PSHE & RSE Long Term Plan

This curriculum combines the statutory Pol-Ed RSHE programme with additional coverage for Financial Education, British Values, Citizenship, Democracy, Careers and Personal Development. It is aligned with the statutory RSHE guidance, PSHE Association programme of Study and Ofsted Personal Development expectations.

Relationships - We cover healthy, respectful relationships, personal, family, and professionals, across all stages of life. This includes all statutory relationships content outlined in the 2025 RSHE guidance.
Keeping Safe - This topic area covers lesson themes including the role of emergency services, what can be perceived as anti-social, Criminal exploitation, addiction and much more.
Understanding the law – Our lessons cover key laws to help pupils understand legislation in modern Britain, such as the Equality Act 2010, and explore how aspects of the legal system work, including the age of criminal responsibility. This also supports schools in promoting Fundamental British Values.
Wellbeing - Our lessons help pupils understand how to care for their physical and emotional health, advocate for their well-being, and navigate the changes they'll experience as they grow. All content is fully aligned with the 2025 statutory RSHE guidance.
Safe Zone –E Safety & Digital literacy. **RSE** – Journey in love. **First Aid** – St John's Ambulance. **Prevent** – focusing on skills to resist being pressured into unlawful activity.

Year Group	Autumn	Spring	Summer
Nursery	**Building relationships** **Self-Regulation** **Managing self**	**Building relationships** **Self-Regulation** **Managing self**	**Building relationships** **Self-Regulation** **Managing self**
Reception	PANTS - NSPCC **What can I do if I'm feeling big emotions? (POL ED)** How can I be a good friend? (Pol ED) How Can I make other pupils feel happy? (Pol Ed) How can I play nicely with others? (Pol Ed) How can adults at school help me? (Pol ED) Safe Zone YrR lesson 1 – **Personal information & who can I trust** Safe Zone YrR lesson 2 – **Communicating using the internet.**	**How can I play safely? (Pol ED)** **How can I keep safe at school? (Pol ED)** **How can I keep safe at home? (Pol ED)** **Who are the police and how do the help us? (Pol ED)** Safe Zone YrR lesson 3 – **Identify ways to put information safely on the internet.** Safe Zone YrR lesson 4 – **Self-image/identity/online bullying** **Visit from local police constables** **RSE -The wonder of being special and unique.**	**What are rules? (Pol Ed)** **What are consequences? (Pol ED)** **How can I be a germ buster? (Pol ED)** **How does food help me? (Pol ED)** **How does exercise help me? (Pol ED)** **Safe Zone YrR lesson 6 – finding information safely online.** **Safe Zone YrR lesson 6 – rules to keep us safe at home and online**
Year 1	PANTS – NSPCC How can I make friends? (Pol Ed) What if my friends are making me feel sad? (Pol Ed) How can I be an empathy expert? (Pol Ed) How can I be an ally? (Pol Ed) What makes me special (Pol Ed) What do feelings feel like? (Pol Ed) Safe Zone Yr1 LESSON 2: **Self- Image and Identity**	How can I Keep safe in new places? (Pol Ed) How can I use things at home safely? (Pol Ed) What is private information? (Pol Ed) Who are my trusted adults? (Pol Ed) How can I speak up? (Pol Ed) How can I share my feelings? (Pol Ed) **RSE -We meet god's love in our family** Safe Zone Yr1 LESSON 3: **Managing Online Information** Safe Zone Yr1 LESSON 4: **Privacy and Security**	**How can I be responsible?** (Pol Ed) **What is bullying?** (Pol Ed) **Why is name calling unkind?** (Pol Ed) **What do police do?** (Pol Ed) **What is 999?** (Pol Ed) **Why have different rules in different places?** (Pol Ed) **What can happen when rules are broken** (Pol Ed) **Fact and opinion** Visit to fire station
Year 2	PANTS – NSPCC How are we the same how are we different? (Pol Ed) How can I work with different people? (Pol Ed) What is a family? (Pol Ed) How do I share family worries? (Pol Ed) Why are relationships important? (Pol Ed) How can I deal with change? (Pol Ed) Safe Zone Yr2 LESSON 1: **Self-Image and Identity** Safe Zone Yr2 LESSON 2: **Online Relationships** Safe Zone Yr2 LESSON 3: **Online Reputation** **Right or wrong (Prevent)**	**Why does age matter? (Pol Ed)** **What is the internet? (PolEd)** **How can I keep safe online? (Pol Ed)** What are the risks of video gaming? (Pol Ed) What are the different types of meetings? (Pol ed) What are our private parts? (Pol Ed) **Valuing difference (Prevent)** **How to ask for help?** **RSE -We meet God's love in our community.** Safe Zone Yr2 LESSON 4: **Online Bullying** Safe Zone Yr2 LESSON 5: **Managing Online Information**	What are medicines? (Pol Ed) What is fire safety? (Pol Ed) **What are needs and wants? (Pol Ed)** **What is a job? (Pol Ed)** **What is money? (Pol Ed)** What does It mean to be healthy? (Pol ed) How can I look after my body? (Pol Ed) Why is sleep important? (Pol Ed) What do I need to take a break? (Pol Ed) Safe Zone Yr2 LESSON 6: **Copyright and Ownership** Safe Zone Yr2 LESSON 7: **Privacy and Security**
Year 3	PANTS – NSPCC Who are my key people? (Pol Ed) How should we treat people? (Pol Ed) What can I do when friendships go wrong? (Pol Ed) What do we mean by consent in friendships? (Pol Ed) **RSE - How we live in love?** Safe Zone Yr3 LESSON 1: **Self-Image and Identity** Safe Zone Yr3 LESSON 2: **Online Relationships**	**What are emergency services? (Pol Ed)** **What are emergency situations? (Pol ED)** **What do we mean by risk? (Pol Ed)** **When should I break a secret? (Pol Ed)** What words can I use to talk about my feelings? (Pol Ed) How can I share my worries? (Pol Ed) **Trip to the mosque** Safe Zone Yr3 LESSON 4: **Health, Wellbeing and Lifestyle** Safe Zone Yr3 LESSON 3: **Online Reputation** **Debate Lessons**	**How can I be a responsible citizen? (Pol Ed)** **What is the law and why do we have it? (Pol Ed)** **How do we enforce the law? (Pol Ed)** **What are pupils rights? (Pol Ed)** How can vaccinations support our health? (Pol Ed) What is mental health? (Pol Ed) How can intense feelings feel? What am I good at? (Pol Ed) **Don't be a sheep? (Prevent)** Safe Zone Yr3 LESSON 5: **Privacy and security** Safe Zone Yr3 LESSON 6: **Copyright and ownership**
Year 4	How can we be role models? (Pol Ed) What is a healthy friendship? (Pol Ed) What is peer influence? (Pol Ed) Who makes up my community? (Pol Ed) What are protected characteristics? (Pol Ed) What is diversity? (Pol Ed) What Is discrimination? (Pol Ed) What is hate crime? (Pol Ed) Safe Zone Yr4 LESSON 1: **Online relationships and online bullying** Safe Zone Yr4 LESSON 2: **Health Wellbeing and Lifestyle Debate Lessons**	**How can I keep safe in my local area? (Pol Ed)** **How can I respect my area? (Pol Ed)** **Who do I encounter? (Pol Ed)** **How can we keep safe on the road? (Pol Ed)** **What are hazards at home? (Pol Ed)** **What is first aid? (Pol Ed)** **Asthma** **RSE - God loves us in our differences.** Safe Zone Yr4 LESSON 4: **Self-image and identity** Safe Zone Yr4 LESSON 3: **Online reputation and managing online information.**	How do my choices help me to be healthy? (Pol Ed) What are healthy habits? (Pol Ed) Why is food fuel? (Pol Ed) How can I be a hygiene hero? (Pol Ed) What is my body trying to tell me? (Pol Ed) How does school build my character? (Pol Ed) What can I be? (Pol Ed) **Building Courage and Resilience (Prevent)** Safe Zone Yr4 LESSON 5: **copyright and ownership** Safe Zone Yr4 LESSON 6: **Privacy and Security**
Year 5	How can my adult relationship affect my relationship? (Pol Ed) Why are special people important? (Pol Ed) How do rules help our community? (Pol Ed) What are my personal boundaries? (Pol Ed) What is peer pressure? (Pol Ed) What are online friendships? (Pol Ed) What is grooming? (Pol Ed) How do words have power? (Pol Ed) Safe Zone Yr5 LESSON 1: **Privacy and Security** **Debate Lessons**	What are risks with money? (Pol Ed) What is gambling? (Pol Ed) How can we keep our things safe? (Pol Ed) How can we use our phones sensibly? (Pol Ed) What can and can't I do on the internet? (Pol Ed) What is media literacy? (Pol Ed) What are deep fakes? (Pol Ed) What is media influence? (Pol Ed) How do I know about drugs? (Pol Ed) Safe Zone Yr5 LESSON 2: **Self-Image and Identity** Safe Zone Yr5 LESSON 3: **Online reputation and managing online information.**	What is my personal identity? (Pol Ed) **RSE - God loves us in our changing and development.** How might being online impact the way I feel? (Pol Ed) How might my activity levels impact the way I feel? (Pol Ed) How might school impact the way I feel? (Pol Ed) How can drugs and alcohol make people feel? (Pol Ed) **Basic life support** **Bleeding** **Extreme reactions (Prevent)** Safe Zone Yr5 LESSON 4: **Health, Wellbeing and Lifestyle** Safe Zone Yr5 LESSON 6: **Online relationship and online bullying**

