PSHCE/RSHE Long Term Plan



Route A

	<u>Autumn 1</u> Religious understanding	<u>Autumn 2</u> Religious understanding	<u>Spring 1</u> Personal Relationships	Spring 2 Keeping Safe/ Me, My body, My Health	<u>Summer 1</u> Religious Understanding/ Keeping Safe	<u>Summer 2</u> Religious Understanding
EYFS	EYFS 1.1 Handmade with Love EYFS 2.1.1 Role Model EYFS 2.3.3 Feeling poorly EYFS 2.3.4 People who help us	EYFS 1.2.1 I am Me EYFS 1.2.2 Heads, Shoulders, Knees and Toes EYFS 1.2.3 Ready Teddy?	EYFS 2.2.1 Who's Who? EYFS 2.2.2 You've got a friend in me EYFS 2.2.3 Forever Friends	EYFS 1.4.1 Growing up EYFS 2.3.1 Safe inside and Out EYFS 2.3.2 My body, My rules	EYFS 1.3.1 I like, you like, we all like! EYFS 1.3.2 All the feelings! EYFS 1.3.3 Let's get real	EYFS 3.1.1 God is love EYFS 3.1.2 Loving God, Loving Others EYFS 3.2.1 Me, You, Us.
Year 1/2	KS1.1.1: Let the children come.	KS1 2.1.1: God Loves You	KS1.2.2.1: Special People KS1.2.2.2: Treat Others Well KS1.2.2.3:And Say Sorry	KS1.2.3.1: Being Safe KS1.2.3.2: Good Secrets and Bad Secrets KS1.2.3.3: Physical Contact	KS1.3.1.1: Three in one	KS1.3.1.2: Who Is My Neighbour?
Year 3/4	LKS2.1.1 Get up!	LKS2.1.1.1 The Sacraments LKS2.2.1 Jesus My Friend	LKS2.2.2.1 Family, Friends and Others LKS2.2.2.2 When Things Feel Bad	*ONLY YR3* LKS2.1.2.1 We don't have to be the same LKS2.1.2.2 Respecting Our Bodies *ONLY YR4* LKS2.1.2.3 What is Puberty? LKS2.1.2.4 Changing Bodies	YR3 + 4 LKS2.2.3.1: Sharing Online LKS2.2.3.2: Chatting Online *ONLY YR4* LKS2.2.3.3: Safe in my body.	LKS2.3.1.1 A community of Love LKS2.3.1.2 What is the Church?
Year 5/6	UKS2.1.1 Calming the storm.	UKS2.2.1.1: God is Calling You	UKS2.2.2.1 Under Pressure UKS2.2.2.2 Do You Want a Piece of Cake? UKS2.2.2.3 Self-Talk UKS2 1.4.4 Hope beyond Death (link to Easter)	*YR5 ONLY* UKS2.2.3.1 Sharing isn't always caring UKS2.2.3.2 Cyberbullying *YR6 ONLY* UKS2.1.4.1 Making Babies (Part 1) UKS2.1.4.3 Menstruation	UKS2. 2.3.3 Types of abuse	UKS2.3.1.1 The Holy Trinity UKS2.3.1.2 Catholic Social Teaching



	Autumn 1 Religious Understanding	Autumn 2 Me, My body, My health	Spring 1 Emotional Wellbeing	Spring 2 Life cycles (KS1)	Summer 1 Religious Understanding	Summer 2 Living in the wider world
EYFS	EYFS 1.1 Handmade with Love EYFS 2.1.1 Role Model EYFS 2.3.3 Feeling poorly EYFS 2.3.4 People who help us	EYFS 1.2.1 I am Me EYFS 1.2.2 Heads, Shoulders, Knees and Toes EYFS 1.2.3 Ready Teddy?	EYFS 2.2.1 Who's Who? EYFS 2.2.2 You've got a friend in me EYFS 2.2.3 Forever Friends	EYFS 1.4.1 Growing up EYFS 2.3.1 Safe inside and Out EYFS 2.3.2 My body, My rules	EYFS 1.3.1 I like, you like, we all like! EYFS 1.3.2 All the feelings! EYFS 1.3.3 Let's get real	EYFS 3.1.1 God is love EYFS 3.1.2 Loving God, Loving Others EYFS 3.2.1 Me, You, Us.
Year 1/2	KS1 2.3.4 Harmful substances KS1 2.3.5 Can you help me? Part 1. KS1 2.3.6 Can you help me? Part 2	KS1.1.2.1: I Am Unique (Me) KS1.1.2.2: Girls and Boys KS1.1.2.3: Clean and Healthy (My Body)	KS1.1.3.1: Feelings, Likes and Dislikes KS1.1.3.2: Feeling Inside Out KS1.1.3.3: Super Susie Gets Angry	KS1.1.4.1: The Cycle of Life KS1 1.4.2 Beginnings and Endings.	KS1.3.1.1: Three in one KS1.3.2.1: Who is my neighbour?	KS1 3.2.1 The communities we live in
Year 3/4	LKS2 2.3.5 First Aid Heroes	LKS2 2.3.4 Drugs, alcohol and tobacco	LKS2.1.3.1 What Am I Feeling? LKS2.1.3.2 What Am I Looking At? LKS2.1.3.3 I Am Thankful!	*ONLY YR3* LKS2.1.2.1 We don't have to be the same LKS2.1.2.2 Respecting Our Bodies *ONLY YR4* LKS2.1.2.3 What is Puberty? LKS2.1.2.4 Changing Bodies LKS2.2.3.3: Safe in my body.	LKS2.1.4.1 Life Cycles LKS2 1.4.2 A time for everything.	LKS2.3.2.1 How Do I Love Others?
Year 5/6	UKS2 2.3.6 Giving assistance (First Aid) UKS2 2.2.4 Build others up.	UKS2 1.2.1 Gifts and Talents UKS2 1.2.2 Girls' Bodies UKS2 1.2.3 Boys' Bodies UKS2 1.2.4 Spots and Sleep	UKS2.1.3.1 Body Image UKS2.1.3.2 Peculiar Feelings UKS2.1.3.3 Emotional Changes UKS2.1.3.4 Seeing Stuff Online	*YR5 ONLY* UKS2.2.3.1 Sharing isn't always caring UKS2.2.3.2 Cyberbullying *YR6 ONLY* UKS2.1.4.1 Making Babies (Part 1) UKS2.1.4.3 Menstruation	UKS2 2.3.4 Impacted lifestyles UKS2 2.3.5 Making good choices	UKS2.3.2.1 Reaching Out