



RSE/PSHE Long Term Plan



Year group	Autumn	Autumn	Spring	Spring	Summer	Summer
EYFS	See EYFS LTP and Whole School Overview					
1/2	CYCLE A -Choices and Consequences -Whole Self Health -Friendships -Resilience -Online Safety -British Values	CYCLE B -Choices and Consequences -Whole Self Health -Friendships -Resilience -Online Safety -British Values	CYCLE A -Feelings -Well-being- It's ok not to be ok -What do I want to be when I grow up (challenging stereotypes) -Online Safety -British Values	CYCLE B -Feelings -Well-being- It's ok not to be ok -What do I want to be when I grow up (challenging stereotypes) -Online Safety -British Values	CYCLE A -Family -NSPCC – PANTS -First Aid -Road Safety -Stranger Danger -Keeping Safe -Online Safety Big Talk – RSE (Relationship Sex Education)	CYCLE B -Family, -NSPCC – PANTS -First Aid, -Road Safety, -Stranger Danger, -Keeping Safe, -Online Safety Big Talk – RSE (Relationship Sex Education)
	Kapow Wellbeing – Year 1 Discover Making Mistakes Take Notice: Sound Connect: Understanding others Give: Sharing Move: Gardening	Kapow Wellbeing – Year 2 Discover: Perseverance Take Notice: Colour Expression Connect: Compliments Give: Generosity Move: Nature Walk	TEAM Together Everyone Achieve More Listening Being Kind Bullying and Teasing Brilliant Brains Making Good Choices British Values	Money Matters Money Where money comes from Look after it Save or Spend? Want or Need? Going Shopping British values	One World: Global Citizenship Families Homes Schools Environments Resources Planet Protectors British values Lesson: Internet safety	Safety First Keeping safe Staying safe at home Staying safe outside Staying safe around strangers Safe secrets and surprises People who can help Father's Day cards Father's day cards British Values Internet safety
	Autumn	Autumn	Spring	Spring	Summer	Summer
3/4	CYCLE A -Choices and Consequences -Whole Self Health -New Feelings -Online Safety - Safety - Road and Rail, -Building Sites, Medicines, Tobacco, Alcohol, Fireworks, Stranger Danger, Drugs, Secrets	CYCLE B - Choices and Consequences -Whole Self Health -New Feelings -Online Safety -Black History -British Values	CYCLE A -Growth Mind-set -Resilience -Permission Seeking -Online Safety -British Values	CYCLE B -Growth Mind-set -Resilience -Permission Seeking -Identity, -Families, -Bullying, - Prejudice -Money -Internet Safety	CYCLE A -Uncomfortable Feelings -Coping Strategies -Families, -Keeping Safe, -Isolation, - Balanced Diet, Exercise, Healthy Eating -Asthma, -First Aid, -PEGI ratings -Diversity, -Body and body image -Friendships, Big Talk – RSE (Relationship Sex Education)	CYCLE B -Uncomfortable Feelings -Coping Strategies -Families, -Keeping Safe, -Isolation -Online Safety -British Values-Big Talk – RSE (Relationship Sex Education)
	RSE curriculum -Big Talk (delivered by trained representatives)					
	Autumn	Autumn	Spring	Spring	Summer	Summer
5/6	CYCLE A -Choices and Consequences -Whole Self Health, Families, -Self Respect, - Permission Seeking -New Feelings -Online Safety - Safety - Road and Rail, -Building Sites, Medicines, Tobacco, Alcohol, Fireworks, Stranger Danger, Drugs-legal/Illegal, Secrets, Remembrance Day	CYCLE B -Choices and Consequences -Whole Self Health Families, -Self Respect, - Permission Seeking -New Feelings, -Online Safety -Black History, -British Values, Remembrance Day	CYCLE A -Loneliness/Isolation -Keeping Safe -Mental well-being -Resilience -Coping Strategies -Online Safety -British Values	CYCLE B -Loneliness/Isolation -Keeping Safe, -Mental well-being, - Resilience, -Coping Strategies -Identity, -Relationships LGBTQ+, - Bullying, -Prejudice, -Money, - Internet Safety	CYCLE A -Self Expression -Mental Well –being -Resilience -Coping Strategies -Balanced Diet, Exercise, Healthy Eating -Asthma, -First Aid, -PEGI ratings -Diversity, -Body and body image -Friendships, Big Talk – RSE (Relationship Sex Education)	CYCLE B -Self Expression -Mental Well –being -Resilience -Coping Strategies -Online Safety -British Values, Big Talk – RSE (Relationship Sex Education)
	RSE curriculum -Big Talk (delivered by trained representatives)					