

Ebchester CE Primary School
PSHE and Relationship Education LTP



	Autumn			Spring			Summer		
Theme	Health and Wellbeing	Relationships	Living in the Wider World	Health and Wellbeing	Relationships	Living in the Wider World	Health and Wellbeing	Relationships	Living in the Wider World
Unit	Physical Health and Mental Wellbeing	Families and Friendship	Belonging to a Community	Growing and Changing	Safe Relationships	Media Literacy and Digital Resilience	Keeping Safe	Respecting Ourselves and Others	Money and Work
Reception (Personal Development)	Identify a range of different feelings Keep on trying when I find something difficult Sit and listen more consistently during adult focus time Follow simple instructions Start to try new activities Start to be aware of rules in the school and classroom Dress and undress for PE/ Forest School Start to know ways to stay healthy Play with a small group of children, sharing ideas Start to form good relationships with the familiar adults in my class Express and identify my feelings Express my basic needs to familiar adults e.g. ask to go to the toilet, etc.			Say how others are feeling based on their expressions and actions Say what I am good at and what I would like to improve Sit and listen during adult focus time Follow instructions with two or more parts Keep on trying even when I am finding something difficult Follow the school and class rules Talk about the school and class rules Talk about what is right and wrong How I keep myself healthy e.g. diet, oral health, hand washing, exercise, etc. Use words to help solve conflicts with others Work well with others listening and sharing ideas Show friendly behaviour in the classroom and around school Develop friendships with lots of different people Identify how others feel and respond to them appropriately			ELG 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 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. 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.		
Y1	Keeping healthy; food and exercise, hygiene routines; sun safety	Roles of different people; families; feeling cared for	What rules are; caring for others' needs; looking after the environment	Recognising what makes them unique and special; feelings; managing when things go wrong	Recognising privacy; staying safe; seeking permission	Using the internet and digital devices; communicating online	How rules and age restrictions help us; keeping safe online	How behaviour affects others; being polite and respectful	Strengths and interests; jobs in the community
Y2	Why sleep is important; medicines and keeping healthy; keeping teeth healthy;	Making friends; feeling lonely and getting help	Belonging to a group; roles and responsibilities; being the same and different in the community	Growing older; naming body parts; moving class or year	Managing secrets; resisting pressure and getting help; recognising	The internet in everyday life; online content and information	Safety in different environments; risk and safety at home; emergencies	Recognising things in common and differences; playing and working cooperatively;	What money is; needs and wants; looking after money

	managing feelings and asking for help				hurtful behaviour			sharing opinions	
Y3/4 Cycle A	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	What makes a family; features of family life	The value of rules and laws; rights, freedoms and responsibilities	Personal strengths and achievements; managing and reframing setbacks	Personal boundaries; safely responding to others; the impact of hurtful behaviour	How the internet is used; assessing information online	Risks and hazards; safety in the local environment and unfamiliar places	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Different jobs and skills; job stereotypes; setting personal goals
Y3/4 Cycle B	Maintaining a balanced lifestyle; oral hygiene and dental care	Positive friendships, including online	What makes a community; shared responsibilities	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Responding to hurtful behaviour; managing confidentiality; recognising risks online	How data is shared and used	Medicines and household products; drugs common to everyday life	Respecting differences and similarities; discussing difference sensitively	Making decisions about money; using and keeping money safe
Y5/6 Cycle A	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Managing friendships and peer influence	Protecting the environment; compassion towards others	Personal identity; recognising individuality and different qualities; mental wellbeing	Physical contact and feeling safe	How information online is targeted; different media types, their role and impact	Keeping safe in different situations, including responding in emergencies, first aid and FGM	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Identifying job interests and aspirations; what influences career choices; workplace stereotypes
Y5/6 Cycle B	What affects mental health and ways to take care of it;	Attraction to others; romantic relationships;	Valuing diversity; challenging discrimination	Human reproduction and birth; increasing	Recognising and managing pressure; consent in	Evaluating media sources; sharing things online	Keeping personal information safe;	Expressing opinions and respecting other points	Influences and attitudes to money; money and

	managing change, loss and bereavement; managing time online	civil partnership and marriage	and stereotypes	independence; managing transition	different situations		regulations and choices; drug use and the law; drug use and the media	of view, including discussing topical issues	financial risks
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