



# PSHE/RSE Long Term Plan 2024-2025



	Healthy Me		Relationships		Living in the Wider World	
Year 1	<p>Healthy Food Healthy Teeth Healthy Bodies Keeping Clean Fun in the Sun</p>	<p>This is Me How We Grow What Are Feelings? Feelings and Loss How We Play and Learn Staying Safe</p>	<p>Respect Polite words Sharing and taking turns Being Helpful Being Kind Getting Hurt</p>	<p>People who care for me What is a family? Family and me My body belongs to me Asking for permission</p>	<p>British Values All about rules Online World Online Safety Welcoming Everyone My Classroom Community Community Helpers</p>	<p>Caring for living things Recycling Plastic pollution Global warming Career Aspirations</p>
Year 2	<p>Healthy habits Dental Health Sleep routines Medicines Feelings BIG feelings</p>	<p>The Human Lifecycle Brilliant Bodies - Naming Body Parts Safety and Risk Safety at Home Road Safety Accidents and Emergencies</p>	<p>Making friends Being a good friend Positive Play Working With Others Manners and respect Resolving conflict</p>	<p>Feeling Lonely Bullying Unkind words Kindness Secrets and surprises</p>	<p>British Values Being Part of a wider Community Diversity within Communities Accessing the Internet Personal Data Online safety Online information - Is it True?</p>	<p>What is money? Ways to pay Earning money Saving and spending Wants and needs Air pollution</p>
Year 3	<p>Feelings and me Resilience &amp; self-esteem Exercise and wellbeing Personal identity Strengths and interests</p>	<p>Personal safety &amp; risk Fire safety Healthy eating What is a habit? Healthy choices</p>	<p>Family and Me People Who Care for Me Caring for others Seeking Permission Privacy and Boundaries</p>	<p>Friendship and Boundaries Respectful Behaviour Bullying and Hurtful Behaviour Role Models Manners and Politeness</p>	<p>British Values Rules and Laws Rights and Responsibilities Internet and E-Safety Age Appropriate Content Why is the News Important?</p>	<p>Jobs and Sectors Jobs and Skills Targets and Goals Career Routes and Qualifications Stereotypes and Women in STEM</p>
Year 4	<p>Staying Healthy Starting to Grow Up - Girls Starting to Grow Up - Boys Changing Emotions Personal Hygiene</p>	<p>Allergies Germs and Illness Vaccinations Drugs and Medicines Habit and Addiction</p>	<p>Committed Relationships Honesty and Trust Positive Friendships Dares, Risks and Challenges Respecting Difference</p>	<p>Communicating Online Cyberbullying Harmful Content and Contact Hurtful Behaviour Secrets</p>	<p>British Values Diverse Communities Racism Prejudice and Discrimination Fake Images Digital Footprint</p>	<p>Value for Money Responsible Spending Keeping Track of Money Gambling and Risk Online Advertising Charities and what they do</p>
Year 5	<p>Healthy Habits Sleep Hygiene Sun Safety Understanding Emotions Expressing Feelings Puberty</p>	<p>Mental Health and Illness Physical Health and Illness FGM Introduction Medicines and Household Safety First Aid</p>	<p>Loving, Stable Families Caring for Babies Behaviour and Respect Developing Friendships Friendships and Feeling Left Out</p>	<p>Peer Pressure Gender Identity and LGBTQ+ Self Esteem and Self Worth Online Behaviour and Risks Stranger Danger</p>	<p>British Values Environment and Climate Change Independence and Responsibility Courtesy and Manners Change, Grief and Loss Internet and Screen Time</p>	<p>Age Restrictions Success and Achievement Careers and Stereotypes Fake News Fire Safety Deforestation</p>
Year 6	<p>Healthy Living Living a Healthy, Active Life Dental Hygiene Germs, Bacteria and Viruses Understanding Mental Health</p>	<p>Body Image Girl's Puberty Boys Puberty Hormones and Emotions Alcohol and its Effects Drug Misuse</p>	<p>Positive Relationships Disagreeing Respectfully Family, Marriage and Civil Partnerships Love and Abuse</p>	<p>Online Relationships Bullying Bullying and Teasing Consent Attraction and Crushes Human Reproduction</p>	<p>British Values Asking for Help and Advice My Identity and Community Diversity &amp; Celebrating Difference Social Media Online Privacy and My Data</p>	<p>The Evolution of Money Different Attitudes towards Money Keeping Safe Transition Knife Crime</p>

