A

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FAMILIES AND RELATIONSHIPS Learning how to deal with friendship issues and identifying bullying and its effects.	**HEALTH AND WELLBEING** Learning how to stay healthy and how our diet affects our bodies.	**SAFETY AND THE CHANGING BODY** Learning about being kind and staying safe online.	**CITIZENSHIP** Learning about the importance of reusing and recycling.	**ECONOMIC WELLBEING** Considering spending decisions and learning how to create a budget.	**TRANSITION** Considering changes that come with moving year groups.

CYCLE B

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FAMILIES AND RELATIONSHIPS Learning how to navigate relationships with friends and how to respond to problems.	**HEALTH AND WELLBEING** Learning how to look after our teeth and considering means of relaxation.	**SAFETY AND THE CHANGING BODY** Learning how to spot fake emails and understanding the purpose of age restrictions online.	**CITIZENSHIP** Considering community groups in the local area.	**ECONOMIC WELLBEING** Creating a budget and learning about the emotional impact of money.	**TRANSITION** Creating goals and aims for the next year group.

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YEAR 5/6

CYCLE A

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FAMILIES AND RELATIONSHIPS Learning that families are varied and differences must be respected.	**HEALTH AND WELLBEING** Learning about the importance of relaxation and sleep.	**ECONOMIC WELLBEING** Developing understanding about income and expenditure.	**CITIZENSHIP** Understanding what happens when the law is broken.	**SAFETY AND THE CHANGING BODY** Learning about staying safe online, drugs, alcohol and tobacco. **YEAR 5 ONLY: 3 LESSONS REGARDING PUBERTY AND MENSTRUATION.** **YEAR 6 ONLY: 3 LESSONS REGARDING PUBERTY, CONCEPTION, PREGNANCY AND BIRTH**	**TRANSITION** Considering any opportunities the new school year brings. **YEAR 6 ONLY: 2 LESSONS REGARDING PERSONAL IDENTITY**

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CYCLE B

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FAMILIES AND RELATIONSHIPS Understanding physical and emotional boundaries within friendships.	**HEALTH AND WELLBEING** Understanding how to cope with failure.	**ECONOMIC WELLBEING** Exploring attitudes to money and how to keep money safe.	**CITIZENSHIP** Recognising the role that pressure groups play in society.	**SAFETY AND THE CHANGING BODY** Learning how to be critical digital consumers and understanding online relationships. **YEAR 5 ONLY: 3 LESSONS REGARDING PUBERTY AND MENSTRUATION.** **YEAR 6 ONLY: 3 LESSONS REGARDING PUBERTY, CONCEPTION, PREGNANCY AND BIRTH**	**TRANSITION** Considering any opportunities the new school year brings. **YEAR 6 ONLY: 2 LESSONS REGARDING PERSONAL IDENTITY**