

St Luke's CofE Primary School PSHE and Wellbeing Long Term Plan (includes lesson plans that cover all the DfE statutory requirements for Relationships and Health Education)



Year group	1. Me and my Relationships	2. Valuing Differences	3. Keeping Myself Safe	4. Rights and Responsibilities	5. Being my Best	6. Growing and Changing
Reception	<ul style="list-style-type: none"> • What makes me special • People close to me • Getting help 	<ul style="list-style-type: none"> • Similarities and differences • Celebrating difference • Showing kindness 	<ul style="list-style-type: none"> • Keeping my body safe • Safe secrets and touches • People who help to keep us safe 	<ul style="list-style-type: none"> • Looking after things: friends, environment and money 	<ul style="list-style-type: none"> • Keeping my body healthy – food, exercise, sleep • Growth mindset 	<ul style="list-style-type: none"> • Life cycles • Life stages
Y1	<ul style="list-style-type: none"> • Feelings • Getting help • Classroom rules • Special people • Being a good friend 	<ul style="list-style-type: none"> • Recognising, valuing and celebrating difference • Developing respect and accepting other • Bullying and getting help 	<ul style="list-style-type: none"> • How our feelings can keep us safe – including online safety • Safe and unsafe touches • Medicine safety • Sleep 	<ul style="list-style-type: none"> • Taking care of things: myself, my money, my environment 	<ul style="list-style-type: none"> • Growth mindset • Healthy eating • Hygiene and health • Cooperation 	<ul style="list-style-type: none"> • Getting help • Becoming independent • My body parts • Taking care of myself and other
Y2	<ul style="list-style-type: none"> • Bullying and teasing • Our school rules about bullying • Being a good friend • Feelings / self-regulation 	<ul style="list-style-type: none"> • Being kind and helping others • Celebrating difference • People who help us • Listening skills 	<ul style="list-style-type: none"> • Safe and unsafe secrets • Appropriate touch • Medicine safety 	<ul style="list-style-type: none"> • Cooperation • Self-regulation • Online safety • Looking after money – saving and spending 	<ul style="list-style-type: none"> • Growth mindset • Looking after my body • Hygiene and health • Exercise and sleep 	<ul style="list-style-type: none"> • Life cycles • Dealing with loss • Being supportive • Growing and changing • Privacy
Y3	<ul style="list-style-type: none"> • Rules and their purpose • Cooperation • Friendship (including respectful relationships) • Coping with loss 	<ul style="list-style-type: none"> • Recognising and respecting diversity • Being respectful and tolerant • My community 	<ul style="list-style-type: none"> • Managing risk • Decision-making skills • Drugs and their risks • Staying safe online 	<ul style="list-style-type: none"> • Skills we need to develop as we grow up • Helping and being helped • Looking after the environment • Managing money 	<ul style="list-style-type: none"> • Keeping myself healthy and well • Celebrating and developing my skills • Developing empathy 	<ul style="list-style-type: none"> • Relationships • Changing bodies and puberty • Keeping safe • Safe and unsafe secrets
Y4	<ul style="list-style-type: none"> • Healthy relationships • Listening to feelings • Bullying • Assertive skills 	<ul style="list-style-type: none"> • Recognising and celebrating differences (including religions and cultural difference) • Understanding and challenging stereotypes 	<ul style="list-style-type: none"> • Managing risk • Understanding the norms of drug use (cigarette and alcohol use) • Influences • Online safety 	<ul style="list-style-type: none"> • Making a difference (different ways of helping others or the environment) • Media influence • Decisions about spending money 	<ul style="list-style-type: none"> • Having choices and making decisions about my health • Taking care of my environment • My skills and interests 	<ul style="list-style-type: none"> • Body changes during puberty • Managing difficult feelings • Relationships including marriage
Y5	<ul style="list-style-type: none"> • Feelings • Friendship skills • Assertive skills • Cooperation • Recognising emotional needs 	<ul style="list-style-type: none"> • Recognising and celebrating difference, including religions and cultural influence and the pressure of social media 	<ul style="list-style-type: none"> • Managing risk, including online safety • Norms around legal drug use (tobacco and alcohol) • Decision-making skills 	<ul style="list-style-type: none"> • Rights and responsibilities relating to health • Making a difference • Decisions about money 	<ul style="list-style-type: none"> • Growing independent and taking responsibility • Keeping myself healthy • Media awareness and safety • My community 	<ul style="list-style-type: none"> • Managing difficult feelings • Managing change • How my feeling help • Keeping safe • Getting help
Y6	<ul style="list-style-type: none"> • Assertiveness • Cooperation • Safe / unsafe touches • Positive relationships 	<ul style="list-style-type: none"> • Recognising and celebrating difference • Recognising and reflecting on prejudice-based bullying • Understanding bystander behaviour • Gender stereotyping 	<ul style="list-style-type: none"> • Understanding emotional needs • Staying safe online • Drugs – norms and risks including the law 	<ul style="list-style-type: none"> • Understanding media bias – including social media • Caring – communities and environment • Earning and saving money • Understanding democracy 	<ul style="list-style-type: none"> • Aspirations and goal setting • Managing risk • Looking after my mental health 	<ul style="list-style-type: none"> • Coping with changes • Keeping safe • Body image • Sex education • Self-esteem