



RSE and PSHE - Long Term Planning



Our RSE & PHSE curriculum has been developed from the National Curriculum RSE & PHSE Statutory guidance (and non-statutory sex education) along with the PSHE Association Programme of Study and

Kapow Primary Scheme of Work to create a tailored curriculum bespoke to Collierley Nursery and Primary School.

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 1	Introduction lesson Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenships	Citizenship Economic wellbeing	Economic wellbeing Transition lesson
Year 2	Introduction lesson Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenships	Citizenship	Economic wellbeing Transition lesson
Year 3	Introduction lesson Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenships	Citizenship	Economic wellbeing Transition lesson
Year 4	Introduction lesson Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body	Citizenship	Citizenship Economic wellbeing Transition lesson
Year 5	Introduction lesson Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenships	Citizenship Economic wellbeing	Economic wellbeing Transition lesson- Roles and Responsibility
Year 6	Introduction lesson Family and Relationships	Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenships	Citizenship Economic wellbeing	Economic wellbeing Identity Transition lesson – Dealing with change

PSHE Association

Core Theme 1 – Health and Wellbeing

Core Theme 2 – Relationships

Core Theme 3 – Living in the Wider World



RSE and PSHE - Long Term Plan

Year 1 outline



Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (7 lessons) Lesson 1: What is family?	Lesson 6: Sun safety	Lesson 2: Caring for others: Animals
Week 2	Lesson 2: What are friendships?	Lesson 7: Allergies	★ Extend the unit, or visit a farm or a different animal-centre to learn more about animal care.
Week 3	Lesson 3: Recognising other people's emotions	Lesson 8: People who help keep us healthy	Lesson 3: The needs of others
Week 4	Lesson 4: Working with others	Safety and the changing body (8 lessons) Lesson 1: Adults in school	Lesson 4: Similar, yet different
Week 5	Lesson 5: Friendship problems	Lesson 2: Adults outside school	Lesson 5: Belonging
Week 6	Lesson 6: Healthy friendships	Lesson 3: Getting lost	Lesson 6: Democratic decisions
Week 7	Lesson 7: Gender stereotypes	Lesson 4: Making an emergency phone call	Economic wellbeing (5 lessons) Lesson 1: Introduction to money
Week 8	Health and wellbeing (8 lessons) Lesson 1: Understanding my emotions	Lesson 5: Appropriate contact	Lesson 2: Looking after money
Week 9	Lesson 2: What am I like?	Lesson 6: Safety with substances	Lesson 3: Banks and building societies
Week 10	Lesson 3: Ready for bed	Lesson 7: Safety at home	Lesson 4: Saving and spending
Week 11	Lesson 4: Relaxation	Lesson 8: People who help keep us safe	Lesson 5: Jobs in school
Week 12	Lesson 5: Hand washing and personal hygiene	Citizenship (6 lessons) Lesson 1: Rules	★ Extend the unit, or get the children involved with some jobs and responsibilities around school.
Transition	Transition lesson Individual strengths and new skills		



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Year 2 outline

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (7 lessons) Lesson 1: Families offer stability and love	Lesson 6: Healthy diet	Lesson 3: Our local environment
Week 2	Lesson 2: Families are all different	Lesson 7: Looking after our teeth	Lesson 4: Job roles in our local community
Week 3	Lesson 3: Other people's feelings	Safety and the changing body (8 lessons) Lesson 1: Introduction to the internet	Lesson 5: Similar yet different - my local community
Week 4	Lesson 4: Unhappy friendships	Lesson 2: Communicating online	Lesson 6: School council
Week 5	Lesson 5: Introduction to manners and courtesy	Lesson 3: Secrets and surprises	Lesson 7: Giving my opinion
Week 6	Lesson 6: Change and loss	Lesson 4: Appropriate contact: My private parts	★ Extend the unit, or put into practise some of the improvements to the school environment from Lesson 2 (eg plant flowers, litter picking, cleaning)
Week 7	Lesson 7: Gender stereotypes: Careers and jobs	Lesson 5: Appropriate contact: My private parts are private	Economic wellbeing (5 lessons) Lesson 1: Where money comes from
Week 8	Health and wellbeing (7 lessons) Lesson 1: Experiencing different emotions	Lesson 6: Road safety	Lesson 2: Needs and wants
Week 9	Lesson 2: Being active	Lesson 7: Crossing roads safely	Lesson 3: Wants and needs
Week 10	Lesson 3: Relaxation: Breathing exercise	Lesson 8: Staying safe with medicine	Lesson 4: Looking after money
Week 11	Lesson 4: Steps to success	Citizenship (7 lessons) Lesson 1: Rules beyond school	Lesson 5: Jobs
Week 12	Lesson 5: Developing a growth mindset	Lesson 2: Our school environment	★ Extend the unit, or ask some parents/ members of the community to come in to talk about their jobs.
Transition	Transition lesson Change		



