RSE & PSHE

Long-term plan

Standard

Our full 36-week **RSE & PSHE** curriculum plan for EYFS, KS1 and KS2, is for schools who teach **RSE & PSHE** on a weekly basis.

This document is updated regularly to reflect changes to our content. This version was updated on 30.01.23.
You can find the most up-to-date version here.

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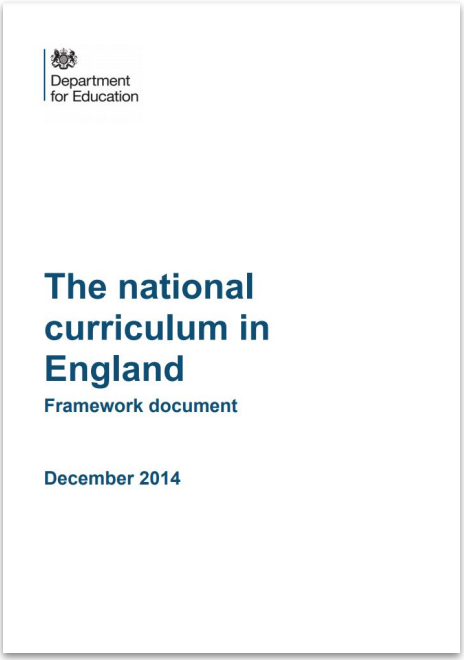
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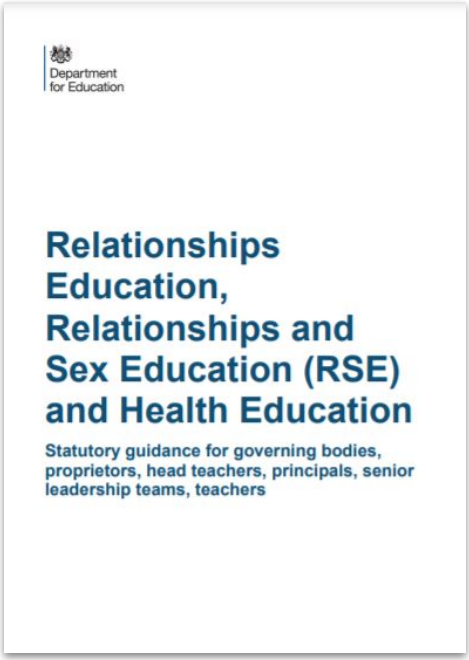
How does Kapow Primary help our school to meet the statutory guidance for RSE & PSHE?

Our scheme of work fulfils the statutory requirements for Relationships and Health Education set out by the Department for Education. It also fulfils the National Curriculum requirement to teach PSHE ('All schools should make provision for personal, social, health and economic education) and goes beyond the statutory requirements by referring to the PSHE Association Programme of Study (recommended by the Department for Education.)

When this RSE & PSHE scheme of work is taught in conjunction with our Computing scheme, it also covers the government's **Education for a Connected World -2020 edition** framework (see our Education for a Connected World framework mapping).



