



PSHE/RSE Long Term Planning

'Achieve Excellence'

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
Nursery Cycle 1	<p>Seeks out companionship with adults and other children, sharing experiences and play ideas</p> <p>PSED Making relationships</p>	<p>Recognises similarities and differences between self and other children.</p> <p>PSED Sense of Self</p>	<p>Show empathy by offering comfort e.g. offering a toy.</p> <p>PSED Understanding emotions</p>	<p>Is becoming more able to separate from their close carers and explore new situations with support and encouragement from another familiar adult</p> <p>PSED - Making relationships</p>	<p>Can increasingly express their thoughts and emotions through words as well as continuing to use facial expressions</p> <p>PSED Understanding emotions</p>	<p>Understands that expectations vary depending on different events, social situations and changes in routine, and becomes more able to adapt their behaviour.</p> <p>PSED Understanding emotions R4-R5</p> <p>PSED Sense of self</p>
Nursery Cycle 2	<p>Seeks out companionship with adults and other children, sharing experiences and play ideas</p> <p>PSED Making relationships</p>	<p>Recognises similarities and differences between self and other children.</p> <p>PSED Sense of Self</p>	<p>Show empathy by offering comfort e.g. offering a toy.</p> <p>PSED Understanding emotions</p>	<p>Is becoming more able to separate from their close carers and explore new situations with support and encouragement from another familiar adult</p> <p>PSED - Making relationships</p>	<p>Can increasingly express their thoughts and emotions through words as well as continuing to use facial expressions</p> <p>PSED Understanding emotions</p>	<p>Understands that expectations vary depending on different events, social situations and changes in routine, and becomes more able to adapt their behaviour.</p> <p>PSED Understanding emotions</p>

						PSED Sense of self
Reception	<p>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.</p> <p>PSED Making relationships</p> <p>ELG - Building Relationships 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.</p> <p>ELG:Managing self Explain the reasons for rules, know right from wrong and try to behave accordingly.</p>	<p>Is becoming more aware of the similarities/differences between themselves and others in more detailed ways and identifies themselves in relation to social groups and to their peers</p> <p>PSED Sense of Self</p> <p>ELG:Managing self Explain the reasons for rules, know right from wrong and try to behave accordingly.</p>	<p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</p> <p>PSED Understanding emotions</p> <p>ELG -Self Regulation Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.</p> <p>ELG:Managing self Explain the reasons for rules, know right from wrong and try to behave accordingly.</p>	<p>Recognises that they belong to different communities and social groups and communicates freely about own home and community</p> <p>PSED - Making relationships</p> <p>ELG - Building Relationships 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.</p>	<p>Describes physical changes to the body that can occur when feeling unwell, anxious, tired, angry or sad</p> <p>PSED Understanding emotions</p> <p>ELG -Self Regulation Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.</p>	<p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</p> <p>PSED Understanding emotions</p> <p>PSED Sense of self</p> <p>ELG -Self Regulation Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.</p> <p>ELG:Managing self Explain the reasons for rules, know right from wrong and try to behave accordingly.</p>
Year 1	Forming friendships and how kind or unkind behaviours	Similarities and differences between people and how to	Identifying who our special people are and how they keep	What a family is (including difference and diversity	Our bodies and the amazing things they can do. Learning the	Growing from young to old and how we have changed since

	impact other people.	respect and celebrate these.	us safe.	between families), and why families are important and special.	correct names for different body parts.	we were born.
Year 2	Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations.	Exploring different strengths and abilities. Understanding and challenging stereotypes.	The different communities and groups we belong to and how we help and support one another within these.	The different people in our families, and how families vary.	Ways to stay healthy, including safe and unsafe use of household products and medicines.	Exploring how our bodies and needs change as we grow older. Aspirations and goal setting.
Year 3/4 Cycle 1	Being a good friend and respecting personal space. Strategies for resilience.	Respecting and valuing differences. Shared values of communities.	Our responsibilities and ways we can care and show respect for others.	Different types of committed relationships and the basic characteristics of these.	Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean.	Coping with feelings around the changes in our lives.
Year 3/4 Cycle 2	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.	Identity and diversity. Seeing different perspectives and not making judgements based on appearance.	Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.	The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.	Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices.	How our bodies change as we enter puberty, including hygiene needs and menstruation. <i>Year 4 +</i>
Year 5/6 Cycle 1	Identity and peer pressure off- and online. Positive emotional health and wellbeing.	Celebrating strengths, setting goals and keeping ourselves safe online.	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.	The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.	Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.	How puberty changes can affect our emotions and ways to manage this; questions about puberty and change. <i>Year 5 +</i>
Year 5/6 Cycle 2	How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.	How we can take more responsibility for self- care and who cares for us as we grow older, including at secondary school.	Human reproduction, including different ways to start a family. * <i>Year 6 only</i>	Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.	Ways to manage the increasing responsibilities and emotional effects of life changes.

