

## PSHE/RSE Long Term Plan 2020 - 2022

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Relationships	Health and Wellbeing	Living in a Wider World	Relationships	Health and Wellbeing	Living in a Wider World
20-21	Primary	<p><b>Ourselves</b></p> <p><b>Me and my Family and my class</b></p> <p>Making choices / likes and dislikes, similarities and differences, manners and respect for others</p>	<p><b>How do I feel today?</b></p> <p>Exploring emotions, how do we express feelings appropriately?</p> <p>Our bodies</p>	<p><b>Rules and responsibilities</b></p> <p>Understanding rules in the school and beyond</p> <p>Understanding rules in play and social contexts</p> <p>Safe touch</p>	<p><b>Growing and changing (incl. puberty)</b></p> <p>Baby to now, body parts, hygiene</p>	<p><b>Making healthy choices</b></p> <p>Healthy food, exercise, first aid and prevention of illness</p>	<p><b>People Around Me</b></p> <p>Friends, family, people in our local community, stranger danger</p>
	Secondary	<p><b>Ourselves</b></p> <p><b>My Feelings and opinions</b></p> <p>Identifying and respecting similarities and differences, challenging stereotypes, respecting others</p>	<p><b>Personal hygiene and taking care of myself</b></p> <p>Personal hygiene, appearance, making choices, valuing ourselves, mental health</p> <p>Recognising signs toilet etc.</p>	<p><b>Responsibilities, rules and laws</b></p> <p>At home, school and within the wider community. Understanding the difference between doing the right thing and obeying laws, online safety, pornography</p>	<p><b>Relationships and puberty</b></p> <p>How are bodies are changing, romantic / sexual relationships (including LGBT), consent and protection (including sexual as appropriate), pregnancy</p>	<p><b>Recognising needs / First Aid</b></p> <p>Physical and emotional needs, safety and health needs including first aid and CPR</p>	<p><b>Charities</b></p> <p>Research different charities, how do they help others, how do they raise money? Organise a fund raising event</p>

Safe

Understanding

Patient

Enthusiastic

Respectful

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20-21	Primary	<p><b>Helping others and emotions</b></p> <p>Caring for others, recognising emotions in others, sharing, inclusion</p>	<p><b>People who help us</b></p> <p>In school, at home and in the community</p>	<p><b>In the news</b></p> <p>Topical issues, world events, understanding / empathy / tolerance</p>	<p><b>My friends and family</b></p> <p>Family relationships, challenging stereotypes, managing conflict, different types of family units</p>	<p><b>Keeping safe and responding to emergencies</b></p> <p>Road /sun safety, accidents and dangers in the home and community, how to deal with emergencies, safeguarding</p>	<p><b>Valuing money</b></p> <p>Earning, saving, spending and looking after money. Jobs</p>
	Secondary	<p><b>Helping others</b></p> <p>Caring for others, respect and kindness, recognising and challenging negative relationships</p>	<p><b>Changes (incl. sex ed)</b></p> <p>How are bodies and feelings change, emotions relating to love and physical desire, private and public behaviour, how to protect ourselves (safeguarding), mental health and wellbeing associated with growing up</p>	<p><b>Topical issues</b></p> <p>Find out about key stories in the world or local news. Discuss feelings towards world events – natural disasters, terrorism etc. How to protect ourselves against grooming</p>	<p><b>Changing relationships</b></p> <p>Forming and ending relationships – break ups, separations, divorce, bereavement (include different types of relationships)</p>	<p><b>Taking risks and staying safe</b></p> <p>Protecting ourselves, identifying and assessing risks, what to do if we don't feel safe, peer pressure, saying 'no', sexual harassment, grooming (FGM if appropriate)</p>	<p><b>Economic wellbeing / careers</b></p> <p>The working world, work ethics, earning money, leadership and relationship skills, interview skills</p>

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21-22	Primary	<p><b><i>New beginnings and friendships</i></b></p> <p>My feelings and those of people around me, managing friendships, coping with arguments</p>	<p><b><i>Healthy eating</i></b></p> <p>Food groups, balanced diet, understanding the difference between food we like and food that is good for us</p>	<p><b><i>Our local community</i></b></p> <p>Looking at different groups within our local community, opportunities for leisure and important facilities available</p>	<p><b><i>Bullying (including e-safety)</i></b></p> <p>What is bullying, what do you do if we or others are being bullied? E-safety, social media and online gaming</p>	<p><b><i>Medicines and Drugs</i></b></p> <p>Good and bad drugs, household chemicals and safety, peer pressure</p>	<p><b><i>Caring for our environment / recycling</i></b></p> <p>Identifying things we like and don't like in our environment, recycling, looking after our world</p>
	Secondary	<p><b><i>Feelings and actions</i></b></p> <p>Developing skills to develop and maintain healthy relationships. Social media / online gaming and safety</p>	<p><b><i>Healthy lifestyles</i></b></p> <p>Making choices about food, exercise, lifestyle including mental health</p>	<p><b><i>Communities and cultures</i></b></p> <p>Identifying similarities and differences between different cultures in our local community. Learn about different types of family units. Tolerance and respect for others</p>	<p><b><i>Bullying (including e-safety)</i></b></p> <p>How to protect ourselves against bullying. Who to go to if we or others are being bullied. Mobile phones, internet and social media, stranger danger. Look at laws and media surrounding coercive control, abuse, violence as appropriate</p>	<p><b><i>Medicines and drugs</i></b></p> <p>Drugs that help and drugs that harm Cigarettes, alcohol, vapes, recreational drugs How to cope with peer pressure and make sensible choices</p>	<p><b><i>Our world – what improves and harms our environment</i></b></p> <p>How to look after our local environment and wider world, impact on humans and other living things, improving our world for future generations</p>

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