

Long term Planning –RHE / PSHE Overview



Staley First School

Long Term overview – RHE / PSHE Content Year A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EY Learning & Development Requirements PSED EYFS	Topic: Special People Develop a sense of community and responsibility Manage own basic hygiene and personal needs	Topic: Festivals and Special Times Be confident to try new activities Manage own basic hygiene and personal needs	Topic: Traditional tales Know right from wrong; begin to explain the reasons for rules	Topic: Food and Growth Set and work towards simple learning goals.	Topic: Wild Animals Use simple strategies to manage feelings	Topic: Down by the sea Be confident to try new activities and show independence, resilience and perseverance in the face of challenge Preparing for transitions
Year 1/2	Families and Relationships Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair. Looking at conventions of manners and developing an understanding of self-respect.	Health and Wellbeing Understanding emotions, identifying our strengths and qualities, learning why we wash our hands and how to do so effectively, learning about the importance of sleep and relaxation for our wellbeing, learning how to stay safe in the sun and deal with allergic reactions, thinking about the people who help to keep us healthy.	Safety and the Changing Body Learning how to communicate safely with adults; considering who keeps us safe in our community; learning steps to crossing the road safely; identifying which substances should or should not go in the body; learning how to call 999; knowing the difference between secrets and surprises; learning about appropriate and inappropriate contact.	Citizenship Considering why we have rules; recognising similarities and differences between ourselves and others; thinking about the groups that we belong to; considering job roles in our community; suggesting ways to improve our school and local environments.	Economic Wellbeing Understanding what money is and where it comes from; recognising the difference between needs and wants, learning how to keep cash safe; understanding the purpose of banks and building societies; understanding that skills and interests influence job choices.	Transition Coping strategies and dealing with change.
Year 3 / 4 Year 3/4	Families and Relationships Learning about how to deal with friendship issues and identifying bullying and its effects, learning about the issues with stereotyping, considering physical and emotional boundaries and who to trust, thinking about how to support someone who has suffered a bereavement.	Health and Wellbeing Learning about how to stay healthy and how our diet affects our bodies and our teeth, identifying our strengths, learning how to celebrate mistakes and develop a growth mindset, considering how we can increase our happiness.	Safety and the Changing Body Learning about being kind and staying safe online; learning how to identify and deal with cyberbullying; understanding the difference between secrets and surprises; learning how to treat bites and stings; considering who influences our choices; learning about road safety and how to call the services (Y3); thinking about how our bodies change as we go through puberty (Y4)	Citizenship Learning about the importance of reusing and recycling; considering groups in the local community; understanding the role of the local council; understanding why we have rules and the consequences of breaking them; knowing about the rights that children have and human rights in general.	Economic Wellbeing Considering spending decisions; learning about how to create a budget; recognising that money affects how we feel (Y3) and how we feel when money is lost (Y4); exploring jobs available; learning about gender stereotyping in the workplace.	Transition Coping strategies and dealing with change. Preparations for Leavers.

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Long Term overview – RHE / PSHE Content Year B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EY Learning & Development Requirements PSED EYFS	Topic: Home Sweet Home Show an understanding of their own feelings Manage own basic hygiene and personal needs	Topic: Festivals and Special Times Be confident to try new activities Manage own basic hygiene and personal needs	Topic: Julia Donaldson Stories Build constructive and respectful relationships	Topic: Around the World Think about the perspectives of others	Topic: Dinosaurs Being able to wait for what they want and control their immediate impulses when appropriate	Topic: Hunting for Treasure Know right from wrong; begin to explain the reasons for rules Be confident to try new activities and show independence, resilience and perseverance in the face of challenge Preparing for transitions
Year 1/2	Families and Relationships Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair. Looking at conventions of manners and developing an understanding of self-respect.	Health and Wellbeing Understanding emotions, setting achievable goals and considering how to overcome difficulties, learning about the importance of activity, a healthy diet and relaxation for our wellbeing, learning how to look after our teeth.	Safety and the Changing Body Learning how to communicate safely with adults; learning steps to crossing the road safely; considering hazards at home; identifying which substances should or should not go in the body; learning what to do when lost; being aware of some of the risks associated with the internet; learning about appropriate and inappropriate contact.	Citizenship Considering why we have rules; identifying similarities and differences between ourselves and others; understanding the needs of animals and younger children; beginning to understand how voting gives a democratic decision and how school council works;	Economic Wellbeing Understanding what money is and different ways that children and adults get it; recognising the difference between needs and wants; considering why different people make different choices about spending and saving money; exploring banks and building societies; understanding that skills and interests influence career choices.	Transition Coping strategies and dealing with change. Preparations for Leavers.
Year 3 / 4	Families and Relationships Learning about how to deal with friendship issues and the difference between these problems and bullying, understanding that families are different but they support each other, learning about the issues with stereotyping and reflecting on how we communicate with others.	Health and wellbeing Learning how to look after our teeth, practising visualisation as a way to relax, considering our strengths and future career options, learning how to break down barriers to help us achieve a goal, identifying a range of emotions and understanding the term 'mental health.'	Citizenship Learning about the importance of reusing and recycling; considering community groups in the local area; learning about the role of the local council; understanding the value of diversity in a community; understanding their rights as a child; considering different ways to support charities.	Economic Wellbeing Introduction to creating a budget and learning about: the emotional impact of money, the spending choices that we make and why and thinking about potential jobs and careers.	Safety and the Changing Body Learning how to spot fake emails; understanding the purpose of age restrictions online; Learning how to deal with someone having an asthma attack; learning about road safety and how to call the emergency services.	Transition Coping strategies and dealing with change.

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Long Term overview – PSHE Content Year C

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EY Learning & Development Requirements PSED	Topic: Environment Explorers Show understanding of my own and others' feelings Manage own basic hygiene and personal needs	Topic: Festivals and Special Times Be confident to try new activities Manage own basic hygiene and personal needs	Topic: Nursery Rhymes Know right from wrong; begin to explain the reasons for rules	Topic: Journeys and Transport Set and work towards simple learning goals.	Topic: Woodland Animals Give focused attention to adults	Topic: Reduce, Reuse, Recycle Develop a sense of responsibility Be confident to try new activities and show independence, resilience and perseverance in the face of challenge Preparing for transitions