Year 6	**Debate Lessons** **What is a debate? (Pol Ed)** **How can we respect different relationships? (Pol Ed)** **What does the law say about marriage? (Pol Ed)** **How can we be allies against racism? (Pol Ed)** **How can we challenge sexism? (Pol Ed)** **What is my relationship with authority? (Pol Ed)** Safe Zone Yr6 LESSON 1: **Online reputation and managing online information** Safe Zone Yr6 LESSON 2: **Online relationship and online bullying**	Why does social media have age restrictions? (Pol Ed) How is my data shared? (Pol Ed) What is spiking? (Pol Ed) What does the law say about drugs? (Pol Ed) What is the issue with addiction? (Pol Ed) What different types of crime are there? (Pol Ed) What is anti social behaviour? (Pol Ed) What is a weapon? (Pol Ed) What is shop theft? (Pol Ed) Safe Zone Yr6 LESSON 3: **Self-Image and Identity** Safe Zone Yr6 LESSON 4: **Health, Wellbeing and Lifestyle**	How can I manage moving to secondary school positively? (Pol Ed) How can I get ready for secondary relationships? (Pol Ed) What does adulthood look like? (Pol Ed) How can I reframe my thinking? (Pol Ed) What is grief? (Pol Ed) How can I seek support for my mental health? (Pol Ed) **Basic Life Support – including choking** **Vulnerability (Prevent)** Safe Zone Yr6 LESSON 6: **copyright and ownership** Safe Zone Yr6 LESSON 5: **Privacy and security** **RSE - The wonder of God's love in creating new life**

Identifying Sexual harassment is taught from EYFS you will see this strand runs through in the positive relationships that our children are taught about. Relationships modelled by staff and members of our community. In Y5 children will learn about how to ensure you make the best choices when online and feel peer pressure (Send me a selfie). In Y6 the children will directly tackle the issue of Child-on-child abuse