



## Wolsingham Primary School PHSE & RSE Long Term Plan



	Term 1	Term 2	Term 3
	Living in the Wider World	Relationships	Health and Wellbeing
Year 1	<p><b>Belonging to a community</b> - What rules are; caring for others' needs; looking after the environment</p> <p><b>Media literacy and Digital resilience</b> - Using the internet and digital devices; communicating online</p> <p><b>Money and Work</b> - Strengths and interests; jobs in the community</p>	<p><b>Respecting ourselves and others</b> - How behaviour affects others; being polite and respectful</p> <p><b>Families and friendships</b> - Roles of different people; families; feeling cared for</p> <p><b>Safe relationships</b> - Recognising privacy; staying safe; seeking permission</p>	<p><b>Physical health and Mental wellbeing</b> - Keeping healthy; food and exercise; hygiene routines; sun safety</p> <p><b>Growing and changing</b> - Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p><b>Keeping safe</b> - How rules and age restrictions help us; keeping safe online</p>
Year 2	<p><b>Belonging to a community</b> - Belonging to a group; roles and responsibilities; being the same and different in the community</p> <p><b>Media literacy and Digital resilience</b> - The internet in everyday life; online content and information</p> <p><b>Money and Work</b> - What money is; needs and wants; looking after money</p>	<p><b>Families and friendships</b> - Making friends; feeling lonely and getting help</p> <p><b>Safe relationships</b> - Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</p> <p><b>Respecting ourselves and others</b> - Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p><b>Physical health and Mental wellbeing</b> - Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p><b>Growing and changing</b> - Growing older; naming body parts; moving class or year</p> <p><b>Keeping safe</b> - Safety in different environments; risk and safety at home; emergencies</p>
Year 3/4	<p><b>Belonging to a community</b> - The value of rules and laws; rights, freedoms and responsibilities; What makes a community; shared responsibilities</p> <p><b>Media literacy and Digital resilience</b> - How the internet is used; assessing information online; How data is shared and used</p> <p><b>Money and Work</b> - Different jobs and skills; job stereotypes; setting personal goals; Making decisions about money; using and keeping money safe</p>	<p><b>Families and friendships</b> - What makes a family; features of family life; Positive friendships, including online</p> <p><b>Safe relationships</b> - Personal boundaries; safely responding to others; the impact of hurtful behaviour; Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p><b>Respecting ourselves and others</b> - Recognising respectful behaviour; the importance of self-respect; courtesy and being polite; Respecting differences and similarities; discussing difference sensitively</p>	<p><b>Physical health and Mental wellbeing</b> - Health choices and habits; what affects feelings; expressing feelings; Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p><b>Growing and changing</b> - Personal strengths and achievements; managing and reframing setbacks; Personal identity; recognising individuality and different qualities; mental wellbeing</p> <p><b>Keeping safe</b> - Risks and hazards; safety in the local environment and unfamiliar places; Medicines and household products; drugs common to everyday life</p>
Year 4/5	<p><b>Belonging to a community</b> - What makes a community; shared responsibilities; Protecting the environment; compassion towards others</p>	<p><b>Families and friendships</b> - Positive friendships, including online; Managing friendships and peer influence</p>	<p><b>Physical health and Mental wellbeing</b> - Maintaining a balanced lifestyle; oral hygiene and dental care; Healthy sleep habits; sun</p>

	<p><b>Media literacy and Digital resilience</b> - How data is shared and used ; How information online is targeted; different media types, their role and impact</p> <p><b>Money and Work</b> - Making decisions about money; using and keeping money safe; Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p><b>Safe relationships</b> - Responding to hurtful behaviour; managing confidentiality; recognising risks online; Physical contact and feeling safe</p> <p><b>Respecting ourselves and others</b> - Respecting differences and similarities; discussing difference sensitively; Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p>safety; medicines, vaccinations, immunisations and allergies</p> <p><b>Growing and changing</b> - Personal identity; recognising individuality and different qualities; mental wellbeing; Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p><b>Keeping safe</b> - Medicines and household products; drugs common to everyday life; Keeping safe in different situations, including responding in emergencies, first aid and FGM</p>
<p>Year 6</p>	<p><b>Belonging to a community</b> - Valuing diversity; challenging discrimination and stereotypes</p> <p><b>Media literacy and Digital resilience</b> - Evaluating media sources; sharing things online</p> <p><b>Money and Work</b> - Influences and attitudes to money; money and financial risks</p>	<p><b>Families and friendships</b> - Attraction to others; romantic relationships; civil partnership and marriage</p> <p><b>Safe relationships</b> - Recognising and managing pressure; consent in different situations</p> <p><b>Respecting ourselves and others</b> - Expressing opinions and respecting other points of view, including discussing topical issues</p>	<p><b>Physical health and Mental wellbeing</b> - What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p> <p><b>Growing and changing</b> - Increasing independence; managing transitions</p> <p><b>Keeping safe</b> - Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>