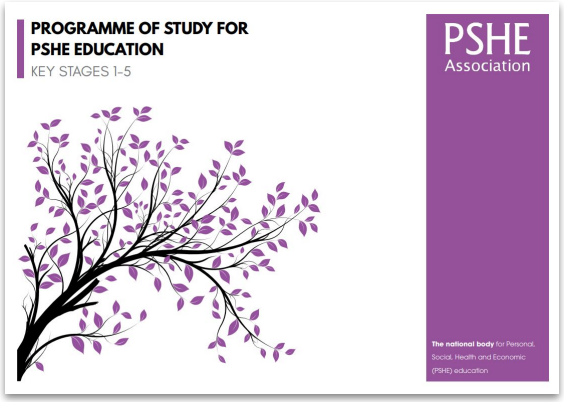
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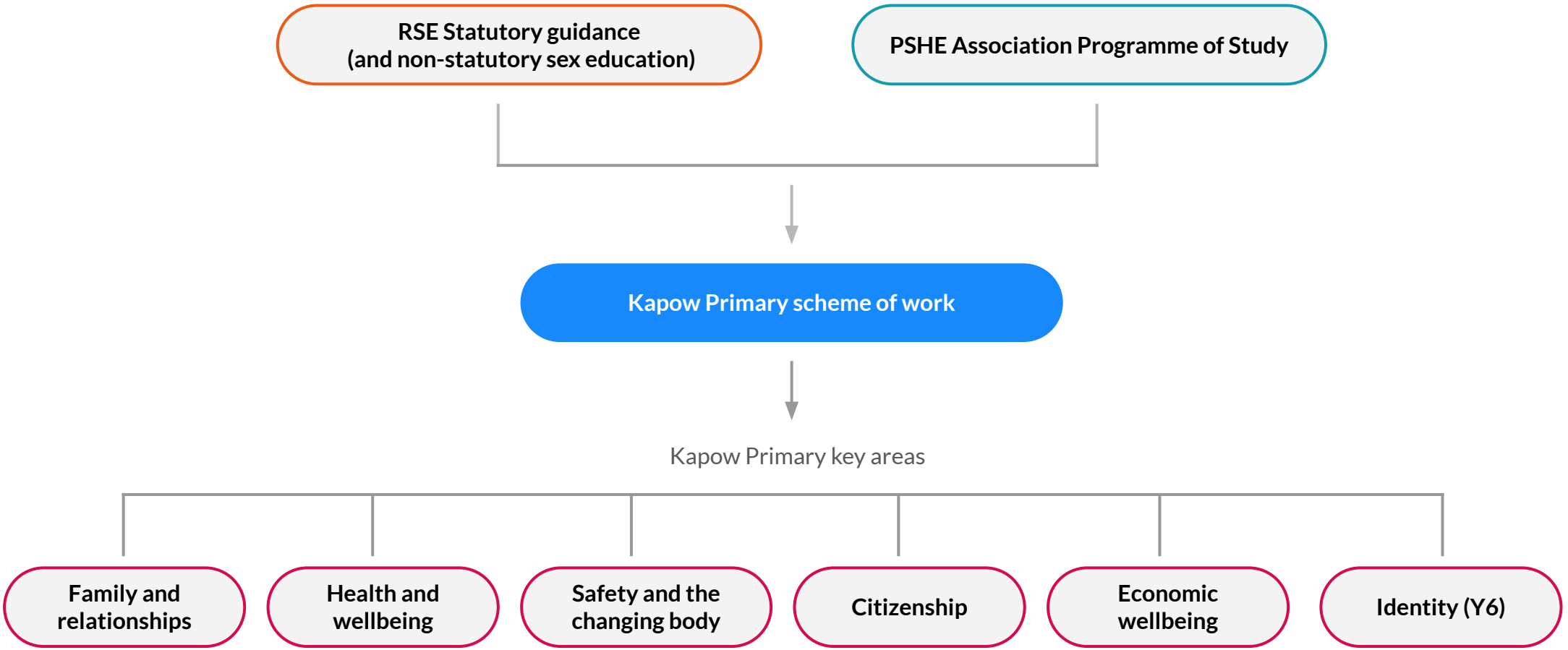


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How is the RSE & PSHE scheme of work organised?



Key areas

We have categorised our lessons into the five key areas below, which we return to in each year group, making pupil's prior and future learning clear and shows how what you are teaching fits into their wider learning journey. Year 6 also have a further key area: Identity.

Family and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Learning how to: form respectful relationships with others, deal with conflict and bullying and the importance of challenging stereotypes.	Learning strategies for looking after their mental and physical health, including: healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.	Learning: how to administer first aid in a variety of situations and about safety around medicines, online and road safety and the changes which occur during puberty,	Learning about: human rights and the rights of the child, democracy, diversity and community and protecting the environment.	Learning how to make decisions when it comes to spending, budgeting and saving money and exploring different career choices.

Year 6 only:

Identity
Considering what makes us who we are whilst learning about body image.



A spiral curriculum



Kapow Primary's RSE and PSHE scheme of work has been designed as a spiral curriculum with the following key principles in mind:

- ✓ **Cyclical**: Pupils revisit the five key areas throughout KS1 and KS2.
- ✓ **Increasing depth**: Each time a key area is revisited, it is covered with greater depth and increasing maturity.
- ✓ **Prior knowledge**: Upon returning to each key area, prior knowledge is utilised so pupils can build on previous foundations, rather than starting again.

