



# London Colney Long Term Subject Plan - PSHE/RSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<u>Being Me In My World</u> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities.	<u>Celebrating Differences</u> Identifying talents Being special Families Where we live Making friends Standing up for yourself	<u>Dreams and Goals</u> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	<u>Healthy Me</u> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	<u>Relationships</u> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	<u>Changing Me</u> Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Reception	<u>Being Me In My World</u> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	<u>Celebrating Differences</u> Identifying talents Being special Families Where we live Making friends Standing up for yourself	<u>Dreams and Goals</u> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	<u>Healthy Me</u> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	<u>Relationships</u> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	<u>Changing Me</u> Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations

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Year 1	<u>Being Me In My World</u>	<u>Celebrating Differences</u>	<u>Dreams and Goals</u>	<u>Healthy Me</u>	<u>Relationships</u>	<u>Changing Me</u>
Year 2	<u>Being Me In My World</u>  Hopes and fears for the year	<u>Celebrating Differences</u>  Assumptions and stereotypes about gender	<u>Dreams and Goals</u>  Achieving realistic goals	<u>Healthy Me</u>  Motivation Healthier choices Relaxation	<u>Relationships</u>  Different types of family	<u>Changing Me</u>  Life cycles in nature Growing from young to old Increasing

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	<p>Rights and responsibilities</p> <p>Rewards and consequences</p> <p>Safe and fair learning environment</p> <p>Valuing contributions</p> <p>Choices</p> <p>Recognising feelings</p>	<p>Understanding bullying</p> <p>Standing up for self and others</p> <p>Making new friends</p> <p>Diversity</p> <p>Celebrating difference and remaining friends</p>	<p>Perseverance</p> <p>Learning strengths</p> <p>Learning with others</p> <p>Group co-operation</p> <p>Contributing to and sharing success</p>	<p>Healthy eating and nutrition</p> <p>Healthier snacks and sharing food</p>	<p>Physical contact boundaries</p> <p>Friendship and conflict</p> <p>Secrets</p> <p>Trust and appreciation</p> <p>Expressing appreciation for special relationships</p>	<p>independence</p> <p>Differences in female and male bodies (correct terminology)</p> <p>Assertiveness</p> <p>Preparing for transition</p>
Year 3	<p><u>Being Me In My World</u></p> <p>Setting personal goals</p> <p>Self-identity and worth</p> <p>Positivity in challenges</p>	<p><u>Celebrating Differences</u></p> <p>Families and their differences</p> <p>Family conflict and how to manage it (child-centred)</p> <p>Witnessing bullying and how</p>	<p><u>Dreams and Goals</u></p> <p>Difficult challenges and achieving success</p> <p>Dreams and ambitions</p> <p>New challenges</p> <p>Motivation and</p>	<p><u>Healthy Me</u></p> <p>Exercise</p> <p>Fitness challenges</p> <p>Food labelling and healthy swaps</p> <p>Attitudes towards drugs</p>	<p><u>Relationships</u></p> <p>Family roles and responsibilities</p> <p>Friendship and negotiation</p> <p>Keeping safe online and who to go to for help</p>	<p><u>Changing Me</u></p> <p>How babies grow</p> <p>Understanding a baby's needs</p> <p>Outside body changes</p> <p>Inside body changes</p>

