



Long Term Plan – PSHE & RSE

Reception

Autumn		Spring		Summer	
<p>Self-Regulation</p> <ul style="list-style-type: none"> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. 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>Managing Self</p> <ul style="list-style-type: none"> 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. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <p>Building Relationships</p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs. 					
Building Relationships: <i>Special Relationships</i>	Self Regulation: <i>My Feelings</i>	Managing Self: <i>Taking on Challenges</i>	Self Regulation: <i>Listening & Following Instructions</i>	Building Relationships: <i>My Family & Friends</i>	Managing Self: <i>My Well-being</i>

Years 1 - 6

	Autumn	Spring	Summer
KS1	Family & Relationships Citizenship	Health & Well-being Economic Well-being	Safety & the Changing Body Transition
LKS2	Family & Relationships Citizenship	Health & Well-being Economic Well-being	<i>*Safety & the Changing Body Transition</i>
UKS2	Family & Relationships Citizenship	Health & Well-being Economic Well-being	<i>*Safety & the Changing Body Transition Identity (Yr 6 Only)</i>

**Some lessons in this unit are Year Group specific due to the nature of the content*

** There are 2 lessons within this unit where parents have the opportunity to withdraw their children from all/part of the lessons: Safety and the changing body: Lesson 5: Conception and Lesson 6: Pregnancy and birth.*