

RSE & PSHE

Long-term plan

Condensed

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Suggested long-term plan: RSE & PSHE

Overview (All year groups)

	Introductory lesson	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
		Self-regulation: My feelings	Building relationships: Special relationships	Building relationships: My family and friends	Managing self: Taking on challenges	Managing self: My wellbeing
	Y1 Introduction: Setting ground rules for RSE & PSHE	Family and relationships (Lessons 1, 2, 5, 6, 7)	Health and wellbeing (Lessons 1, 3, 5, 6, 7)	Safety and the changing body (Lessons 1, 2, 4, 5, 6)	Citizenship (Lessons 1, 4)	Economic wellbeing (Lessons 1, 4)
	Y2 Introduction: Setting ground rules for RSE & PSHE lessons	Family and relationships (Lessons 2, 4, 5, 6, 7)	Health and wellbeing (Lessons 1, 5, 6, 7)	Safety and the changing body (Lessons 2, 3, 4, 5, 8)	Citizenship (Lessons 1, 5, 7)	Economic wellbeing (Lessons 2, 3)
	Introduction: Setting ground rules for RSE & PSHE lessons	Family and relationships (Lessons 1, 2, 3, 5, 6, 7)	Health and wellbeing (Lessons 1, 2, 3, 4, 6, 7)	Safety and the changing body (Lessons 1, 4, 7, 8)	Citizenship (Lessons 2, 5)	Economic wellbeing (Lessons 2, 5)

	Introductory lesson	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
	Introduction: Setting ground rules for RSE & PSHE lessons	Family and relationships (Lessons 1, 2, 4, 6, 8)	Health and wellbeing (Lessons 1, 3, 5, 6, 7)	Safety and the changing body (Lessons 1, 2, 4, 7, 8)	Citizenship (Lessons 1, 5)	Economic wellbeing (Lessons 1, 3)
	Introduction: Setting ground rules for RSE & PSHE lessons	Family and relationships (Lessons 2, 3, 4, 5, 6, 8)	Health and wellbeing (Lessons 2, 5, 6, 7)	Safety and the changing body (Lessons 1, 2, 3, 4, 6, 7)	Citizenship (Lessons 1, 6)	Economic wellbeing (Lesson 4)
	Introduction: Setting ground rules for RSE & PSHE lessons	Family and relationships (Lessons 1, 2, 4, 5, 6)	Health and wellbeing (Lessons 3, 4, 5, 6, 8)	Safety and the changing body (Lessons 1, 3, 4, 8)	Citizenship (Lessons 1, 4, 6)	Economic wellbeing (Lesson 6)/ Identity (Lesson 2)

Suggested long-term plan: RSE & PSHE

Overview - EYFS

EYFS

Introductory lesson		Unit 1	<u>Self-regulation: My feelings</u> 6 lessons In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.
Unit 2	<u>Building relationships: Special relationships</u> 6 lessons In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.	Unit 3	<u>Building relationships: My family and friends</u> 6 lessons In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.

EYFS

Unit 4	<p><u>Managing self: Taking on challenges</u></p> <p>6 lessons</p> <p>In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.</p>	Unit 5	<p><u>Managing self: My wellbeing</u></p> <p>6 lessons</p> <p>In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.</p>
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Suggested long-term plan: RSE & PSHE

Overview - Key stage 1

Year 1

Introductory lesson	<u>Y1 Introduction: Setting ground rules for RSE & PSHE</u> 1 lessons A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons	Unit 1	Family and relationships (Lessons 1, 2, 5, 6, 7)
Unit 2	Health and wellbeing (Lessons 1, 3, 5, 6, 7)	Unit 3	Safety and the changing body (Lessons 1, 2, 4, 5, 6)
Unit 4	Citizenship (Lessons 1, 4)	Unit 5	Economic wellbeing (Lessons 1, 4)

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Overview - Key stage 1

Year 2

Introductory lesson	<u>Y2 Introduction: Setting ground rules for RSE & PSHE lessons</u> 1 lessons A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons	Unit 1	Family and relationships (Lessons 2, 4, 5, 6, 7)
Unit 2	Health and wellbeing (Lessons 1, 5, 6, 7)	Unit 3	Safety and the changing body (Lessons 2, 3, 4, 5, 8)
Unit 4	Citizenship (Lessons 1, 5, 7)	Unit 5	Economic wellbeing (Lessons 2, 3)

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Overview - Lower key stage 2

Year 3

Introductory lesson	<p><u>Introduction: Setting ground rules for RSE & PSHE lessons</u></p> <p>1 lessons</p> <p>A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.</p>	Unit 1	Family and relationships (Lessons 1, 2, 3, 5, 6, 7)
Unit 2	Health and wellbeing (Lessons 1, 2, 3, 4, 6, 7)	Unit 3	Safety and the changing body (Lessons 1, 4, 7, 8)
Unit 4	Citizenship (Lessons 2, 5)	Unit 5	Economic wellbeing (Lessons 2, 5)

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Overview - Lower key stage 2

Year 4

Introductory lesson	<p><u>Introduction: Setting ground rules for RSE & PSHE lessons</u></p> <p>1 lessons</p> <p>A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons</p>	Unit 1	Family and relationships (Lessons 1, 2, 4, 6, 8)
Unit 2	Health and wellbeing (Lessons 1, 3, 5, 6, 7)	Unit 3	Safety and the changing body (Lessons 1, 2, 4, 7, 8)
Unit 4	Citizenship (Lessons 1, 5)	Unit 5	Economic wellbeing (Lessons 1, 3)

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Overview - Upper key stage 2

Year 5

Introductory lesson	<p><u>Introduction: Setting ground rules for RSE & PSHE lessons</u></p> <p>1 lessons</p> <p>A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons</p>	Unit 1	Family and relationships (Lessons 2, 3, 4, 5, 6, 8)
Unit 2	Health and wellbeing (Lessons 2, 5, 6, 7)	Unit 3	Safety and the changing body (Lessons 1, 2, 3, 4, 6, 7)
Unit 4	Citizenship (Lessons 1, 6)	Unit 5	Economic wellbeing (Lesson 4)

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Overview - Upper key stage 2

Year 6

Introductory lesson	<u>Introduction: Setting ground rules for RSE & PSHE lessons</u> 1 lessons A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons	Unit 1	Family and relationships (Lessons 1, 2, 4 ,5 ,6)
Unit 2	Health and wellbeing (Lessons 3, 4, 5, 6, 8)	Unit 3	Safety and the changing body (Lessons 1, 3, 4, 8)
Unit 4	Citizenship (Lessons 1, 4, 6)	Unit 5	Economic wellbeing (Lesson 6)/ Identity (Lesson 2)