

Coverage for PSE and RSHE Long-term plan to include statutory requirements for Relationships Education and Health Education

	Autumn 1 Me and my Relationships	Autumn 2 Valuing Differences	Spring 1 Keeping Myself Safe	Spring 2 Rights and Responsibilities	Summer 1 Being my Best	Summer 2 Growing and Changing
EYFS	<ul style="list-style-type: none"> • What makes me special • People close to me • Getting help 	<ul style="list-style-type: none"> • Similarities and differences • Celebrating differences • Showing kindness 	<ul style="list-style-type: none"> • Keeping my body safe • Safe secrets and touches • People who help to keep us safe 	<ul style="list-style-type: none"> • Looking after things: friends, environment, money 	<ul style="list-style-type: none"> • Keeping my body healthy~ food, exercise, sleep • Growth Mindset 	<ul style="list-style-type: none"> • Cycles • Life cycles
Y1	<ul style="list-style-type: none"> • Feelings • Getting help • Classroom rules 	<ul style="list-style-type: none"> • Recognising, valuing and celebrating differences • Developing tolerance and respect 	<ul style="list-style-type: none"> • How our feeling can keep us safe • Keeping healthy • Medicine Safety 	<ul style="list-style-type: none"> • Taking care of things: <ul style="list-style-type: none"> - Myself - My money - My environment 	<ul style="list-style-type: none"> • Growth Mindset • Keeping my body healthy 	<ul style="list-style-type: none"> • Getting help • Becoming independent • My body parts
Y2	<ul style="list-style-type: none"> • Bullying and teasing • Our school rules about bullying • Being a good friend • Feelings/self-regulation 	<ul style="list-style-type: none"> • Being kind and helping others • Listening skills 	<ul style="list-style-type: none"> • Safe and unsafe secrets • Appropriate touch • Medicine Safety 	<ul style="list-style-type: none"> • Cooperation • self-regulation 	<ul style="list-style-type: none"> • Growth Mindset • Looking after my body 	<ul style="list-style-type: none"> • Life cycles • Dealing with loss • Being supportive
Y3	<ul style="list-style-type: none"> • Cooperation • Caring friendships • (includes respectful relationships) 	<ul style="list-style-type: none"> • Recognising and respecting diversity • Being respectful and tolerant 	<ul style="list-style-type: none"> • Managing risk • Drugs and their risks (medicine) • Staying safe online 	<ul style="list-style-type: none"> • Skills we need to develop as we grow up • Helping and being helped 	<ul style="list-style-type: none"> • Keeping myself healthy • Celebrating and developing my skills 	<ul style="list-style-type: none"> • Relationships • Keeping safe
Y4	<ul style="list-style-type: none"> • Recognising feelings • Bullying • Assertive skills 	<ul style="list-style-type: none"> • Recognising and celebrating difference (including religions and cultural differences) • Understanding and challenging stereotypes 	<ul style="list-style-type: none"> • Managing risk, including staying safe online • Norms around use of legal drugs (tobacco and alcohol) 	<ul style="list-style-type: none"> • Making a difference (different ways of helping others or the environment) • Media influence • Decisions about spending money 	<ul style="list-style-type: none"> • Having choices and making decisions about my health • Taking care of my environment 	<ul style="list-style-type: none"> • Body changes during puberty including menstruation • Managing difficult feelings • Relationships including marriage