

<u>Class</u>	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<u>Reception</u>	<p><b><u>Self-Regulation</u></b></p> <ul style="list-style-type: none"> <li>▪ <i>Talk with others to solve conflicts. Help to find solutions to conflicts and rivalries ... fair, agree, turns, together, share</i> <ul style="list-style-type: none"> <li>⇒ How to compromise and negotiate to solve problems</li> <li>⇒ Use □ book talk □ puppets □ real life experiences</li> </ul> </li> <li>▪ Begin to express feelings and consider the feelings of others                             <ul style="list-style-type: none"> <li>⇒ Identify and name emotions ... <i>emotion, lonely, sad/happy, confident, pleased, frightened, angry, confused, disappointed, nervous/worried, excited</i></li> <li>⇒ Link book character’s emotion to own experiences ... <i>expression, mood, feeling/emotion</i></li> </ul> </li> <li>▪ Begin to set own goals and show resilience and perseverance in the face of challenge                             <ul style="list-style-type: none"> <li>⇒ Set a shared goal with a friend</li> </ul> </li> <li>▪ Begin to identify and moderate own feelings socially and emotionally                             <ul style="list-style-type: none"> <li>⇒ Focus on □ keeping <i>calm</i> □ being <i>patient</i> □ waiting for a <i>turn</i> □ <i>sharing</i> □ tidying up after themselves</li> </ul> </li> </ul> <p><b><u>Managing Self</u></b></p>	<p><b><u>Self-Regulation</u></b></p> <ul style="list-style-type: none"> <li>▪ Express feelings and consider the feelings of others</li> <li>▪ Set own goals and show resilience and perseverance in the face of challenge</li> <li>▪ Identify and moderate own feelings socially and emotionally</li> <li>▪ Think about the perspectives of others</li> </ul> <p><b><u>Managing Self</u></b></p> <ul style="list-style-type: none"> <li>▪ Manage own self-care needs</li> <li>▪ Know and talk about the different factors that support their overall health and wellbeing: □ sensible amounts of ‘screen time’ □ having a good sleep routine □ being a safe pedestrian</li> </ul> <p><b><u>Building Relationships</u></b></p> <ul style="list-style-type: none"> <li>▪ See self as a valuable individual</li> <li>▪ Build constructive and respectful relationships</li> </ul>	<p><b><u>Self-Regulation</u></b></p> <ul style="list-style-type: none"> <li>▪ Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</li> <li>▪ Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate</li> <li>▪ Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</li> </ul> <p><b><u>Managing Self</u></b></p> <ul style="list-style-type: none"> <li>▪ Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</li> <li>▪ Explain the reasons for rules, know right from wrong and try to behave accordingly</li> <li>▪ Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> </ul> <p><b><u>Building Relationships</u></b></p>

	<ul style="list-style-type: none"> <li>▪ Manage own self-care needs ... <i>fasten</i> <ul style="list-style-type: none"> <li>⇒ Independent use of □ zips □ buttons □ coats □ shoes</li> </ul> </li> <li>▪ Develop confidence to try new activities and show independence                     <ul style="list-style-type: none"> <li>⇒ Access all types of enhancements (indoors &amp; outdoors)</li> </ul> </li> <li>▪ Know and begin to talk about the different factors that support their overall health and wellbeing:                     <ul style="list-style-type: none"> <li>⇒ Toothbrushing – importance and how ... <i>clean, decay</i></li> <li>⇒ Talk about importance of daily exercise and healthy eating ... <i>exercise, healthy / unhealthy, heartbeat, fit</i></li> </ul> </li> </ul> <p><b>Building Relationships</b></p> <ul style="list-style-type: none"> <li>▪ Begin to see self as a valuable individual                     <ul style="list-style-type: none"> <li>⇒ Describe self, positively ... <i>proud, special, love (use books: 'Happy in Our Skin' &amp; 'My Hair')</i></li> </ul> </li> <li>▪ Begin to build constructive and respectful relationships                     <ul style="list-style-type: none"> <li>⇒ Use social language to develop friendships see</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>▪ Work and play cooperatively and take turns with others</li> <li>▪ Form positive attachments to adults and friendships with peers</li> <li>▪ Show sensitivity to their own and to others' needs.</li> </ul> <p>Continue to see self as a valuable individual</p>
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	<u>Autumn 1</u>	<u>Autumn2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Year 1</u>	<p><b><u>Families and Relationships</u></b>                      1.What is family?                      2.What are friendships?                      5.Friendship problems                      6.Healthy friendships                      7.Gender stereotypes  <b>Vocabulary</b>                      behaviour                      care                      emotions                      family                      feelings                      friend                      friendly                      problem                      stereotype</p>	<p><b><u>Health and Wellbeing</u></b>                      1.Understanding my emotions                      3.Ready for bed                      5.Handwashing and personal hygiene                      6.Sun Safety                      7.Allergies   <b>Vocabulary</b>                      allergy                      emotions                      feelings                      germs                      ill (poorly)                      qualities                      relax</p>	<p><b><u>Safety and the Changing Body</u></b>                      1.Adults in school                      2.Adults outside school                      3.Getting lost                      4.Making an emergency phone call</p>	<p><b><u>Safety and the Changing Body</u></b>                      5. Appropriate contact                      6. Safety with substances                      7.Safety at home                      8.People who help keep us safe   <b>Vocabulary</b>                      accident                      drug                      emergency                      hazards                      medicine                      physical contact                      polite                      respect                      role                      trust</p>	<p><b><u>Citizenship</u></b>                      1.Rules                      4.Similar yet different   <b>Vocabulary</b>                      care                      democracy                      different                      fair                      pet                      responsibility                      rule                      similar                      unique                      vote</p>	<p><b><u>Economic wellbeing</u></b>                      1.What is money?                      4.Saving and spending?   <b>Transition</b>                      Strengths and transition  <b>Vocabulary</b>                      Strengths                      Skills                      Move</p>
<u>Year 2</u>	<p><b><u>Families and Relationships</u></b>                      1.Families offer stability and love                      2. Families are all different                      3.Other people’s feelings                      4.Unhappy friendships</p>	<p><b><u>Health and Wellbeing</u></b>                      3.Relaxation breathing                      4.Steps to success                      5.Developing a Growth mindset                      6. Healthy Diet                      7.Looking after our teeth</p>	<p><b><u>Safety and the Changing Body</u></b>                      3.Secrets and Surprises                      4.Appropriate contact my private parts                      5.Appropriate contact my private parts are private</p>	<p><b><u>Safety and the Changing Body</u></b>                      8.Crossing the road safely                      9.Staying safe with medicine  <b>Vocabulary</b>                      medicine                      pedestrian                      private</p>	<p><b><u>Citizenship</u></b>                      5.Similar yet different my local community                      6.School Council                      7. Giving my opinion  <b>Vocabulary</b>                      election                      environment</p>	<p><b><u>Economic wellbeing</u></b>                      4.Bank cards and accounts                      5.My skills and talents                      6.Everyone is welcome  <b>Vocabulary</b>                      bank account</p>

