

Yellow – Self regulation
 Green - statutory RSE content
 Pink – Statutory Health content

PSHE Long Term Plan

Year group	Autumn 1 – Being me in my world.	Autumn 2 – Celebrating difference.	Spring 1 – Dreams and goals	Spring 2 – Healthy Me	Summer 1 - Relationships	Summer 2 – Changing Me
Reception	<ul style="list-style-type: none"> I understand how it feels to belong and that we are similar and different I can start to recognise and manage my feelings (Self-regulation) I can work with others to make school a good place to be I understand why it is good to be kind and use gentle hands I am starting to understand children’s rights and this means we should all be allowed to learn and play I am learning what being responsible means 	<ul style="list-style-type: none"> I can identify something I am good at and understand everyone is good at different things I understand that being different makes us all special I know we are all different but the same in some ways I can tell you why I think my home is special to me I can tell you how to be a kind friend (Mental wellbeing) I know which words to use to stand up for myself when someone says or does something unkind 	<ul style="list-style-type: none"> I understand that if I persevere I can tackle challenges I can tell you about a time I didn’t give up until I achieved my goal I can set a goal and work towards it I can use kind words to encourage people I understand the link between what I learn now and the job I might like to do when I’m older I can say how I feel when I achieve a goal and know what it means to feel proud 	<ul style="list-style-type: none"> I understand that I need to exercise to keep my body healthy I understand how moving and resting are good for my body I know which foods are healthy and not so healthy and can make healthy eating choices I know how to help myself go to sleep and understand why sleep is good for me I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet I know what a stranger is and how to stay safe if a stranger approaches me 	<ul style="list-style-type: none"> I can identify some of the jobs I do in my family and how I feel like I belong I know how to make friends to stop myself from feeling lonely I can think of ways to solve problems and stay friends I am starting to understand the impact of unkind words I can use Calm Me time to manage my feelings (self-regulation) I know how to be a good friend 	<ul style="list-style-type: none"> I can name parts of the body Respecting my body - I can tell you some things I can do and foods I can eat to be healthy I understand that we all grow from babies to adults I can express how I feel about moving to Year 1 I can talk about my worries and/or the things I am looking forward to about being in Year 1 I can share my memories of the best bits of this year in Reception
Year 1	<ul style="list-style-type: none"> I feel special and safe in my class. I know that I belong to my class I know how to make my class a safe place for everybody to learn by reflecting on my feelings (self-regulation) I recognise how it feels to be proud of an achievement I can recognise the choices I make and understand the consequences for these choices (self-regulation) I understand my rights and responsibilities within our Learning Charter 	<ul style="list-style-type: none"> I can identify similarities between people in my class I can identify differences between people in my class I can tell you what bullying is and how it might make people feel. I know some people who I could talk to if I was feeling unhappy or being bullied (Mental wellbeing) I know how to make new friends I can tell you some ways I am different from my friends 	<ul style="list-style-type: none"> I can set simple goals I can set a goal and work out how to achieve it I understand how to work well with a partner and celebrate their achievements I can identify how I feel when I am faced with a new challenge within my learning (self-regulation) I know how I feel when I see obstacles and how I feel when I overcome them (self-regulation) I can tell you how I felt when I succeeded in a new challenge and how I celebrated it 	<ul style="list-style-type: none"> I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy I know how to make healthy lifestyle choices I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly I understand that medicines can help me if I feel poorly and I know how to use them safely I know how to keep safe when crossing the road, and about people who can help me to stay safe I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy 	<ul style="list-style-type: none"> I can identify the members of my family and understand that there are lots of different types of families I can identify what being a good friend means to me I know appropriate ways of physical contact to greet my friends and know which ways I prefer I know when I need help and know how to ask for it (Self-regulation) I can recognise my qualities as person and a friend I can tell you why I appreciate someone who is special to me 	<ul style="list-style-type: none"> I am starting to understand the life cycles of animals and humans. I will change and that is okay. I can tell you some things about me that have changed and some things about me that have stayed the same I can tell you how my body has changed since I was a baby I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus. I know these parts are private. I understand that every time I learn something new I change a little bit I can tell you about changes that have happened in my life

