

Wellesley Park Primary School Long Term Plan

Subject: RSHE

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and my relationships	Valuing Differences	Keeping myself safe	Rights and Responsibilities	Doing my best	Growing and Changing
FS	<p>All about me</p> <p>What makes me special?</p> <p>Me and my special people</p> <p>Who can help me?</p> <p>My feelings</p>	<p>I'm special, you're special</p> <p>Same and different families</p> <p>Same and different homes</p> <p>How to be Kind and caring</p>	<p>What's safe to go onto my body</p> <p>What's safe to go into my body (including medicines)</p> <p>How to keep safe indoors and outdoors</p> <p>Listening to my feelings</p> <p>Keeping safe online</p> <p>People who help to keep me safe</p>	<p>Caring for families</p> <p>Looking after my friends</p> <p>Being helpful at home and caring for our classroom</p> <p>Caring for our world</p> <p>Looking after money (saving, spending, using, keeping it safe)</p>	<p>Bouncing back when things go wrong</p> <p>Resilience</p> <p>Healthy eating</p> <p>Exercise</p> <p>A good night's sleep</p>	<p>Seasons</p> <p>Life stages - plants, animals, humans</p> <p>Life Stages: Human life stage - who will I be?</p> <p>Where do babies come from? (Mummy's tummy, seed/sperm from daddy/man)</p> <p>Adoption</p> <p>Getting bigger/Growing</p> <p>Me and my body - girls and boys (private parts, correct words – penis/testicles, vagina/vulva) Why are boys' and girls' bodies different?</p> <p>Why are parts of our body private? (NSPCC Pants)</p>

1	<p>Why we have classroom rules</p> <p>Thinking about feelings Our feelings</p> <p>Feelings and bodies – how we feel if we're hurt inside and out</p> <p>Our special people/groups we belong to</p> <p>Good friends – what are they and how to be one</p> <p>How are you listening? – listening carefully</p>	<p>How people are the same and different</p> <p>Unkind, tease or bully? Why we have rules?</p> <p>Who are our special people?</p> <p>Fairness – what does it mean?</p>	<p>What can we do to stay healthy?</p> <p>Super sleep, bedtime routines, feelings with little sleep</p> <p>Help for different situations and feelings</p> <p>Dealing with loss</p> <p>Good v bad medicines</p> <p>Good or bad touches? Underwear rules</p>	<p>Healthy lifestyles</p> <p>Looking after our environment</p> <p>Sharing and looking after things</p> <p>What is money?</p> <p>How should we look after our money?</p> <p>Basic first aid</p>	<p>Inside my wonderful body! (Our ribs, heart, lungs, oxygen, stomach, muscles, intestines...)</p> <p>Taking care of a baby – caring and changing</p> <p>Then and now – changes to us since we were babies</p> <p>Bullying and what it is</p> <p>Surprises and secrets – how they make us feel</p> <p>Keeping privates private – going to the toilet</p>	<p>Healthy eating</p> <p>Germs - Catch it! Bin it! Kill it!</p> <p>Learning to ride a bike – learning new things</p> <p>How to have positive relationships</p> <p>How our behaviour affects other people and us</p>
2	<p>Rules and Laws</p> <p>Feelings and Positive relationships</p> <p>Bullying or teasing?</p> <p>Types of bullying</p> <p>Being a good friend</p>	<p>Respect and Diversity</p> <p>Building self-esteem</p> <p>How we make others feel</p> <p>My special people</p> <p>Tolerance</p> <p>Kindness</p>	<p>Medicines and drugs</p> <p>Legal and illegal substances, smoking and alcohol</p> <p>How to feel safe</p> <p>Underwear rules – NSPCC</p> <p>Touches v unwanted</p>	<p>Getting on with others</p> <p>Anger management</p> <p>Feeling safe and how to ask for help</p> <p>How can we look after our environment?</p> <p>Money and choices</p>	<p>Stages of learning</p> <p>Choices we can make and choices which others make for you</p> <p>How germs spread, vaccinations</p> <p>Dental hygiene</p>	<p>Basic First Aid</p> <p>Dealing with loss – feelings and resilience</p> <p>Different stages of growth – baby, toddler, child, teenager, adult</p> <p>Parts of the body which are private</p>

