



# Long Term Plan: PSHE (including Relationships Education and Health Education)



Year B 2022- 2023	Whole School Theme	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Beginning and Belonging	Objectives are covered on an on-going basis over the course of the year.  See 'P.S.H.E. in the Early Years' and 'R.E. in the Early Years' planning documents for further details.	Citizenship – Rights, Rules and Responsibilities		Citizenship – Rights, Rules and Responsibilities		Citizenship – Rights, Rules and Responsibilities	
Autumn 2	Feelings and Friendships	Myself and My Relationships: <ul style="list-style-type: none"> <li>Beginning and Belonging;</li> <li>My Family and Friends (incl. anti-bullying);</li> <li>My Emotions.</li> </ul>	Myself and My Relationships – My Emotions  *Myself and My Relationships – Anti-bullying	Myself and My Relationships – My Emotions  *Myself and My Relationships – Anti-bullying	Myself and My Relationships – My Emotions  *Myself and My Relationships – Anti-bullying	Myself and My Relationships – My Emotions  *Myself and My Relationships – Anti-bullying	Myself and My Relationships – My Emotions  *Myself and My Relationships – Anti-bullying	Myself and My Relationships – My Emotions  *Myself and My Relationships – Anti-bullying
Spring 1	Working Together	Healthy and Safer Lifestyles: <ul style="list-style-type: none"> <li>Healthy Lifestyles;</li> <li>Keeping Safe (including E-Safety).</li> </ul>	Citizenship – Working Together  Healthy and Safer Lifestyles – *Digital Lifestyles <i>(also see the computing curriculum for 'e-safety' content)</i>	Citizenship – Working Together  Healthy and Safer Lifestyles – *Digital Lifestyles <i>(also see the computing curriculum for 'e-safety' content)</i>	Citizenship – Working Together  Healthy and Safer Lifestyles – *Digital Lifestyles <i>(also see the computing curriculum for 'e-safety' content)</i>	Citizenship – Working Together  Healthy and Safer Lifestyles – *Digital Lifestyles <i>(also see the computing curriculum for 'e-safety' content)</i>	Citizenship – Working Together  Healthy and Safer Lifestyles – *Digital Lifestyles <i>(also see the computing curriculum for 'e-safety' content)</i>	Citizenship – Working Together  Healthy and Safer Lifestyles – *Digital Lifestyles <i>(also see the computing curriculum for 'e-safety' content)</i>
Spring 2	Keeping Safe	Citizenship: <ul style="list-style-type: none"> <li>Identities and Diversity;</li> <li>Me and My World.</li> </ul>	Healthy and Safer Lifestyles – Managing Safety and Risk	Healthy and Safer Lifestyles – Managing Safety and Risk	Healthy and Safer Lifestyles – Managing Safety and Risk	Healthy and Safer Lifestyles – Managing Safety and Risk	Healthy and Safer Lifestyles – Managing Safety and Risk	Healthy and Safer Lifestyles – Managing Safety and Risk
Summer 1	Changes	↓ ↓ ↓	Myself and My Relationships – Managing Change	Myself and My Relationships – Managing Change	Myself and My Relationships – Managing Change	Myself and My Relationships – Managing Change	Myself and My Relationships – Managing Change	Myself and My Relationships – Managing Change
Summer 2	Changes	↓ ↓ ↓	Healthy and Safer Lifestyles – *Relationships and Sex Education	Healthy and Safer Lifestyles – *Relationships and Sex Education	Healthy and Safer Lifestyles – *Relationships and Sex Education	Healthy and Safer Lifestyles – *Relationships and Sex Education	Healthy and Safer Lifestyles – *Relationships and Sex Education	Healthy and Safer Lifestyles – *Relationships and Sex Education

\* These units are repeated every year in all year groups.



