London Colney Long Term Subject Plan - PSHE/RSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	**Being Me In My World** Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities.	**Celebrating Differences** Identifying talents Being special Families Where we live Making friends Standing up for yourself	**Dreams and Goals** Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals	**Healthy Me** Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	**Relationships** Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	**Changing Me** Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Reception	**Being Me In My World** Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	**Celebrating Differences** Identifying talents Being special Families Where we live Making friends Standing up for yourself	**Dreams and Goals** Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	**Healthy Me** Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	**Relationships** Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	**Changing Me** Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	**Being Me In My World** Feeling special and safe Being part of a class	**Celebrating Differences** Similarities and differences Understanding	**Dreams and Goals** Setting goals Identifying successes and achievements Learning styles	**Healthy Me** Keeping myself healthy Healthier lifestyle choices	**Relationships** Belonging to a family Making friends/being a good friend	**Changing Me** Life cycles - animal and human Changes in me Changes since being a baby

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	Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness	Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Year 2	<u>Being Me In My World</u> Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices_Recognising feelings	<u>Celebrating Differences</u> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Diversity Celebrating difference and remaining friends	<u>Dreams and Goals</u> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	<u>Healthy Me</u> Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	<u>Relationships</u> Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	<u>Changing Me</u> Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition

London Colney Long Term Subject Plan - PSHE/RSHE

Year 3	**Being Me In My World** Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	**Celebrating Differences** Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	**Dreams and Goals** Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	**Healthy Me** Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices	**Relationships** Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	**Changing Me** How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
Year 4	**Being Me In My World** Being part of a class team Being a school citizen Rights, responsibilities and	**Celebrating Differences** Challenging assumptions Judging by appearance Accepting self and others Understanding influences	**Dreams and Goals** Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating	**Healthy Me** Healthier friendships Group dynamics Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	**Relationships** Jealousy Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing	**Changing Me** Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition

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

London Colney Long Term Subject Plan - PSHE/RSHE

Year 6	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
	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	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation including 'county lines and gang culture Emotional and mental health Managing stress	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	Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition