



Long Term Plan for PSHE and RSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS1	People and Communities	Making Relationships	Self-Confidence	Self-Awareness	Health and self-care	Managing feelings and behaviour
FS2	People and Communities	Making Relationships	Self-Confidence	Self-Awareness	Health and self-care	Managing feelings and behaviour
Year 1	Introduction lesson to Year 1 Families and Relationships	Families and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship Economic Wellbeing	Economic Wellbeing Transition lesson to Year 2
Year 2	Introduction lesson to Year 2 Families and Relationships	Families and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship	Economic Wellbeing Transition lesson to Year 3
Year 3	Introduction lesson to Year 3 Families and Relationships	Families and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship	Economic Wellbeing Transition lesson to Year 4
Year 4	Introduction lesson to Year 4 Families and Relationships	Families and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship	Citizenship Economic Wellbeing Transition lesson to Year 5
Year 5	Introduction lesson to Year 5 Families and Relationships	Families and Relationships Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship Economic Wellbeing	Economic Wellbeing Transition lesson: Roles and responsibilities
Year 6	Introduction lesson to Year 6 Families and Relationships	Health and Wellbeing	Health and Wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship Economic Wellbeing	Economic Wellbeing Identity Transition lesson: Dealing with change