			<p>touches, how to say no</p> <p>Keep a secret or tell</p>	<p>Money and responsibility</p>	<p>Major body parts – lungs, heart, blood, stomach, small and large intestine</p>	<p>Privacy, other people’s belongings, information</p>
3	<p>Rules and laws in different settings</p> <p>Pets, change, loss, bereavement</p> <p>Special relationships</p> <p>How can we solve this problem?</p> <p>Risk-taking and dares</p> <p>Different points of view, opinions</p> <p>Friends are special</p>	<p>Family and friends</p> <p>My community</p> <p>Respect and challenge</p> <p>Our friends and neighbours</p> <p>Let's celebrate our differences</p>	<p>Safe or unsafe situations</p> <p>Danger or risk? The difference</p> <p>Alcohol and cigarettes: the facts</p> <p>Online safety!</p> <p>How to assess risks</p> <p>Help or harm?</p>	<p>Our helpful volunteers</p> <p>Helping each other to stay safe</p> <p>Difference between facts and opinion</p> <p>Looking after the school environment</p> <p>Money – income, saving, spending, earning</p>	<p>Healthy eating</p> <p>Medicines, infections and hygiene</p> <p>For or against? debates</p> <p>I am fantastic!</p> <p>Achievement</p> <p>Collaboration</p> <p>Achievement, talent and self-esteem</p>	<p>Different types of relationships</p> <p>Body space – what it means. Safe and unsafe secrets</p> <p>My changing body</p> <p>Basic first aid</p>
4	<p>Feelings – how they affect our physical state</p> <p>Positive healthy relationships</p> <p>Collaboration and teamwork</p> <p>Different feelings</p> <p>When feelings change</p> <p>Peer pressure</p>	<p>Negotiation and compromise</p> <p>Protecting own body space</p> <p>Friend or acquaintance?</p> <p>Differences – race, gender, religion</p> <p>The people we share our world with</p> <p>That is such a stereotype!</p>	<p>Danger, risk or hazard?</p> <p>Images which are safe/unsafe to share online</p> <p>What the word ‘dare’ means</p> <p>Medicines: check the label</p> <p>Risks of smoking and alcohol</p> <p>Keeping ourselves safe</p>	<p>Who helps us stay healthy and safe?</p> <p>Rights and Responsibilities</p> <p>Reasons we have rules</p> <p>In the news! What the word ‘influence’ means</p> <p>Bullying</p> <p>Income, expenditure and taxes?</p>	<p>What makes me ME!</p> <p>Making choices</p> <p>Healthy lifestyles</p> <p>Recycling and the environment</p> <p>My school community</p> <p>Basic first aid</p>	<p>Moving house</p> <p>My feelings are all over the place!</p> <p>All change!</p> <p>Period positive</p> <p>Secret or surprise?</p> <p>Marriage, LGBT</p>

			Pressures on people			
5	Collaboration Negotiation and compromise How good a friend are you? Relationship cake recipe Being assertive Our emotional needs Communication	Qualities of friendship Kind conversations Happy being me Different groups in the community Is it true? What we see online Consequences of positive and negative behaviour on others	What are habits? Positive and negative risks Spot bullying Dares and definitions Decision dilemmas Would you...? Drugs: true or false? Smoking: what is normal? Would you risk it?	The media – health and well-being Fact or opinion? Rights, responsibilities and duties Voluntary, community and pressure (action) groups Spending wisely Local councils	Getting fit The 4 systems in our bodies Our strengths and talents My school community Independence and responsibility Star qualities which ordinary people have vs celebrities Basic first aid	How are they feeling? The intensity of different feelings Taking notice of our feelings Separation Changing bodies and feelings Growing up and changing bodies It could happen to anyone Help! I'm a teenager - get me out of here! stereotypes
6	Collaboration Let's negotiate Solve the friendship problem Assertiveness skills Behaviour and peer group dynamics Consequences of reacting to others in a positive or negative way	OK to be different We have more in common than not Respecting differences Tolerance and respect for others Friend vs acquaintance Boys will be boys? - challenging gender stereotypes	Think before you click! Safe behaviours when online To share or not to share? Photos, films, sexual images Addiction – form of behaviour Humans have basic emotional needs	Two sides to every story Fakebook friends Benefits of saving money Jobs and taxes Voluntary, community, Pressure (action) groups Project Pitch - campaigns Living in a sustainable way	Five Ways to Wellbeing project Aspirational goals Health and well-being presentations with suggestions Risk taking and emotional risks Assessing risk to keep safe	Helpful or unhelpful? Managing change Bullying and body image Media manipulation – gender stereotypes Pressure online Is this normal? Puberty, FGM, personal safety Safe vs unsafe secrets

	<p>Don't force me – marriage, commitment</p> <p>Acting appropriately</p> <p>Strategies for keeping personal information safe online/safe and respectful behaviours online</p>		<p>What sort of drug is...?</p> <p>Drugs: it's the law!</p> <p>Alcohol: what is normal?</p>	<p>Democracy in Britain 1 – Elections</p> <p>Democracy in Britain 2 - How (most) laws are made</p>	<p>Basic first aid</p>	<p>Making babies – changes that happen during puberty, how sperm can fertilise an egg (different ways)</p> <p>Legal age of consent and what it means</p> <p>What is HIV?</p>
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