	<p>5.Manners &amp; courtesy 6.Change and Loss <b><u>Vocabulary</u></b> friendship love manners feelings emotions family stereotype respect</p> <p><b><u>Health and Wellbeing</u></b> 1.Experiencing different emotions 2.Being active</p>	<p><b><u>Vocabulary</u></b> diet exercise goal growth mindset healthy physical activity relaxation skill strengths</p> <p><b><u>Safety and the Changing Body</u></b> 1.Introduction to the internet 2.Communicating Online</p>	<p>6,Respecting personal boundaries 7.Road Safety</p>	<p>secret surprise penis testicles vagina</p> <p><b><u>Citizenship</u></b> 1.Rules beyond school 2.Our school environment 3.Our local environment 4.Job roles in our local community</p>	<p>identity job opinion rule school council volunteer vote</p> <p><b><u>Economic wellbeing</u></b> 1.Where does money come from 2. Exploring needs 3.Exploring wants</p>	<p>debit card diversity electronic equality prioritise skill survive transaction wages want withdraw</p> <p><b><u>Transition</u></b> Transition to Year 3</p>
<p><b><u>Year 3 / 4 Mixed age kapow</u></b></p>	<p><b><u>Families and Relationships</u></b> 1.Setting Groundrules and signposting 2.Friendship issues and bullying 3.The effects of bullying and responsibility of the bystander</p>	<p><b><u>Families and Relationships</u></b> 9.Change and loss bereavement <b><u>Health and Wellbeing</u></b> 1Setting Groundrules and signposting 2.Diet and Dental Health</p>	<p><b><u>Health and Wellbeing</u></b> 7. Communicating my Feelings 8,My Happiness</p> <p><b><u>Safety and the Changing Body</u></b> 1.Be kind online 2.Cyberbullying 3.Share Aware</p>	<p><b><u>Safety and the Changing Body</u></b> 4.Privacy and Secrecy 5.First Aid Bites and stings 6.Choices and Influences <b>7. Emergencies and calling for help(year 3 only)</b></p>	<p><b><u>Citizenship</u></b> 3.Local council and democracy 4. Rules 5.Rights of the child 6 Human Rights</p> <p><b><u>Economic wellbeing</u></b> 1.Spending choices 2. Budgeting</p>	<p><b><u>Economic wellbeing</u></b> 3.Money and emotions 4.Jobs and careers 5.Gender and careers</p> <p><b><u>Transition</u></b> 1.Coping Strategies</p>