Is there any flexibility in the Kapow Primary PSHE & RSE scheme?

Our RSE & PSHE scheme of work is organised into units.

Within each most units, lessons should be taught in order as they build upon one another.

Across a single year group, units themselves do not need to be taught in the suggested order, apart from the Introductory lessons which are to be taught at the beginning of the year and the Transition lessons at the end of the year.

The flexibility in the order the units can be taught allows teachers to adapt the planning to suit their class and to cover particular units based on need at any moment in time.

What about sex education?

Sex education is not compulsory in primary schools, beyond what is laid out in the National Curriculum for Science:

- **Year 1**: Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- **Year 2**: Notice that animals, including humans, have offspring which grow into adults
- **Year 5:** Describe the life process of reproduction in some plants and animals; describe the changes as humans develop to old age [They should learn about the changes experienced in puberty.]

The RSE statutory guidance states that:

> *Where a maintained primary school chooses to teach aspects of sex education (which go beyond the national curriculum for science), the school must set this out in their policy and all schools should consult with parents on what is to be covered. Primary schools that choose to teach sex education must allow parents a right to withdraw their children. Unlike sex education in RSE at secondary, in primary schools, head teachers must comply with a parent's wish to withdraw their child from sex education beyond the national curriculum for science.*

The Kapow Primary scheme of work includes **two** Year 6 lessons which parents have the opportunity to withdraw their children from all/part of the lesson: *Safety and the changing body*: Lesson 5: Conception and Lesson 6: Pregnancy and birth.

We suggest that you consult with parents about the content of these lessons prior to teaching them, to provide them time to consider the content and to withdraw their child if they so wish.

Short of curriculum time?

At Kapow Primary, we understand that curriculum time is always tight in primary schools.

We have created a Condensed curriculum version of our Long term plan to help those schools who want to ensure coverage of the statutory guidance, without dedicating a lesson a week to RSE & PSHE.

Our Condensed curriculum long-term plan abstracts units which cover key skills and knowledge in 20 lessons.

The selected lessons ensure that there is coverage of our five key areas of RSE & PSHE, with a slightly greater emphasis on the areas: Family and relationships, Health and wellbeing and Safety and the changing body as these are the areas where statutory guidance is covered.

This version of our Long term plan could be used if you are teaching RSE & PSHE in a two-week, half termly cycle or are block teaching foundation subjects. It could also be used to relieve pressure on teachers and pupils in terms of the amount of curriculum content.



RSE & PSHE in EYFS: Reception

Personal, social and emotional development is one of the three Prime Areas in the Statutory framework for the early years foundation stage.
The prime areas, **Communication and language, Physical development and Personal, social and emotional development,** lay the foundations for children to achieve in all areas of learning and life.

The early learning goals (ELG) below summarise the knowledge, skills and understanding that all young children should have gained by the end of the reception year in the Personal, social and emotional development prime area and are referenced in our Kapow Primary RSE & PSHE lesson plans, along with the relevant non-statutory Development Matters guidance. We have organised our EYFS: Reception content under the most relevant early learning goal, however please be aware that these areas are interrelated.

Communication and language

Personal, social and emotional development

Physical development

ELG: Self regulation

Children at the expected level of development will:

-Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;

-Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;

-Give focused attention to what the teacher says, responding appropriately even when engaged in an activity, and show an ability to follow instructions involving several ideas or actions.

Kapow Primary unit: My feelings

Kapow Primary unit: Listening and following instructions

ELG: Managing self

Children at the expected level of development will:

-Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;

-Explain the reasons for rules, know right from wrong and try to behave accordingly;

-Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Kapow Primary unit: Taking on challenges

Kapow Primary unit: My wellbeing

ELG: Building relationships

Children at the expected level of development will:

-Work and play cooperatively and take turns with others;

-Form positive attachments to adults and friendships with peers;

-Show sensitivity to their own and to others' needs.

