



Long Term Plan: PSHE (including Relationships Education and Health Education)



Year A 2021 - 2022	Whole School Theme	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Beginning and Belonging	Objectives are covered on an on-going basis over the course of the year. See 'P.S.H.E. in the Early Years' and 'R.E. in the Early Years' planning documents for further details.	Myself and My Relationships – Beginning and Belonging		Myself and My Relationships – Beginning and Belonging		Myself and My Relationships – Beginning and Belonging	
Autumn 2	Family and Friendships	Myself and My Relationships: <ul style="list-style-type: none"> Beginning and Belonging; My Family and Friends (incl. anti-bullying); My Emotions. 	Myself and My Relationships – My Family and Friends *Myself and My Relationships – Anti-bullying		Myself and My Relationships – My Family and Friends *Myself and My Relationships – Anti-bullying		Myself and My Relationships – My Family and Friends *Myself and My Relationships – Anti-bullying	
Spring 1	All About Money	Healthy and Safer Lifestyles: <ul style="list-style-type: none"> Healthy Lifestyles; Keeping Safe (including E-Safety). 	Economic Wellbeing – Financial Capability Healthy and Safer Lifestyles – *Digital Lifestyles <i>(also see the computing curriculum for 'e-safety' content)</i>		Economic Wellbeing – Financial Capability Healthy and Safer Lifestyles – *Digital Lifestyles <i>(also see the computing curriculum for 'e-safety' content)</i>		Economic Wellbeing – Financial Capability Healthy and Safer Lifestyles – *Digital Lifestyles <i>(also see the computing curriculum for 'e-safety' content)</i>	
Spring 2	Me and my Community	Citizenship: <ul style="list-style-type: none"> Identities and Diversity; Me and My World. 		Citizenship – Diversity and Communities		Citizenship – Diversity and Communities		Citizenship – Diversity and Communities
Summer 1	Keeping Safe		Healthy and Safer Lifestyles – Drug Education Healthy and Safer Lifestyles – Personal Safety		Healthy and Safer Lifestyles – Drug Education Healthy and Safer Lifestyles – Personal Safety		Healthy and Safer Lifestyles – Drug Education Healthy and Safer Lifestyles – Personal Safety	
Summer 2	Changes		Healthy and Safer Lifestyles – *Relationships and Sex Education		Healthy and Safer Lifestyles – *Relationships and Sex Education		Healthy and Safer Lifestyles – *Relationships and Sex Education	

* These units are repeated every year in all year groups.



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Year B 2020 – 2021 (and 2022 – 2023)	Whole School Theme	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Beginning and Belonging	Objectives are covered on an on-going basis over the course of the year. See 'P.S.H.E. in the Early Years' and 'R.E. in the Early Years' planning documents for further details. Myself and My Relationships: <ul style="list-style-type: none"> • Beginning and Belonging; • My Family and Friends (incl. anti- bullying); • My Emotions. Healthy and Safer Lifestyles: <ul style="list-style-type: none"> • Healthy Lifestyles; • Keeping Safe (including E- Safety). Citizenship: <ul style="list-style-type: none"> • Identities and Diversity; • Me and My World. 	Citizenship – Rights, Rules and Responsibilities		Citizenship – Rights, Rules and Responsibilities		Citizenship – Rights, Rules and Responsibilities	
Autumn 2	Feelings and Friendships		Myself and My Relationships – My Emotions *Myself and My Relationships – Anti-bullying		Myself and My Relationships – My Emotions *Myself and My Relationships – Anti-bullying		Myself and My Relationships – My Emotions *Myself and My Relationships – Anti-bullying	
Spring 1	Working Together		Citizenship – Working Together Healthy and Safer Lifestyles – *Digital Lifestyles <i>(also see the computing curriculum for 'e-safety' content)</i>		Citizenship – Working Together Healthy and Safer Lifestyles – *Digital Lifestyles <i>(also see the computing curriculum for 'e-safety' content)</i>		Citizenship – Working Together Healthy and Safer Lifestyles – *Digital Lifestyles <i>(also see the computing curriculum for 'e-safety' content)</i>	
Spring 2	Keeping Safe		Healthy and Safer Lifestyles – Managing Safety and Risk		Healthy and Safer Lifestyles – Managing Safety and Risk		Healthy and Safer Lifestyles – Managing Safety and Risk	
Summer 1	Changes		Myself and My Relationships – Managing Change		Myself and My Relationships – Managing Change		Myself and My Relationships – Managing Change	
Summer 2	Changes		Healthy and Safer Lifestyles – *Relationships and Sex Education		Healthy and Safer Lifestyles – *Relationships and Sex Education		Healthy and Safer Lifestyles – *Relationships and Sex Education	

* These units are repeated every year in all year groups.