

Long Term Plan for PSHE and RSHE

	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 1 Wellbeing	Families and Relationships	Health and Wellbeing	Safety and the changing body	Citizenship	Economic Wellbeing Transition lesson to Year 2
Year 2	Introduction lesson to Year 2 Wellbeing	Families and Relationships	Health and Wellbeing	Safety and the changing body	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

Careers

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.