Kapow Primary unit: Special relationships

Kapow Primary unit: My family and friends

Suggested long-term plan RSE & PSHE - Overview (EYFS and Key Stage 1

Please click on each year group to see the break down of lessons for that year.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS: Reception	Self regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
Year 1	Introduction lesson Family and relationships	Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship Economic wellbeing	Economic wellbeing Transition lesson
Year 2	Introductory lesson Family and relationships	Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship	Economic wellbeing Transition lesson

Suggested long-term plan RSE & PSHE - Overview (Key Stage 2)

Please click on each year group to see the break down of lessons for that year.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Introductory lesson Family and relationships	Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship	Economic wellbeing Transition lesson
Year 4	Introductory lesson Family and relationships	Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body	Safety and the changing body	Citizenship	Citizenship Economic wellbeing Transition lesson
Year 5	Introductory lesson Family and relationships	Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship Economic wellbeing	Economic wellbeing Transition lesson: Roles and responsibilities
Year 6	Introductory lesson Family and relationships	Health and wellbeing	Health and wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship Economic wellbeing	Economic wellbeing Identity Transition lesson: Dealing with change

EYFS: Reception

Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges
Learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.	Exploring why families and special people are valuable, understanding why it is important to share and developing strategies to help with this, seeing themselves as valuable individuals and exploring diversity by recognising similarities and differences.	Considering why we have rules and the importance of persistence and perseverance in the face of challenges, learning how to communicate effectively with others, practicing 'grounding' coping strategies.
Self-regulation: Listening and following instructions	**Building relationships: My family and friends**	**Managing self: My wellbeing**
Listening to stories to practise their comprehension skills, playing games which require them to listen carefully to instructions to succeed, considering how rumours can spread quickly and change as they do so.	Exploring cultural festivals that are important to individuals, reinforcing the importance of sharing and turn taking through role-play, considering the ingredients for a good friend, exploring how kind words make others feel good, recognising the value in working together as a team.	Learning why exercise is important for our physical and mental health, considering the effect of different types of exercise on the body, discussing some of the ways in which we can take care of ourselves, learning how to travel safely as a pedestrian, considering the importance of making balanced food choices.

Suggested long-term plan: RSE & PSHE - Outline (EYFS: Reception)

Week	Autumn	Spring	Summer
Week 1	Self-regulation: My feelings **(6 lessons)** Lesson 1: Identifying my feelings	Managing self: Taking on challenges **(6 lessons)** Lesson 1: Why do we have rules?	Building relationships: My family and friends **(6 lessons)** Lesson 1: Festivals
Week 2	Lesson 2: Feelings jars	Lesson 2: Building towers	Lesson 2: Sharing
Week 3	Lesson 3: Coping strategies	Lesson 3: Team den building	Lesson 3: What makes a good friend?
Week 4	Lesson 4: Describing feelings	Lesson 4: Grounding	Lesson 4: Being a good friend
Week 5	Lesson 5: Facial expressions	Lesson 5: Team races	Lesson 5: Teamwork
Week 6	Lesson 6: Creating a calm corner	Lesson 6: Circus skills	Lesson 6: Celebrating friendships
Week 7	Building relationships: Special relationships **(6 lessons)** Lesson 1: My family	Self-regulation: Listening and following instructions **(6 lessons)** Lesson 1: Simon says	Managing self: My wellbeing **(6 lessons)** Lesson 1: What is exercise?
Week 8	Lesson 2: Special people	Lesson 2: Listening to a story	Lesson 2: Yoga and relaxation
Week 9	Lesson 3: Sharing	Lesson 3: Pass the whisper	Lesson 3: Looking after ourselves
Week 10	Lesson 4: I am unique	Lesson 4: Obstacle race	Lesson 4: Being a safe pedestrian
Week 11	Lesson 5: My interests	Lesson 5: Blindfold walk	Lesson 5: Eating healthily
Week 12	Lesson 6: Similarities and differences	Lesson 6: Treasure hunt	Lesson 6: A rainbow of food

Year 1

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.	Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, dealing with allergic reactions and people in the community who keep us healthy.	Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe.	Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.	Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of the jobs roles in schools.

Transition lesson: Helping Year 1 pupils with the transition to a new year and the changes that come with it.

Year 2

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Learning: that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect.	Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals, developing a growth mindset and understanding dental hygiene.	Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.	Learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school councils work and voicing an opinion.	Learning about where money comes from, how to look after money and why we use banks and building societies.

Transition lesson: A lesson for Year 2 pupils to help them with their transition to Year 3, and the changes that may come with this move.