# Long Term Plan: PSHE (including Relationships Education and Health Education)



Year A 2023 - 2024	Whole School Theme	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Beginning and Belonging	Objectives are covered on an on-going basis over the course of the year.						
Autumn 2	Family and Friendships	See 'P.S.H.E. in the Early Years' and 'R.E. in the Early Years' planning documents for further details.						
Spring 1	All About Money	<p><b>Myself and My Relationships:</b></p> <ul style="list-style-type: none"> <li>Beginning and Belonging;</li> <li>My Family and Friends (incl. anti-bullying);</li> <li>My Emotions.</li> </ul>	<p><b>Myself and My Relationships – Beginning and Belonging</b></p>	<p><b>Myself and My Relationships – My Family and Friends</b></p> <p><b>*Myself and My Relationships – Anti-bullying</b></p>	<p><b>Myself and My Relationships – Beginning and Belonging</b></p>	<p><b>Myself and My Relationships – My Family and Friends</b></p> <p><b>*Myself and My Relationships – Anti-bullying</b></p>	<p><b>Myself and My Relationships – Beginning and Belonging</b></p>	<p><b>Myself and My Relationships – My Family and Friends</b></p> <p><b>*Myself and My Relationships – Anti-bullying</b></p>
Spring 2	Me and my Community	<p><b>Healthy and Safer Lifestyles:</b></p> <ul style="list-style-type: none"> <li>Healthy Lifestyles;</li> <li>Keeping Safe (including E-Safety).</li> </ul> <p><b>Citizenship:</b></p> <ul style="list-style-type: none"> <li>Identities and Diversity;</li> <li>Me and My World.</li> </ul>	<p><b>Economic Wellbeing – Financial Capability</b></p> <p><b>Healthy and Safer Lifestyles – *Digital Lifestyles</b></p> <p><i>(also see the computing curriculum for 'e-safety' content)</i></p>	<p><b>Citizenship – Diversity and Communities</b></p>	<p><b>Economic Wellbeing – Financial Capability</b></p> <p><b>Healthy and Safer Lifestyles – *Digital Lifestyles</b></p> <p><i>(also see the computing curriculum for 'e-safety' content)</i></p>	<p><b>Citizenship – Diversity and Communities</b></p>	<p><b>Economic Wellbeing – Financial Capability</b></p> <p><b>Healthy and Safer Lifestyles – *Digital Lifestyles</b></p> <p><i>(also see the computing curriculum for 'e-safety' content)</i></p>	<p><b>Citizenship – Diversity and Communities</b></p>
Summer 1	Keeping Safe		<p><b>Healthy and Safer Lifestyles – Drug Education</b></p> <p><b>Healthy and Safer Lifestyles – Personal Safety</b></p>	<p><b>Healthy and Safer Lifestyles – Drug Education</b></p> <p><b>Healthy and Safer Lifestyles – Personal Safety</b></p>	<p><b>Healthy and Safer Lifestyles – Drug Education</b></p> <p><b>Healthy and Safer Lifestyles – Personal Safety</b></p>	<p><b>Healthy and Safer Lifestyles – Drug Education</b></p> <p><b>Healthy and Safer Lifestyles – Personal Safety</b></p>	<p><b>Healthy and Safer Lifestyles – Drug Education</b></p> <p><b>Healthy and Safer Lifestyles – Personal Safety</b></p>	<p><b>Healthy and Safer Lifestyles – Drug Education</b></p> <p><b>Healthy and Safer Lifestyles – Personal Safety</b></p>
Summer 2	Changes	<p>↓</p> <p>↓</p> <p>↓</p>	<p><b>Healthy and Safer Lifestyles – *Relationships and Sex Education</b></p>	<p><b>Healthy and Safer Lifestyles – *Relationships and Sex Education</b></p>	<p><b>Healthy and Safer Lifestyles – *Relationships and Sex Education</b></p>	<p><b>Healthy and Safer Lifestyles – *Relationships and Sex Education</b></p>	<p><b>Healthy and Safer Lifestyles – *Relationships and Sex Education</b></p>	<p><b>Healthy and Safer Lifestyles – *Relationships and Sex Education</b></p>

\* These units are repeated every year in all year groups.