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Year 3 outline



Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (8 lessons) Lesson 1: Healthy Families	Lesson 5: Resilience breaking down barriers	Lesson 3: Recycling
Week 2	Lesson 2: Friendship conflict	Lesson 6: Diet and dental health	Lesson 4: Local community groups
Week 3	Lesson 3: Friendship conflict versus bullying	Safety and the changing body (8 lessons) Lesson 1: First Aid: Emergencies and calling for help	Lesson 5: Charity
Week 4	Lesson 4: Effective communication	Lesson 2: First Aid: Bites and stings	Lesson 6: Local democracy
Week 5	Lesson 5: Learning who to trust	Lesson 3: Be kind online	Lesson 7: Rules
Week 6	Lesson 6: Respecting differences in others	Lesson 4: Cyberbullying	★ Extend the unit, or set up a mock election to demonstrate how democracy works.
Week 7	Lesson 7: Stereotyping gender	Lesson 5: Fake emails	Economic wellbeing (6 lessons) Lesson 1: Ways of paying
Week 8	Lesson 8: Stereotyping age	Lesson 6: Making choices	Lesson 2: Budgeting
Week 9	Health and wellbeing (6 lessons) Lesson 1: My healthy diary	Lesson 7: Influences	Lesson 3: How spending affects others
Week 10	Lesson 2: Relaxation	Lesson 8: Keeping safe out and about	Lesson 4: Impact of spending
Week 11	Lesson 3: Wonderful me	Citizenship (7 lessons) Lesson 1: Rights of the child	Lesson 5: Jobs and careers
Week 12	Lesson 4: My superpowers	Lesson 2: Rights and responsibilities	Lesson 6: Gender and careers
Transition	Transition lesson Coping strategies		



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Year 4 outline



Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (8 lessons) Lesson 1: Respect and manners	Lesson 5: My happiness	Citizenship (6 lessons) Lesson 1: What are human rights?
Week 2	Lesson 2: Healthy friendships	Lesson 6: Emotions	Lesson 2: Caring for the environment
Week 3	Lesson 3: How my behaviour affects others	Lesson 7: Mental health	Lesson 3: Community
Week 4	Lesson 4: Bullying	Safety and the changing body (8 lessons) Lesson 1: Internet safety: Age restrictions	Lesson 4: Contributing
Week 5	Lesson 5: Stereotypes: Gender	Lesson 2: Share aware	Lesson 5: Diverse communities
Week 6	Lesson 6: Stereotypes: Disability	Lesson 3: First Aid: Asthma	Lesson 6: Local councillors
Week 7	Lesson 7: Families in the wider world	Lesson 4: Privacy and secrecy	★ Extend the unit, or ask a local councillor to come and speak to the class about their role
Week 8	Lesson 8: Change and loss	Lesson 5: Consuming information online	Economic wellbeing (5 lessons) Lesson 1: Spending choices
Week 9	Health and wellbeing (7 lessons) Lesson 1: Looking after our teeth	Lesson 6: Growing up	Lesson 2: Keeping track of money
Week 10	Lesson 2: Relaxation: Visualisation	Lesson 7: Introducing puberty	Lesson 3: Looking after money
Week 11	Lesson 3: Celebrating mistakes	Lesson 8: Tobacco	Lesson 4: Influences on career choice
Week 12	Lesson 4: Meaning and purpose: My role	★ Extend the unit, or allow children time to explore the Thinkuknow website about online safety	Lesson 5: Changing job
Transition	Transition lesson Setting goals		