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Year 2	<ul style="list-style-type: none">• I recognise when I feel worried and know who to ask for help (self-regulation)• I understand the rights and responsibilities for being a member of my class and school• I can help to make my class a safe and fair place and know this is my responsibility• I can listen to other people and contribute my own ideas about rewards and consequences• I understand how following the Learning Charter will help me and others learn. I am a team player• I can recognise the choices I make and understand the consequences	<ul style="list-style-type: none">• I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)• I understand some ways in which boys and girls are different and accept that this is OK (Stereotypes)• I understand that bullying is sometimes about difference• I can recognise what is right and wrong and know who to talk to if I am being bullied.• I understand that it is OK to be different from other people and to be friends with them• I can tell you some ways I am different from my friends and know that this makes me special.	<ul style="list-style-type: none">• I can choose a realistic goal and think about how to achieve it• I carry on trying (persevering) even when I find things difficult• I can recognise who I work well with and who it is more difficult for me to work with• I can work with others in a group to solve problems• I can tell you some ways I worked well with my group• I know how to share success with other people	<ul style="list-style-type: none">• I know what I need to keep my body healthy• I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed• I understand how medicines work in my body and how important it is to use them safely• I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy• I can make some healthy snacks and explain why they are good for my body• I can decide which foods to eat to give my body energy	<ul style="list-style-type: none">• I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate• I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not• I can identify some of the things that cause conflict with my friends• I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this• I recognise and appreciate people who can help me in my family, my school and my community• I can express my appreciation for the people in my special relationship	<ul style="list-style-type: none">• I can recognise cycles of life in nature• I can tell you about the natural process of growing from young to old and understand that this is not in my control• I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old• I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private• I understand there are different types of touch and can tell you which ones I like and don't like• I can identify what I am looking forward to when I move to my next class
Year 3	<ul style="list-style-type: none">• I recognise my worth and can identify positive things about myself and my achievements. I can set personal goals• I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions (self-regulation)• I understand why rules are needed and how they relate to rights and responsibilities• I understand that my actions affect myself and others and I care about other people's feelings• I can make responsible choices and take action• I understand my actions affect others and try to see things from their points of view (Self-regulation)	<ul style="list-style-type: none">• I understand that everybody's family is different and important to them• I understand that differences and conflicts sometimes happen among family members• I know what it means to be a witness to bullying• I know that witnesses can make the situation better or worse by what they do• I recognise that some words are used in hurtful ways• I can tell you about a time when my words affected someone's feelings and what the consequences were	<ul style="list-style-type: none">• I can tell you about a person who has faced difficult challenges and achieved success. E.g someone with a disability• I can identify a dream/ambition that is important to me• I enjoy facing new learning challenges and working out the best ways for me to achieve them.• I know I need to be motivated and enthusiastic about achieving our new challenge• I can manage the feelings of frustration that may arise when obstacles occur in achieving my goals (Self-regulation)• I can evaluate my own learning process and identify how it can be better next time	<ul style="list-style-type: none">• I understand how exercise affects my body and know why my heart and lungs are such important organs• I know that the amount of calories, fat and sugar I put into my body will affect my health• I can tell you my knowledge about drugs and how I feel about them.• Identify things, people and places that I need to keep safe from know some strategies for keeping myself safe, who to go to for help and how to call emergency services• I can identify when something feels safe or unsafe• I understand how complex my body is and how important it is to take care of it	<ul style="list-style-type: none">• I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females (respectful relationships)• I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener• I know and can use some strategies for keeping myself safe online.• I can explain how some of the actions and work of people around the world help and influence my life – global citizen• I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.• I know how to express my appreciation to my friends and family.	<ul style="list-style-type: none">• I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby• I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow• I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process• I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up (Changing adolescent body)• I can start to recognise stereotypical ideas I might have about parenting and family roles