Suggested long-term plan: RSE & PSHE - Outline (Year 1)

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships **(7 lessons)** Lesson 1: What is family?	Lesson 6: Sun safety	Lesson 2: Caring for others: Animals
Week 2	Lesson 2: What are friendships?	Lesson 7: Allergies	★ Extend the unit, or visit a farm or a different animal-centre to learn more about animal care.
Week 3	Lesson 3: Recognising other people's emotions	Lesson 8: People who help keep us healthy	Lesson 3: The needs of others
Week 4	Lesson 4: Working with others	Safety and the changing body **(8 lessons)** Lesson 1: Adults in school	Lesson 4: Similar, yet different
Week 5	Lesson 5: Friendship problems	Lesson 2: Adults outside school	Lesson 5: Belonging
Week 6	Lesson 6: Healthy friendships	Lesson 3: Getting lost	Lesson 6: Democratic decisions
Week 7	Lesson 7: Gender stereotypes	Lesson 4: Making an emergency phone call	Economic wellbeing **(5 lessons)** Lesson 1: Introduction to money
Week 8	Health and wellbeing **(8 lessons)** Lesson 1: Understanding my emotions	Lesson 5: Appropriate contact	Lesson 2: Looking after money
Week 9	Lesson 2: What am I like?	Lesson 6: Safety with substances	Lesson 3: Banks and building societies
Week 10	Lesson 3: Ready for bed	Lesson 7: Safety at home	Lesson 4: Saving and spending
Week 11	Lesson 4: Relaxation	Lesson 8: People who help keep us safe	Lesson 5: Jobs in school
Week 12	Lesson 5: Hand washing and personal hygiene	Citizenship **(6 lessons)** Lesson 1: Rules	★ Extend the unit, or get the children involved with some jobs and responsibilities around school.
Transition			Transition lesson Individual strengths and new skills

Suggested long-term plan: RSE & PSHE - Outline (Year 2)

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships **(7 lessons)** Lesson 1: Families offer stability and love	Lesson 7: Looking after our teeth	Lesson 3: Our local environment
Week 2	Lesson 2: Families are all different	Safety and the changing body **(8 lessons)** Lesson 1: Introduction to the internet	Lesson 4: Job roles in our local community
Week 3	Lesson 3: Other people's' feelings	Lesson 2: Communicating online	Lesson 5: Similar yet different - my local community
Week 4	Lesson 4: Unhappy friendships	Lesson 3: Secrets and surprises	Lesson 6: School council
Week 5	Lesson 5: Introduction to manners and courtesy	Lesson 4: Appropriate contact: My private parts	Lesson 7: Giving my opinion
Week 6	Lesson 6: Change and loss	Lesson 5: Appropriate contact: My private parts are private	★ Extend the unit, or put into practise some of the improvements to the school environment from Lesson 2 (eg plant flowers, litter picking, cleaning)
Week 7	Lesson 7: Gender stereotypes: Careers and jobs	Lesson 6: My personal boundaries	Economic wellbeing **(5 lessons)** Lesson 1: Where money comes from
Week 8	Health and wellbeing **(7 lessons)** Lesson 1: Experiencing different emotions	Lesson 7: Road safety	Lesson 2: Needs and wants
Week 9	Lesson 2: Being active	Lesson 8: Crossing roads safely	Lesson 3: Wants and needs
Week 10	Lesson 3: Relaxation: Breathing exercise	Lesson 9: Staying safe with medicine	Lesson 4: Looking after money
Week 11	Lesson 4: Steps to success	Citizenship **(7 lessons)** Lesson 1: Rules beyond school	Lesson 5: Jobs
Week 12	Lesson 5: Developing a growth mindset	Lesson 2: Our school environment	★ Extend the unit, or ask some parents/ members of the community to come in to talk about their jobs.
Week 13	Lesson 6: Healthy diet		
Transition			Transition lesson Change

Year 3

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.	Understanding that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.	Learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.	Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.	Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and careers.

Transition lesson: Helping Year 3 pupils prepare for the transition to Year 4 and the changes that come with this.

Year 4

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.	Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.	Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.	Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.	Exploring: choices associated with spending, what makes something good value for money, career aspirations and what influences career choices.