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Year 5 outline

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (8 lessons) Lesson 1: Build a friend	Lesson 5: Taking responsibility for my feelings	Lesson 3: Protecting the planet
Week 2	Lesson 2: Friendship skills	Lesson 6: Healthy meals	Lesson 4: Contributing to the community
Week 3	Lesson 3: Marriage	Lesson 7: Sun safety	Lesson 5: Pressure groups
Week 4	Lesson 4: Respecting myself	Safety and the changing body (7 lessons) Lesson 1: Online friendships	Lesson 6: Parliament
Week 5	Lesson 5: Family life	Lesson 2: Staying safe online	★ Extend the unit, or spend time looking at the activities in the Parliament booklets available to order here .
Week 6	Lesson 6: Bullying	Lesson 3: Puberty	Economic wellbeing (5 lessons) Lesson 1: Borrowing
Week 7	Lesson 7: Stereotyping: gender	Lesson 4: Menstruation	Lesson 2: Income and expenditure
Week 8	Lesson 8: Stereotypes: Race and religion	Lesson 5: Emotional changes in puberty	Lesson 3: Risks with money
Week 9	Health and wellbeing (7 lessons) Lesson 1: Relaxation: Yoga	Lesson 6: First Aid: Bleeding	Lesson 4: Prioritising spending
Week 10	Lesson 2: The importance of rest	Lesson 7: Alcohol, drugs and tobacco: Making decisions	Lesson 5: Stereotypes in the workplace
Week 11	Lesson 3: Embracing failure	Citizenship (6 lessons) Lesson 1: Breaking the law	★ Extend the unit, or try and get some parents/ members of the community to speak about their careers, especially those who challenge common stereotypes. Someone from a local bank could also visit to discuss how their children's bank accounts work.
Week 12	Lesson 4: Going for goals	Lesson 2: Rights and responsibilities	
Transition	Transition lesson: Roles and responsibilities		



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Year 6 outline



Week	Autumn	Spring	Summer
Introduction	Introductory lesson: Setting rules and signposting		
Week 1	Family and relationships (6 lessons) Lesson 1: Respect	Lesson 7: Good and bad habits	Lesson 3: Caring for others
Week 2	Lesson 2: Respectful relationships	Lesson 8: Physical health concerns	Lesson 4: Prejudice and discrimination
Week 3	Lesson 3: Stereotypes: Attitudes	Safety and the changing body (8 lessons) Lesson 1: Alcohol	Lesson 5: Valuing diversity
Week 4	Lesson 4: Challenging stereotypes	Lesson 2: Critical digital consumers	Lesson 6: National democracy
Week 5	Lesson 5: Resolving conflict	Lesson 3: Social media	Economic wellbeing (5 lessons) Lesson 1: Attitudes to money
Week 6	Lesson 6: Change and loss	Lesson 4: Physical and emotional changes of puberty	Lesson 2: Keeping money safe
Week 7	Health and wellbeing (8 lessons) Lesson 1: What can I be?	Lesson 5: Conception <i>Parents have a right to withdraw their child from part of this lesson</i>	Lesson 3: Gambling
Week 8	Lesson 2: Relaxation: Mindfulness	Lesson 6: Pregnancy and birth <i>Parents have a right to withdraw their child from this lesson</i>	Lesson 4: What jobs are available?
Week 9	Lesson 3: Taking responsibility for my health	Lesson 7: First Aid: Choking	Lesson 5: Career routes
Week 10	Lesson 4: The impact of technology on health	Lesson 8: First Aid: Basic life support	Identity (2 lessons) Lesson 1: What is identity?
Week 11	Lesson 5: Resilience toolbox	Citizenship (6 lessons) Lesson 1: Human rights	Lesson 2: Identity and body image
Week 12	Lesson 6: Immunisation	Lesson 2: Food choices and the environment	
Transition	Transition lesson: Dealing with change		