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						<ul style="list-style-type: none">I can identify what I am looking forward to when I move to my next class.
Year 4	<ul style="list-style-type: none">I know my attitudes and actions make a difference to the class teamI understand who is in my school community, the roles they play and how I fit inI understand how democracy works through the Pupil Parliament.I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them.I understand how groups come together to make decisionsI understand how democracy and having a voice benefits the school community	<ul style="list-style-type: none">I understand that, sometimes, we make assumptions based on what people look like (respectful relationships)I understand what influences me to make assumptions based on how people lookI know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sureI can tell you why witnesses sometimes join in with bullying and sometimes don't tellI can identify what is special about me and value the ways in which I am uniqueI can tell you a time when my first impression of someone changed when I got to know them (Respectful relationships)	<ul style="list-style-type: none">I can tell you about some of my hopes and dreamsI understand that sometimes hopes and dreams do not come true and that this can hurt. I will know how to manage these feelings (Self-regulation)I know that reflecting on positive and happy experiences can help me to counteract disappointment (Self-regulation)I know how to make a new plan and set new goals even if I have been disappointedI know how to work out the steps to take to achieve a goal, and can do this successfully as part of a groupI can identify the contributions made by myself and others to the group's achievement	<ul style="list-style-type: none">I recognise how different friendship groups are formed, how I fit into them and the friends I value the mostI understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situationsI understand the facts about smoking and its effects on health, and also some of the reasons some people start to smokeI understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcoholI can recognise when people are putting me under pressure and can explain ways to resist this when I want (respectful relationships)I know myself well enough to have a clear picture of what I believe is right and wrong.	<ul style="list-style-type: none">I can recognise situations which can cause jealousy in relationships (friendships)I can identify someone I love and can express why they are special to meI can tell you about someone I know that I no longer seeI can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friendsI understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older. I know there should be no pressure to have a boyfriend or girlfriend.I know how to show love and appreciation to the people and animals who are special to me	<ul style="list-style-type: none">I understand that some of my characteristics have come from my parents and that this happens because I am made from the joining of their egg and sperm.I can correctly label the internal and external parts of male and female bodies that are necessary for making a babyI can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this (Changing adolescent body)I am confident enough to try to make changes when I think they will benefit meI can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively (Mental wellbeing)I can reflect on the changes I would like to make next year and can describe how to go about this in my new class.
Year 5	<ul style="list-style-type: none">I know what I value most about my school and can identify my hopes for this school yearI can empathise with people in this country whose lives are different to my own.I understand my rights and responsibilities as a citizen of my country and as a member of my schoolI can make choices about my own behaviour because I understand how rewards and consequences feel.I can contribute to the group and understand how we can function best as a wholeI understand why our school community benefits from a	<ul style="list-style-type: none">I am aware of my own culture. I understand that cultural differences sometimes cause conflict (Respectful relationships)I understand what racism is and know that this is unacceptable.I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one	<ul style="list-style-type: none">I can identify what I would like my life to be like when I am grown up.I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs.I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve itI can describe the dreams and goals of young people in a culture different to mineI understand that communicating with	<ul style="list-style-type: none">I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heartI know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heartI know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situationsI understand how the media, social media and celebrity culture promotes certain body types. I can appreciate everyone is unique and special.	<ul style="list-style-type: none">I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities – self-esteem. (Mental wellbeing)I understand that belonging to an online community can have positive and negative consequences. (Online relationships)I can recognise when an online community is helpful or unhelpful to meI know there are rights and responsibilities when playing a game online. I know what to do if this starts to feel unsafe. (Online relationships)	<ul style="list-style-type: none">I am aware of my own self-image and how my body image fits into that (Mental wellbeing)I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionallyI can describe how boys' and girls' bodies change during puberty (Changing adolescent body)I understand that sexual intercourse can lead to conception and that is how babies are usually madeI can identify what I am looking forward to about becoming a teenager and understand this

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	Learning Charter and can help others to follow it	<p>(self-regulation) (Mental wellbeing)</p> <ul style="list-style-type: none"> I can explain the difference between direct and indirect types of bullying I can compare my life with people in the developing world I can understand and respect a different culture from my own 	<p>someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other (Respectful relationships)</p> <ul style="list-style-type: none"> I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this (Caring friendships) 	<ul style="list-style-type: none"> I can describe the different roles food can play in people's lives relating to body image. I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy 	<ul style="list-style-type: none"> I can recognise when I am spending too much time using devices (screen time) (Being safe and online relationships) I can explain how to stay safe when using technology to communicate with my friends (screen time) (Being safe and online relationships) 	<p>brings growing responsibilities (age of consent)</p> <ul style="list-style-type: none"> I can identify what I am looking forward to when I move to my next class.
Year 6	<ul style="list-style-type: none"> I can identify my goals for this year, understand my fears and worries about the future and know how to express them I know that there are universal rights for all children but for many children these rights are not met I understand that my actions affect other people locally and globally I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities I understand how an individual's behaviour can impact on a group I understand how democracy and having a voice benefits the school community 	<ul style="list-style-type: none"> I understand there are different perceptions about what normal means. I can empathise with people that are different. (respectful relationships) I understand how being different could affect someone's life I can explain some of the ways in which one person or a group can have power over another I know some of the reasons why people use bullying behaviours I can give examples of people with disabilities who lead amazing lives I can explain ways in which difference can be a source of conflict and a cause for celebration 	<ul style="list-style-type: none"> I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out of school goal) I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these I can identify problems in the world that concern me and talk to other people about them I can work with other people to help make the world a better place I can describe some ways in which I can work with other people to help make the world a better place I know what some people in my class like or admire about me and can accept their praise 	<ul style="list-style-type: none"> I can take responsibility for my health and make choices that benefit my health and well-being I know about different types of drugs and their uses and their effects on the body particularly the liver and heart I understand that some people can be exploited and made to do things that are against the law I know why some people join gangs and the risks this involves I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. 	<ul style="list-style-type: none"> I know that it is important to take care of my mental health I know how to take care of my mental health and explore how I am feeling (self-regulation) I understand that there are different stages of grief and that there are different types of loss that cause people to grieve I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control I can judge whether something online is safe and helpful for me I can use technology positively and safely to communicate with my friends and family (Online safety and being safe) 	<ul style="list-style-type: none"> I am aware of my own self-image and how my body image fits into that I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally (Changing adolescent body) I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend I am aware of the importance of a positive self-esteem and what I can do to develop it (mental wellbeing) I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.

Key

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 Green – Statutory Sex and relationships content
 Pink – Statutory Health education content

This document has been cross referenced with the department for education, Relationship education, relationships and sex education and Health Education guidance. At RFPS we cover all statutory requirements and include other topics we feel are important to the development of our children.