

St Mary's PSHE / RSE Long term planning

Red Year

Subject	Autumn term	Spring term	Summer term
Reception	<p>My feelings: L1 Identifying my feelings L3 Coping strategies L4 Emotional adjectives L5 Facial expressions</p>	<p>Special relationships: L2 Special people L3 Sharing L4 I am unique L6 Similarities and differences</p> <p>My family and friends: L1 Festivals L2 Sharing L3 What makes a good friend L4 Being a good friend</p>	<p>Taking on challenges: L1 Why do we have rules? L2 Building towers L5 Team races</p> <p>My wellbeing: L1 What is exercise? L4 Being a safe pedestrian L5 Eating healthily</p>
Year 1+2 (Kapow Year 1 condensed)	<p>Setting ground rules for RSE and PSHE lessons</p> <p>L1 What is family?</p> <p>Family and Relationships L1 What is family? L2 What are friendships? L5 Friendship problems L6 Healthy friendships L7 Gender stereotypes</p>	<p>Health and wellbeing L1 Understanding my emotions L3 Ready for bed L5 Handwashing & personal hygiene L6 Sun safety L7 Allergies</p> <p>Safety and the changing body L1 Adults in school L2 Adults outside school L4 Making an emergency phone call L5 Appropriate contact L6 Safety with substances</p>	<p>Citizenship L1 Rules L4 Similar, yet different</p> <p>Economic well being L1 Introduction to money L4 Saving and spending</p>

<p>Year 3+4 (Kapow - year 3 condensed)</p>	<p>Setting ground rules and signposting</p> <p>Family and relationships L1 Healthy families L2 Friendship conflicts L3 Friendship: conflict vs bullying L5 Learning who to trust L6 Respecting differences in others L7 Stereotyping gender</p>	<p>Health and wellbeing L1 My healthy diary L3 Wonderful me L5 Resilience: breaking down barriers L6: Diet and dental health</p> <p>Safety and the changing body L1 First Aid: emergencies and calling for help L4 Cyberbullying</p>	<p>Safety and the changing body L7 Influences L8 Keeping safe out and about Year 4- L7 Introducing puberty (just Year 4s)</p> <p>Citizenship L1 Rights of the child L5 Charity L6 Local democracy</p> <p>Economic Wellbeing L1 Ways of paying L5 Jobs and careers</p>
<p>Year 5+6</p>	<p>Family and relationships L1 Respect L2 Respectful Relationships L4 Challenging stereotypes L5 Resolving conflict L6 Change and loss</p> <p>Health and wellbeing L3 Taking responsibility for my health L4 The impact of technology on health</p>	<p>Health and wellbeing L5 Resilience toolkit L6 Immunisation L8 Physical Health concerns</p> <p>Safety and the changing body L1 Alcohol L3 Social Media Y5 lessons L3 Puberty & L4 Menstruation - all pupils</p> <p>L8 First Aid: Basic life support</p>	<p>Citizenship L1 Human rights L4 Prejudice and discrimination L6 National democracy</p> <p>Economic wellbeing L4 What jobs are available</p> <p>Safety and the changing body L4 Physical and emotional changes of puberty (Y6 only)</p>
<p>KAPOW scheme used to make sure statutory elements are covered for RSE. Policy online and parents consulted. Some PSHE/RSE elements are also taught within Computing, Science, PE and Healthy Schools Week.</p>			

Blue Year

Subject	Autumn term	Spring term	Summer term
Reception	My feelings: L1 Identifying my feelings L3 Coping strategies L4 Emotional adjectives L5 Facial expressions	Special relationships: L2 Special people L3 Sharing L4 I am unique L6 Similarities and differences My family and friends: L1 Festivals L2 Sharing L3 What makes a good friend L4 Being a good friend	Taking on challenges: L1 Why do we have rules? L2 Building towers L5 Team races My wellbeing: L1 What is exercise? L4 Being a safe pedestrian L5 Eating healthily
Year 1+2 (Kapow Year 2 condensed)	Setting ground rules for RSE and PSHE lessons L1 What is family? Family and Relationships L2 Families are all different L4 Unhappy friendships L5 Introduction to manners and courtesy L6 Change and loss L7 Gender stereotypes: Careers and jobs	Health and wellbeing L1 Experiencing different emotions L5 Developing a growth mindset L6 Healthy diet L7 Looking after our teeth Safety and the changing body L2 Communicating online L3 Secrets and surprises L4 Appropriate contact: My private parts L5 Appropriate contact: My private parts are private L8 Staying safe with medicine	Citizenship L1 Rules beyond school L5 Similar yet different- my local community L7 Giving my opinion Economic well being L3 Wants and needs L4 Looking after money

<p>Year 3+4 (Kapow - year 4 condensed)</p>	<p>Setting ground rules and signposting</p> <p>Family and relationships L1 Respect and manners L2 Healthy friendship L4 Bullying L6 Stereotypes: Disability L8 Change and loss</p> <p>Health and wellbeing L1 Looking after our teeth</p>	<p>Health and wellbeing L3 Celebrating mistakes L5 My happiness L6 Emotions L7 Mental health</p> <p>Safety and the changing body L1 Internet safety: Age restrictions L2 Share aware</p>	<p>Safety and the changing body L4 Privacy and security L7 Introducing puberty (just Year 4s) L8 Tobacco</p> <p>Citizenship L1 What are human rights? L5 Diverse communities</p> <p>Economic Well Being L2 Keeping track of money L4 Influences on career choices</p>
<p>Year 5+6</p>	<p>Family and relationships L2 Friendship skills L3 Marriage L4 Respecting myself L5 Family Life L6 Bullying L8 Stereotypes: race and religion</p> <p>Health and wellbeing L2 The importance of rest L5 Taking responsibility for my feelings</p>	<p>Health and wellbeing L6 Healthy meals L7 Sun safety</p> <p>Safety and the changing body L1 Online friendships L2 Staying safe online L6 First Aid: Bleeding L7 Alcohol, drugs and tobacco: making decisions</p>	<p>Safety and the changing body L3 Puberty L4 Menstruation (all pupils) Y6 ONLY L4 Physical and emotional changes of puberty</p> <p>Citizenship L1 Breaking the law L6 Parliament</p>
<p>KAPOW scheme used to make sure statutory elements are covered for RSE. Policy online and parents consulted. Some PSHE/RSE elements are also taught within Computing, Science, PE and Healthy Schools Week</p>			