	<p>4.Stereotyping Gender 5.Stereotyping age and disability 6.Healthy relationships – boundaries 7.Learning who to trust 8.Respecting Difference</p>	<p>3.Relaxation stretches 4.Wonderful Me 5.My superpowers 6.Celebrating Mistakes</p>		<p><b>7. Introducing puberty (year 4 only)</b></p> <p><b><u>Citizenship</u></b> 1.Recycling Reusing 2.Local Community buildings and groups</p>		
<p><b><u>Year 4/5</u></b> <b><u>Year 5 Kapow</u></b></p>	<p><b><u>Families and Relationships</u></b> 1.Build a friend 2.friendship skills 3.Marriage 4.Respecting myself 5.family life 6.Bullying 7.Stereotyping gender 8.Stereotypes race and religion <b><u>Vocabulary</u></b> attributes bullying bystander cyberbullying marriage secret wedding</p>	<p><b><u>Health and Wellbeing</u></b> 1.Relaxation yoga 2.Importance of rest 3.Embracing Failure 4.Going for Goals 5.Taking responsibility for my feelings 6.Healthy meals 7.Sun Safety <b><u>Vocabulary</u></b> fail goal protect relaxation responsibility steps</p>	<p><b><u>Safety and the Changing Body</u></b> 1.Online friendships 2.Staying safe online 3Puberty 4.Menstruation 5.Emotional changes in puberty YEAR 5 only</p>	<p><b><u>Safety and the Changing Body</u></b> 6.First aid bleeding and head injuries 7.Alcohol drugs and tobacco making decisions <b><u>Vocabulary</u></b> Attraction Bladder Breasts Cervix Clitoris Decision Egg or ova Ejaculation Erection Fallopian tube Friend Influence Labia</p>	<p><b><u>Citizenship</u></b> 5.Pressure groups 6.Parliament <b><u>Vocabulary</u></b> Defendant Environment Freedom of expression Government House of Commons Human rights Judge Jury Member of Parliament (MP) Parliament Pressure group Prime Minister Trial</p>	<p><b><u>Economic wellbeing</u></b> 5.Why challenge workplace stereotypes 6.Finding a suitable career. allocate borrow commitment expenditure impact income loan prioritise repayment risk  <b><u>Transition</u></b> Roles and responsibilities</p>

				<p>Menstruation/period Nipples Ovary/ovaries Private Puberty Pubic hair Scrotum Testicles/testes Vagina Vulva</p> <p><b>Citizenship</b> 1. Breaking the law 2. Rights and responsibilities 3. Protecting the planet 4. Contributing to the community</p>	<p><b>Economic wellbeing</b> 1. How can we make our money stretch further? 2. How should I budget for the week? 3. Borrowing and loaning 4. Risks handling money online</p>	
<b>Year 6</b>	<p><b>Families and Relationships</b> 1. Respect 2. Respectful Relationships 3. Stereotypes attitudes 4. Challenging Stereotypes 5. Resolving Conflicts 6. Change and Loss <b>Vocabulary</b></p>	<p><b>Health and Wellbeing</b> 3. Taking responsibility for my health 4. Technology impact on my health 5. Resilience toolbox 6. Immunisation 7. Good and bad habits</p>	<p><b>Safety and the Changing Body</b> 1. Alcohol 2. Critical Digital Consumers 3. Social media 4. Physical and emotional changes of puberty 5. Conception (parents can withdraw)</p>	<p><b>Safety and the Changing Body</b> 6. Pregnancy and birth (parents can withdraw) 7. First aid choking 8. first aid basic life support <b>Vocabulary</b> Alcohol Bladder Breasts Cervix</p>	<p><b>Citizenship</b> 4. Prejudice and discrimination 5. Valuing Diversity 6. National Democracy <b>Vocabulary</b> Authority Conflict Earn Expectation Grief Grieving</p>	<p><b>Economic wellbeing</b> 4. The risks of gambling 5. Workplace environments 6. Career routes <b>Vocabulary</b> earnings educational requirements expenses gambling</p>

	<p>authority conflict earn expectation grief grieving resolve respect stereotype</p> <p><b><u>Health and Wellbeing</u></b> 1.What can I be 2Relaxation mindfulness</p>	<p>8.Physical health concerns <b><u>Vocabulary</u></b> antibodies growth mindset habit qualities responsibility skill vaccination</p>		<p>Clitoris Conception Cyberbullying Egg or ova Ejaculation Erection Fallopian tube Fertilisation Genitals Internet trolling Labia Menstruation/period Nipples Ovary/ovaries Penis Pregnant Puberty Pubic hair Scrotum Sexual intercourse Sperm Sperm duct Testicles/testes Urethra Uterus Vagina Vaginal opening Voice breaking Vulva Wet dreams Womb</p> <p><b><u>Citizenship</u></b></p>	<p>Protected characteristics Resolve Respect Stereotype</p> <p><b><u>Economic wellbeing</u></b> 1.Navigating feelings about money 2.Keeping money safe 3Imagining our financial future</p>	<p>responsibilities risks safeguard university valuables workplace</p> <p><b><u>Identity</u></b> 1.What is identity 2.Identity and body image</p> <p><b><u>Vocabulary</u></b> Change Identity Images Manipulation Media</p> <p><b><u>Transition</u></b> 1.Dealing with change</p>
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PHSE and RSE Long Term Plan 2023/24

				1. Human Rights 2. Food choices and the environment 3. Caring for others		
<u>Class 8 to follow Yr 3 /4 mixed age</u>						