



# WORLINGHAM CEVC PRIMARY SCHOOL

## PSHE & RSE LONG TERM PLAN



	TERM	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<b>YEAR A &amp; B</b>	Autumn 1	<b>Being Me in My World</b> Self-identity, Understanding feelings, Being in a classroom, Being gentle, Rights and responsibilities	<b>Being Me in My World</b> Feeling special and safe, Being part of a class, Rights and responsibilities, Rewards and feeling proud, Consequences, Owning the Learning Charter	<b>Being Me in My World</b> Hopes and fears for the year, Rights and responsibilities, Rewards and consequences, Safe and fair learning Environment, Valuing contributions Choices, Recognising feelings	<b>Being Me in My World</b> Setting personal goals, Self-identity and worth, Positivity in challenges, Rules, rights and responsibilities, Rewards and consequences, Responsible choices, Seeing things from others' perspectives	<b>Being Me in My World</b> Being part of a class team, Being a school citizen, Rights, responsibilities and consequences, Democracy, Rewards and consequences, Group decision-making, Having a voice, What motivates behaviour	<b>Being Me in My World</b> Planning the forthcoming year, Being a citizen, Rights and responsibilities, Rewards and consequences, How behaviour affects groups, Democracy, having a voice, participating	<b>Being Me in My World</b> Identifying goals for the year, Global citizenship, Children's universal rights, Feeling welcome and valued, Choices, consequences and rewards, Group dynamics, Democracy, having a voice Anti-social behaviour, Role-modelling
	Autumn 2	<b>Celebrating Difference</b> Identifying talents, Being special, Families, Where we live, Making friends, Standing up for yourself	<b>Celebrating Difference</b> Similarities and differences, Understanding bullying and knowing how to deal with it, Making new friends, Celebrating the differences in everyone	<b>Celebrating Difference</b> Assumptions and stereotypes about gender, Understanding bullying, Standing up for self and others, Making new friends, Gender diversity, Celebrating difference and remaining friends	<b>Celebrating Difference</b> Families and their differences, Family conflict and how to manage it (child-centred), Witnessing bullying and how to solve it, Recognising how words can be hurtful, Giving and receiving compliments	<b>Celebrating Difference</b> Challenging assumptions, Judging by appearance, Accepting self and others, Understanding influences, Understanding bullying, Problem-solving, Identifying how special and unique everyone is, First impressions	<b>Celebrating Difference</b> Cultural differences and how they can cause conflict, Racism, Rumours and name-calling, Types of bullying, Material wealth and happiness, Enjoying and respecting other cultures	<b>Celebrating Difference</b> Perceptions of normality, Understanding disability, Power struggles, Understanding bullying, Inclusion/exclusion, Differences as conflict, difference as celebration, Empathy
	Spring 1	<b>Dreams &amp; Goals</b> Challenges, Perseverance, Goal-setting, Overcoming obstacles, Seeking help, Jobs, Achieving goals	<b>Dreams &amp; Goals</b> Setting goals, Identifying successes and Achievements, Learning styles, Working well and celebrating achievement with a partner, Tackling new challenges, Identifying and overcoming obstacles, Feelings of success	<b>Dreams &amp; Goals</b> Achieving realistic goals, Perseverance, Learning strengths, Learning with others, Group co-operation, Contributing to and sharing success	<b>Dreams &amp; Goals</b> Difficult challenges and achieving Success, Dreams and ambitions, New challenges, Motivation and enthusiasm, Recognising and trying to overcome obstacles, Evaluating learning processes, Managing feelings, Simple budgeting	<b>Dreams &amp; Goals</b> Challenging assumptions, Judging by appearance, Accepting self and others, Understanding influences, Understanding bullying, Problem-solving, Identifying how special and unique everyone is, First impressions	<b>Dreams &amp; Goals</b> Future dreams, The importance of money, Jobs and careers, Dream job and how to get there, Goals in different cultures, Supporting others (charity), Motivation	<b>Dreams &amp; Goals</b> Personal learning goals, in and out of school, Success criteria, Emotions in success, Making a difference in the world, Motivation, Recognising achievements, Compliments
	Spring 2	<b>Healthy Me</b> Exercising bodies, Physical activity, Healthy food, Sleep, Keeping clean, Safety	<b>Healthy Me</b> Keeping myself healthy, Healthier lifestyle choices, Keeping clean, Being safe, Medicine safety/safety with household items, Road safety, Linking health and happiness	<b>Healthy Me</b> Motivation, Healthier choices, Relaxation, Healthy eating and nutrition, Healthier snacks and sharing food	<b>Healthy Me</b> Exercise, Fitness challenges, Food labelling and healthy swaps, Attitudes towards drugs, Keeping safe and why it's important online and off line scenarios, Respect for myself and others, Healthy and safe choices	<b>Healthy Me</b> Healthier friendships, Group dynamics, Smoking, Alcohol, Assertiveness, Peer pressure, Celebrating inner strength	<b>Healthy Me</b> Smoking, including vaping, Alcohol, Alcohol and anti-social behaviour, Emergency aid, Body image, Relationships with food, Healthy choices, Motivation and behaviour	<b>Healthy Me</b> Taking personal responsibility, How substances affect the body, Exploitation, including 'county lines' and gang culture, Emotional and mental health, Managing stress
	Summer 1	<b>Relationships</b> Family life, Friendships, Breaking friendships, Falling out, Dealing with bullying, Being a good friend	<b>Relationships</b> Belonging to a family, Making friends/being a good friend, Physical contact preferences, People who help us, Qualities as a friend and person, Self-acknowledgement, Being a good friend to myself, Celebrating special relationships	<b>Relationships</b> Different types of family, Physical contact boundaries, Friendship and conflict, Secrets, Trust and appreciation, Expressing appreciation for special relationships	<b>Relationships</b> Family roles and responsibilities, Friendship and negotiation, Keeping safe online and who to go to for help, Being a global citizen, Being aware of how my choices affect others, Awareness of how other children have different lives, Expressing appreciation for family and friends	<b>Relationships</b> Jealousy, Love and loss, Memories of loved ones, Getting on and Falling Out, Girlfriends and boyfriends, Showing appreciation to people and animals	<b>Relationships</b> Self-recognition and self-worth, Building self-esteem, Safer online communities, Rights and responsibilities online, Online gaming and gambling, Reducing screen time, Dangers of online grooming, SMARRT internet safety rules	<b>Relationships</b> Mental health, Identifying mental health worries and sources of support, Love and loss, Managing feelings, Power and control, Assertiveness, Technology safety, Take responsibility with technology use
	Summer 2	<b>Changing Me</b> Bodies, Respecting my body, Growing up, Growth and change, Fun and fears, Celebrations	<b>Changing Me</b> Life cycles – animal and human, Changes in me, Changes since being a baby, Differences between female and male bodies (correct terminology), Linking growing and learning, Coping with change, Transition	<b>Changing Me</b> Life cycles in nature, Growing from young to old, Increasing independence, Differences in female and male bodies (correct terminology), Assertiveness, Preparing for transition	<b>Changing Me</b> How babies grow, Understanding a baby's needs, Outside body changes, Inside body changes, Family stereotypes, Challenging my ideas, Preparing for transition	<b>Changing Me</b> Being unique, Having a baby, Girls and puberty, Confidence in change, Accepting change, Preparing for transition, Environmental change	<b>Changing Me</b> Self- and body image, Influence of online and media on body image, Puberty for girls, Puberty for boys, Conception (including IVF), Growing responsibility, Coping with change, Preparing for transition	<b>Changing Me</b> Self-image, Body image, Puberty and feelings, Conception to birth, Reflections about change, Physical attraction, Respect and consent, Boyfriends/girlfriends, Sexting, Transition

**Belonging, Courage, Curiosity, Kindness, Perseverance, Respect**

**Growing Minds, Kind Hearts, Rooted in Love**

**'Rooted and Grounded in Love' (Ephesians 3:16)**