

RSHE Long Term Plan

Year/Term	Autumn 1: Me and my relationships	Autumn 2: Valuing differences	Spring 1: Keeping myself safe	Spring 2: Rights and Responsibilities	Summer 1: Being My Best	Summer 2: Growing and Changing
	<p style="text-align: center;">ELG 3. Self-Regulation</p> <p style="text-align: center;">Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;</p> <p style="text-align: center;">Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;</p> <p style="text-align: center;">Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions</p> <p style="text-align: center;">ELG 4. Managing Self</p> <p style="text-align: center;">Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; Explain the reasons for rules, know right from wrong and try to behave accordingly;</p> <p style="text-align: center;">Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p style="text-align: center;">ELG 5. Building Relationships</p> <p style="text-align: center;">Work and play cooperatively and take turns with others; Form positive attachments to adults and friendships with peers;</p> <p style="text-align: center;">Show sensitivity to their own and to others' needs</p>					
EYFS	<p>What makes me special?</p> <p>JIL – God loves each of us in our uniqueness (Social and Emotional)</p> <p>People close to me</p> <p>Getting help</p>	<p>Similarities and differences</p> <p>JIL – God loves each of us in our uniqueness (physical)</p> <p>Celebrating differences</p> <p>Showing kindness</p>	<p>Keeping my body safe</p> <p>Safe secrets and touches</p> <p>People who help to keep us safe</p>	<p>Looking after things: friends, environment, money</p>	<p>Keeping my body health – food, exercise, sleep</p> <p>Growth mindset</p>	<p>Cycles</p> <p>Life stages</p>

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1	<p>Feelings</p> <p>Getting help</p> <p>Classroom rules</p> <p>JIL – We meet God’s love in our family (Social and emotional)</p>	<p>Recognising, valuing and celebrating differences</p> <p>Developing tolerance and respect</p>	<p>How our feelings can keep us safe</p> <p>Keeping healthy</p> <p>Medicine safety</p>	<p>Taking care of things: Myself Money Environment</p>	<p>Growth mindset</p> <p>Keeping my body healthy</p>	<p>Getting help</p> <p>Becoming independent</p> <p>My body parts JIL – God loves each of us in our uniqueness (Physical)</p>
2	<p>Bullying and teasing</p> <p>Our school rules about bullying</p> <p>Being a good friend</p> <p>Feelings/self-regulation</p>	<p>Being kind and helping others JIL – We meet God’s love in the community (social and emotional)</p> <p>Listening skills</p>	<p>Safe and unsafe secrets</p> <p>Appropriate touch JIL – God loves each of us in our uniqueness (physical)</p> <p>Medicine safety</p>	<p>Cooperation</p> <p>Self-regulation</p>	<p>Growth mindset</p> <p>Looking after my body</p>	<p>Life cycles</p> <p>Dealing with loss</p> <p>Being supportive</p>
3	<p>Cooperation</p> <p>Caring friendships JIL – How we live in love (social and</p>	<p>Recognising and respecting diversity</p> <p>Being respectful and tolerant</p>	<p>Managing risk</p> <p>Drugs and their risks</p> <p>Staying safe online</p>	<p>Skills we need to develop as we grow up</p> <p>Helping and being helped</p>	<p>Keeping myself healthy</p> <p>Celebrating and developing my skills</p>	<p>Relationships</p> <p>Menstruation</p> <p>Keeping safe</p>

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	emotional and physical)					
4	<p>Recognising feelings</p> <p>Bullying</p> <p>Assertive skills</p>	<p>Recognising and celebrating difference (inc. religions and cultural difference)</p> <p>JIL – God loves each of us in our uniqueness (social and emotional)</p> <p>Understanding and challenging stereotypes</p> <p>JIL – God loves each of us in our uniqueness (physical)</p>	<p>Managing risk, Understanding the norms of drug use (cigarette and alcohol use)</p> <p>Influences</p>	<p>Making a difference (different ways of helping others in the environment)</p> <p>Media influences</p> <p>Decisions about spending money</p>	<p>Having choices and making decisions about my health</p> <p>Taking care of my environment</p>	<p>Body changes during puberty</p> <p>Managing difficult feelings</p> <p>Relationships including marriage</p>
5	<p>Feelings</p> <p>Friendship skills, including compromise</p> <p>Assertive skills</p>	<p>Recognising and celebrating differences, including religion and cultural</p> <p>Influence and pressure of social media.</p>	<p>Managing risk, including staying safe online</p> <p>Norms around use of legal drugs (tobacco and alcohol)</p>	<p>Rights and responsibilities relating to my health</p> <p>Decisions about lending, borrowing and spending.</p>	<p>Growing independence and taking responsibility</p> <p>Media awareness and safety</p>	<p>Managing difficult feelings</p> <p>Managing change</p> <p>JIL – God loves me in my changing and development (social and emotional and physical)</p>

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						Getting help
6	Assertiveness Cooperation Safe/unsafe touch	Recognising and reflecting on prejudice based bullying Understanding bystander behaviour	Emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring :communities and the environment Earning and saving money	Aspirations and goal setting Managing risk	Keeping safe Self esteem Body image Making babies JIL – the wonder of God’s love in creating life (social and emotional and physical)