RSE & PSHE

Long-term plan

Standard

This version was updated on 01/09/2025 17:15

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Suggested long-term plan: RSE & PSHE

Overview (All year groups)

	Introductory lesson	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
		Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
	Y1 Introduction: Setting ground rules for RSE & PSHE	Y1 Families and relationships	Y1 Health and wellbeing	Y1 Safety and the changing body	Y1 Citizenship	Y1 Economic wellbeing	Y1 Transition lesson
	Y2 Introduction: Setting ground rules for RSE & PSHE lessons	Y2 Families and relationships	Y2 Health and wellbeing	Y2 Safety and the changing body	Y2 Citizenship	Y2 Economic wellbeing	Year 2: Transition lesson
	Introduction: Setting ground rules for RSE & PSHE lessons	Y3 Families and relationships	Y3 Health and wellbeing	Y3 Safety and the changing body	Y3 Citizenship	Y3 Economic wellbeing	Year 3: Transition lesson

	Introductory lesson	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
	Introduction: Setting ground rules for RSE & PSHE lessons	Y4 Families and relationships	Y4 Health and wellbeing	Y4 Safety and the changing body	Y4 Citizenship	Y4 Economic wellbeing	Year 4: Transition lesson
	Introduction: Setting ground rules for RSE & PSHE lessons	Y5 Families and relationships	Y5 Health and wellbeing	Y5 Safety and the changing body	Y5 Citizenship	Y5 Economic wellbeing	Year 5: Transition lesson
	Introduction: Setting ground rules for RSE & PSHE lessons	Y6 Families and relationships	Y6 Health and wellbeing	Y6 Safety and the changing body	Y6 Citizenship	Y6 Economic wellbeing	Year 6: Transition lesson

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Overview - EYFS

EYFS

Introductory lesson		**Unit 1**	Self-regulation: My feelings 6 lessons In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.
Unit 2	Building relationships: Special relationships 6 lessons In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.	**Unit 3**	Managing self: Taking on challenges 6 lessons In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice ‘grounding’ coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.

EYFS

Unit 4	Self-regulation: Listening and following instructions 6 lessons In this unit, children will learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.	**Unit 5**	Building relationships: My family and friends 6 lessons In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.
Unit 6	Managing self: My wellbeing 6 lessons In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.		

Suggested long-term plan: RSE & PSHE

Overview - Key stage 1

Year 1

Introductory lesson	Y1 Introduction: Setting ground rules for RSE & PSHE 1 lessons A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons	**Unit 1**	Y1 Families and relationships 8 lessons 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
Unit 2	Y1 Health and wellbeing 9 lessons Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, identifying and dealing with allergic reactions, people in the community who keep us healthy	**Unit 3**	Y1 Safety and the changing body 9 lessons Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe

Year 1

Unit 4	Y1 Citizenship 7 lessons Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy	**Unit 5**	Y1 Economic wellbeing 7 lessons Please note: This unit is replacing the *Archived (pre 2024) Year 1 Economic wellbeing* unit Learning about a range of money and bank functions including cash safety, spending, saving and jobs.
Unit 6	Y1 Transition lesson 1 lessons Helping Year 1 pupils with the transition to a new year and the changes that come with it		

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Overview - Key stage 1

Year 2

Introductory lesson	Y2 Introduction: Setting ground rules for RSE & PSHE lessons 1 lessons A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons	**Unit 1**	Y2 Families and relationships 8 lessons Learning that families are composed of different people who offer each other care and support. Learning how other people show their feelings and how to respond to them. Looking at conventions of manners and developing an understanding of self-respect.
Unit 2	Y2 Health and wellbeing 8 lessons Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals and developing a growth mindset and understanding dental hygiene	**Unit 3**	Y2 Safety and the changing body 10 lessons Lesson collection: Developing understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.

Year 2

Unit 4	Y2 Citizenship 8 lessons Lesson collection: learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion.	**Unit 5**	Y2 Economic wellbeing 7 lessons Learning about financial literacy including how adults get money, wants and needs, using skills and talents and inclusive environments.
Unit 6	Year 2: Transition lesson 1 lessons Helping Year 2 pupils with their transition to Year 3 and the changes that may come with this move.		

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Overview - Lower key stage 2

Year 3

Introductory lesson	Introduction: Setting ground rules for RSE & PSHE lessons 1 lessons A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.	**Unit 1**	Y3 Families and relationships 9 lessons Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist
Unit 2	Y3 Health and wellbeing 8 lessons Understanding that a healthy lifestyle includes physical activity, a balanced diet, and rest and relaxation; exploring identity through groups we belong to, and how our strengths can be used to help others; learning how to solve problems by breaking them down into achievable steps.	**Unit 3**	Y3 Safety and the changing body 9 lessons Learning about: cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence

Year 3

Unit 4	Y3 Citizenship 8 lessons Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy	**Unit 5**	Y3 Economic wellbeing 7 lessons Introduction to budgeting, learning about the different paying methods, the emotional impact of money, the ethics of spending, potential jobs and careers and learning that anyone can aspire to anything.
Unit 6	Year 3: Transition lesson 1 lessons Helping Year 3 pupils prepare for the transition to Year 4 and the changes that come with this		

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Overview - Lower key stage 2

Year 4

Introductory lesson	Introduction: Setting ground rules for RSE & PSHE lessons 1 lessons A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons	**Unit 1**	Y4 Families and relationships 9 lessons Learning that families are varied and differences must be respected; understanding physical and emotional boundaries in friendships; exploring: the roles of bully, victim and bystander; how behaviour affects others; manners in different situations and learning about bereavement
Unit 2	Y4 Health and wellbeing 8 lessons Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming and relaxing activities; developing independence in dental hygiene	**Unit 3**	Y4 Safety and the changing body 9 lessons Building awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma

Year 4

Unit 4	Y4 Citizenship 7 lessons Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.	**Unit 5**	Y4 Economic wellbeing 7 lessons Exploring choices associated with looking after money, what makes something good value for money, stereotypes in the workplace, career changes and what influences career choices.
Unit 6	Year 4: Transition lesson 1 lessons Helping Year 4 pupils prepare for the transition into Year 5 and the changes, challenges and opportunities this brings		

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Overview - Upper key stage 2

Year 5

Introductory lesson	Introduction: Setting ground rules for RSE & PSHE lessons 1 lessons A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons	**Unit 1**	Y5 Families and relationships 9 lessons Developing an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our individual positive attributes.
Unit 2	Y5 Health and wellbeing 8 lessons Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation	**Unit 3**	Y5 Safety and the changing body 8 lessons Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.

Year 5

Unit 4	Y5 Citizenship 7 lessons An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community	**Unit 5**	Y5 Economic wellbeing 7 lessons Learn to manage money, understand borrowing, be cautious online, challenge workplace stereotypes, and align interests with future careers.
Unit 6	Year 5: Transition lesson 1 lessons Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.		

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Overview - Upper key stage 2

Year 6

Introductory lesson	Introduction: Setting ground rules for RSE & PSHE lessons 1 lessons A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons	**Unit 1**	Y6 Families and relationships 7 lessons Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief
Unit 2	Y6 Health and wellbeing 9 lessons Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals	**Unit 3**	Y6 Safety and the changing body 9 lessons Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.

Year 6

Unit 4	Y6 Citizenship 7 lessons Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy	**Unit 5**	Y6 Economic wellbeing 7 lessons Explore choices related to navigating feelings about money, keeping money safe, managing finances in secondary school, understanding the risks of gambling, considering careers in various workplaces, and identifying the paths to pursue different careers.
Unit 6	Year 6: Transition lesson 1 lessons Helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have		