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	<p>Rules, rights and responsibilities</p> <p>Rewards and consequences</p> <p>Responsible choices</p> <p>Seeing things from others' perspectives</p>	<p>to solve it</p> <p>Recognising how words can be hurtful</p> <p>Giving and receiving compliments</p>	<p>enthusiasm</p> <p>Recognising and trying to overcome obstacles</p> <p>Evaluating learning processes</p> <p>Managing feelings</p> <p>Simple budgeting</p>	<p>Keeping safe and why it's important online and offline scenarios</p> <p>Respect for myself and others</p> <p>Healthy and safe choices</p>	<p>Being a global citizen</p> <p>Being aware of how my choices affect others</p> <p>Awareness of how other children have different lives</p> <p>Expressing appreciation for family and friends</p>	<p>Family stereotypes</p> <p>Challenging my ideas</p> <p>Preparing for transition</p>
Year 4	<p><u>Being Me In My World</u></p> <p>Being part of a class team</p> <p>Being a school citizen</p> <p>Rights, responsibilities and democracy (school council)</p> <p>Rewards and consequences</p>	<p><u>Celebrating Differences</u></p> <p>Challenging assumptions</p> <p>Judging by appearance</p> <p>Accepting self and others</p> <p>Understanding influences</p> <p>Understanding bullying</p>	<p><u>Dreams and Goals</u></p> <p>Hopes and dreams</p> <p>Overcoming disappointment</p> <p>Creating new, realistic dreams</p> <p>Achieving goals</p> <p>Working in a group</p> <p>Celebrating contributions</p> <p>Resilience</p> <p>Positive attitudes</p>	<p><u>Healthy Me</u></p> <p>Healthier friendships</p> <p>Group dynamics</p> <p>Smoking</p> <p>Alcohol and vaping</p> <p>Assertiveness</p> <p>Peer pressure</p> <p>Celebrating inner strength</p>	<p><u>Relationships</u></p> <p>Jealousy</p> <p>Love and loss</p> <p>Memories of loved ones</p> <p>Getting and Falling Out</p> <p>Girlfriends and Boyfriends</p> <p>Showing appreciation to people and animals</p>	<p><u>Changing Me</u></p> <p>Being unique</p> <p>Having a baby</p> <p>Girls and puberty</p> <p>Confidence in change</p> <p>Accepting change</p> <p>Preparing for transition</p> <p>Environmental change</p>

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	<p>Group decision-making</p> <p>Having a voice</p> <p>What motivates behaviour</p>	<p>Problem-solving</p> <p>Identifying how special and unique everyone is</p> <p>First impressions</p>				
Year 5	<p><u>Being Me In My World</u></p> <p>Planning the year ahead</p> <p>Being a citizen</p> <p>Rights and responsibilities</p> <p>Rewards and consequences</p> <p>How behaviour affects groups</p> <p>Democracy, having a voice, participating</p>	<p><u>Celebrating Differences</u></p> <p>Cultural differences and how they can cause conflict</p> <p>Racism</p> <p>Rumours and name-calling</p> <p>Types of bullying</p> <p>Materials wealth and happiness</p> <p>Enjoying and respecting other cultures</p>	<p><u>Dreams and Goals</u></p> <p>Future dreams</p> <p>The importance of money</p> <p>Jobs and careers</p> <p>Dream job and how to get there</p> <p>Goals in different cultures</p> <p>Supporting others (charity)</p> <p>Motivation</p>	<p><u>Healthy Me</u></p> <p>Smoking including vaping</p> <p>Alcohol and vaping</p> <p>Alcohol and anti-social behaviour</p> <p>Emergency aid</p> <p>Body image</p> <p>Relationships with food</p> <p>Healthy choices</p> <p>Motivation and behaviour</p>	<p><u>Relationships</u></p> <p>Self-recognition and self-worth</p> <p>Building self-esteem</p> <p>Safer online communities</p> <p>Rights and responsibilities online</p> <p>Online gaming and gambling</p> <p>Reducing screen time</p> <p>Dangers of online grooming SMARTT</p>	<p><u>Changing Me</u></p> <p>Self- and body image</p> <p>Influence of online and media on body image</p> <p>Puberty for girls</p> <p>Puberty for boys</p> <p>Conception (including IVF)</p> <p>Growing responsibility</p> <p>Coping with change</p> <p>Preparing for transition</p>

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					internet safety rules	
Year 6	<u>Being Me In My World</u>  Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	<u>Celebrating Differences</u>  Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	<u>Dreams and Goals</u>  Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	<u>Healthy Me</u>  Taking personal responsibility How substances affect the body Exploitation including 'county lines and gang culture Emotional and mental health Managing stress	<u>Relationships</u>  Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	<u>Changing Me</u>  Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition

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