**Long Term Plan for PSHE and RSHE**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **FS1** | Self-regulation/ Managing self / Building relationships | Self-regulation/ Managing self / Building relationships | Self-regulation/ Managing self / Building relationships |
| **FS2** | Self-regulation: My feelings | Building relationships: Special relationships | Managing self: Taking on challenges | Self-regulation: Listening and following instructions | Building relationships: My family and friends | Managing self – My wellbeing |
| **Year 1** | Introduction lesson to Year 1Families and Relationships | Families and RelationshipsHealth and Wellbeing | Health and WellbeingSafety and the changing body | Safety and the changing bodyCitizenship | CitizenshipEconomic Wellbeing | Economic WellbeingTransition lesson to Year 2 |
| **Year 2** | Introduction lesson to Year 2Families and Relationships | Families and RelationshipsHealth and Wellbeing | Health and WellbeingSafety and the changing body | Safety and the changing bodyCitizenship | Citizenship | Economic WellbeingTransition lesson to Year 3 |
| **Year 3** | Introduction lesson to Year 3Families and Relationships | Families and RelationshipsHealth and Wellbeing | Health and WellbeingSafety and the changing body | Safety and the changing bodyCitizenship | Citizenship | Economic WellbeingTransition lesson to Year 4 |
| **Year 4** | Introduction lesson to Year 4Families and Relationships | Families and RelationshipsHealth and Wellbeing | Health and WellbeingSafety and the changing body | Safety and the changing bodyCitizenship | Citizenship | CitizenshipEconomic WellbeingTransition lesson to Year 5 |
| **Year 5** | Introduction lesson to Year 5Families and Relationships | Families and RelationshipsHealth and Wellbeing | Health and WellbeingSafety and the changing body | Safety and the changing bodyCitizenship | CitizenshipEconomic Wellbeing | Economic WellbeingTransition lesson: Roles and responsibilities |
| **Year 6** | Introduction lesson to Year 6Families and Relationships | Health and Wellbeing | Health and WellbeingSafety and the changing body | Safety and the changing bodyCitizenship | CitizenshipEconomic Wellbeing | Economic WellbeingIdentityTransition lesson: Dealing with change |

**Careers**

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| **Families and Relationships** | You could become a relationship therapist or a family worker.  |
| **Health and Wellbeing** | You could become a nurse. You could become a dietician. You could become a trainer or PE teacher. You could become a psychologist or a counsellor.  |
| **Safety and the changing body** | You could become a doctor. You could become a nurse or a paramedic. You could work for the police or fire service. You could work in Internet security. |
| **Citizenship** | You could become a judge. You could work for the police. You could become an MP. |
| **Economic Wellbeing** | You could become an accountant. You could work in a bank. |
| **Identity** | You could become a psychologist or a councillor. |