

Rockcliffe First School: PSHE Long-Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Friendships	Friendships	Wellbeing	Wellbeing	Being healthy	Being healthy
Reception	Friendships	Friendships	Foundations for wellbeing	Foundations for wellbeing	Being healthy	Being healthy
	<i>These Nursery and Reception themes are taught as part of every day practice and linked to the wider Early Learning Goals</i>					
Key Stage 1 Cycle A	How can we be a good friend? Making friends: playing and learning together This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying.	How can we manage our feelings? Mental health and wellbeing: This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.	How are we the same and different? Celebrating me, you and our families: This unit explores similarities and differences, as well as everyone’s individuality. Pupils look at different families how family members can show care and love for each other.	How can we be safe at home? Safety at home: This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe including in relation to household products and medicines.	How can we be healthy? Being healthy: This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.	What do I want to be when I grow up? Careers: This unit examines people’s different strengths and interests and what this means for the jobs they might choose.
Key Stage 1 Cycle B	How can we manage different feelings? Mental health and wellbeing: This unit explores a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement).	How do we stay safe online? Keeping safe online: This unit explores how online content can impact feelings, and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information).	How do I change? Me, my body and staying safe: This unit explores how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe.	What do I want to be when I grow up? Why do I need money? Money and work: This unit examines people’s different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants.	How do we keep safe in our community? Keeping safe outside the home: This unit teaches risk through the context of road and rail safety, Pupils learn an “emergency” is and how to get help from an adult in an emergency, or call 999 themselves if they need to.	How do we show kindness? Showing kindness to ourselves and others: This unit revisits learning about feelings, and explores the importance of kindness.

Key Stage 2 Cycle A	What are my qualities? Me, my friends and belonging: This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included.	How should I respond? Mental health and wellbeing: This unit develops pupils' bank of self regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.	What healthy choices can we make? Building healthy habits: his unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.	How can we stay safe online? Making choices online: this unit explores how to protect information online and make choices about online content, including understanding age ratings.	How can I keep safe in the community? Keeping safe out and about: This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water.	How can I help my friends? Looking out for each other: This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services.
Key Stage 2 Cycle B	How can I manage my emotions? Mental health and wellbeing: This unit extends pupils' understanding of self-regulation strategies and explores factors that can support wellbeing.	How can I manage risks? Exploring ways to manage risk: This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety	How can I be respectful and responsible? Forming respectful relationships: This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of kindness.	How can I be responsible with money? What is fake news? Money matters and news literacy: This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions.	How do I change as I grow up? Me, my body and growing up: This unit focuses on the physical and emotional changes experienced during puberty, and builds pupils' confidence in using the TALK PANTS rule to keep safe.	How are families different? Families and growing together: This unit supports pupils' understanding of diverse family structures, and how families can change.