Transition lesson: Helping Year 4 pupils prepare for the transition into Year 5 and the changes, challenges and opportunities this brings.

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Suggested long-term plan: RSE & PSHE - Outline (Year 3)

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships **(8 lessons)** Lesson 1: Healthy families	Lesson 6: Communicating my feelings - coming soon!	Lesson 3: Recycling
Week 2	Lesson 2: Friendship conflict	Lesson 7: Diet and dental health	Lesson 4: Local community groups
Week 3	Lesson 3: Friendship conflict versus bullying	Safety and the changing body **(8 lessons)** Lesson 1: First Aid: Emergencies and calling for help	Lesson 5: Charity
Week 4	Lesson 4: Effective communication	Lesson 2: First Aid: Bites and stings	Lesson 6: Local democracy
Week 5	Lesson 5: Learning who to trust	Lesson 3: Be kind online	Lesson 7: Rules
Week 6	Lesson 6: Respecting differences in others	Lesson 4: Cyberbullying	★ Extend the unit, or set up a mock election to demonstrate how democracy works.
Week 7	Lesson 7: Stereotyping gender	Lesson 5: Fake emails	Economic wellbeing **(6 lessons)** Lesson 1: Ways of paying
Week 8	Lesson 8: Stereotyping age	Lesson 6: Making choices	Lesson 2: Budgeting
Week 9	Health and wellbeing **(6 lessons)** Lesson 1: My healthy diary	Lesson 7: Influences	Lesson 3: How spending affects others
Week 10	Lesson 2: Relaxation	Lesson 8: Keeping safe out and about	Lesson 4: Impact of spending
Week 11	Lesson 3: Wonderful me	Citizenship **(7 lessons)** Lesson 1: Rights of the child	Lesson 5: Jobs and careers
Week 12	Lesson 4: My superpowers	Lesson 2: Rights and responsibilities	Lesson 6: Gender and careers
Week 13	Lesson 5: Resilience breaking down barriers		
Transition			Transition lesson Coping strategies

Suggested long-term plan: RSE & PSHE - Outline (Year 4)

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (8 lessons) Lesson 1: Respect and manners	Lesson 5: My happiness	Citizenship (6 lessons) Lesson 1: What are human rights?
Week 2	Lesson 2: Healthy friendships	Lesson 6: Emotions	Lesson 2: Caring for the environment
Week 3	Lesson 3: How my behaviour affects others	Lesson 7: Mental health	Lesson 3: Community
Week 4	Lesson 4: Bullying	Safety and the changing body (8 lessons) Lesson 1: Internet safety: Age restrictions	Lesson 4: Contributing
Week 5	Lesson 5: Stereotypes: Gender	Lesson 2: Share aware	Lesson 5: Diverse communities
Week 6	Lesson 6: Stereotypes: Disability	Lesson 3: First Aid: Asthma	Lesson 6: Local councillors
Week 7	Lesson 7: Families in the wider world	Lesson 4: Privacy and secrecy	★ Extend the unit, or ask a local councillor to come and speak to the class about their role
Week 8	Lesson 8: Change and loss	Lesson 5: Consuming information online	Economic wellbeing (5 lessons) Lesson 1: Spending choices
Week 9	Health and wellbeing (7 lessons) Lesson 1: Looking after our teeth	Lesson 6: Growing up	Lesson 2: Keeping track of money
Week 10	Lesson 2: Relaxation: Visualisation	Lesson 7: Introducing puberty	Lesson 3: Looking after money
Week 11	Lesson 3: Celebrating mistakes	Lesson 8: Tobacco	Lesson 4: Influences on career choice
Week 12	Lesson 4: Meaning and purpose: My role	★ Extend the unit, or allow children time to explore the Thinkuknow website about online safety	Lesson 5: Changing job
Transition			Transition lesson Setting goals

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Year 5

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Developing an understanding: of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.	Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.	Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.	An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community.	Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace.

Transition lesson: Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.

Year 6

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing / Identity
Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.	Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.	Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.	Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.	Exploring: attitudes to money, how to keep money safe, career paths and the variety of different jobs available. **Identity** Two lessons on the theme of personal identity and body image.

Transition lesson: Helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have.

Suggested long-term plan: RSE & PSHE - Outline (Year 5)

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (8 lessons) Lesson 1: Build a friend	Lesson 5: Taking responsibility for my feelings	Lesson 3: Protecting the planet
Week 2	Lesson 2: Friendship skills	Lesson 6: Healthy meals	Lesson 4: Contributing to the community
Week 3	Lesson 3: Marriage	Lesson 7: Sun safety	Lesson 5: Pressure groups
Week 4	Lesson 4: Respecting myself	Safety and the changing body (7 lessons) Lesson 1: Online friendships	Lesson 6: Parliament
Week 5	Lesson 5: Family life	Lesson 2: Staying safe online	★ Extend the unit, or spend time looking at the activities in the Parliament booklets available to order here.
Week 6	Lesson 6: Bullying	Lesson 3: Puberty	Economic wellbeing (5 lessons) Lesson 1: Borrowing
Week 7	Lesson 7: Stereotyping: gender	Lesson 4: Menstruation	Lesson 2: Income and expenditure
Week 8	Lesson 8: Stereotypes: Race and religion	Lesson 5: Emotional changes in puberty	Lesson 3: Risks with money
Week 9	Health and wellbeing (7 lessons) Lesson 1: Relaxation: Yoga	Lesson 6: First Aid: Bleeding and head injuries.	Lesson 4: Prioritising spending
Week 10	Lesson 2: The importance of rest	Lesson 7: Alcohol, drugs and tobacco: Making decisions	Lesson 5: Stereotypes in the workplace
Week 11	Lesson 3: Embracing failure	Citizenship (6 lessons) Lesson 1: Breaking the law	★ Extend the unit, or try and get some parents/ members of the community to speak about their careers, especially those who challenge common stereotypes. Someone from a local bank could also visit to discuss how their children's bank accounts work.
Week 12	Lesson 4: Going for goals	Lesson 2: Rights and responsibilities	
Transition			Transition lesson: Roles and responsibilities

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Suggested long-term plan: RSE & PSHE - Outline (Year 6)

Week	Autumn	Spring	Summer
Introduction	Introductory lesson: Setting rules and signposting		
Week 1	Family and relationships (6 lessons) Lesson 1: Respect	Lesson 7: Good and bad habits	Lesson 3: Caring for others
Week 2	Lesson 2: Respectful relationships	Lesson 8: Physical health concerns	Lesson 4: Prejudice and discrimination
Week 3	Lesson 3: Stereotypes: Attitudes	Safety and the changing body (8 lessons) Lesson 1: Alcohol	Lesson 5: Valuing diversity
Week 4	Lesson 4: Challenging stereotypes	Lesson 2: Critical digital consumers	Lesson 6: National democracy
Week 5	Lesson 5: Resolving conflict	Lesson 3: Social media	Economic wellbeing (5 lessons) Lesson 1: Attitudes to money
Week 6	Lesson 6: Change and loss	Lesson 4: Physical and emotional changes of puberty	Lesson 2: Keeping money safe
Week 7	Health and wellbeing (8 lessons) Lesson 1: What can I be?	Lesson 5: Conception *Parents have a right to withdraw their child from part of this lesson*	Lesson 3: Gambling
Week 8	Lesson 2: Relaxation: Mindfulness	Lesson 6: Pregnancy and birth *Parents have a right to withdraw their child from this lesson*	Lesson 4: What jobs are available?
Week 9	Lesson 3: Taking responsibility for my health	Lesson 7: First Aid: Choking	Lesson 5: Career routes
Week 10	Lesson 4: The impact of technology on health	Lesson 8: First Aid: Basic life support	Identity (2 lessons) Lesson 1: What is identity?
Week 11	Lesson 5: Resilience toolbox	Citizenship (6 lessons) Lesson 1: Human rights	Lesson 2: Identity and body image
Week 12	Lesson 6: Immunisation	Lesson 2: Food choices and the environment	
Transition			Transition lesson: Dealing with change

This page shows recent updates that have been made to this document.

Date	Update
26.07.22	Identity lesson removed to reflect website content.
19.08.22	Name change to Y3 lessons p.14
30.01.23	EYFS: Reception guidance and units added. New lessons added to Year 2 and Year 3.