

Clifton Primary School – PSHE/RSE Curriculum Long Term Plan



		Autumn	Spring	Summer
Nursery		Me and My Relationships Marvellous me! / I'm special / People who are special to me Valuing Difference Me and my friends / Friends and family / Including everyone	Keeping Safe People who help me and keep me safe / Safety Indoors and Outdoors / What's safe to go into my body Rights and Respect Looking after myself / Looking after others / Looking after my environment	Being my Best What does my body need? / I can keep trying / I can do it! Growing and Changing Growing and changing in nature / When I was a baby / Girls, boys and families
Reception		Me and My Relationships All about me / What makes me special / Me and my special people / Who can help me? / My feelings / My feelings Valuing Difference I'm special, you're special / Same and different / Same and different families / Same and different homes / I am caring / I am a friend	Keeping Safe What's safe to go onto my body / Keeping Myself Safe - What's safe to go into my body (including medicines) / Safe indoors and outdoors / Listening to my feelings Keeping safe online / People who help to keep me safe Rights and Respect Looking after my special people / Looking after my friends / Being helpful at home and caring for our classroom / Caring for our world / Looking after money: recognising, spending, using / Looking after money: saving money and keeping it safe	Being my Best Bouncing back when things go wrong / Yes, I can! / Healthy eating / My healthy mind / Move your body / A good night's sleep Growing and Changing Seasons / Life stages - plants, animals, humans / Life Stages: Human life stage - who will I be? / Where do babies come from? / Getting bigger / Me and my body - girls and boys
Year 1 & 2	Cycle A	Me and My Relationships Why we have classroom rules / How are you listening? / Thinking about feelings / Our feelings, Feelings and bodies / Good friends Valuing Difference Same or different? / Unkind, tease or bully? / Harold's school rules / It's not fair! / Who are our special people? / Our special people balloons	Keeping Safe Super sleep / Who can help? / Good or bad touches? / Sharing pictures / What could Harold do? / Harold loses Geoffrey Rights and Respect Harold has a bad day / Around and about the school / Taking care of something / Harold's money / How should we look after our money? / Basic first aid	Being my Best I can eat a rainbow / Eat well / Harold's wash and brush up / Catch it! Bin it! Kill it! / Harold learns to ride his bike / Pass on the praise! / Inside my wonderful body Growing and Changing Healthy me / Then and now / Taking care of a baby / Who can help? / Surprises and secrets / Keeping privates private
	Cycle B	Me and My Relationships Our ideal classroom / How are you feeling today? / Let's all be happy! / Being a good friend / Types of bullying / Don't do that! / Bullying or teasing? Valuing Difference What makes us who we are? / My special people / How do we make others feel? / When someone is feeling left out / An act of kindness / Solve the problem	Keeping Safe Harold's picnic / How safe would you feel? / What should Harold say? / I don't like that! / Fun or not? / Should I tell? Rights and Respect Getting on with others / When I feel like erupting / Feeling safe / Playing games / Harold saves for	Being my Best You can do it! / My day / Harold's postcard - helping us to keep clean and healthy / Harold's bathroom / What does my body do? / My body needs... / Basic first aid Growing and Changing A helping hand / Sam moves away / Haven't you grown! / My body, your body / Respecting privacy /

			something special / Harold goes camping / How can we look after our environment?	Some secrets should never be kept
Year 3 & 4	Cycle A	<p>Me and My Relationships As a rule / Looking after our special people / How can we solve this problem? / Tangram team challenge / Friends are special / Thunks / Dan's dare / My special pet</p> <p>Valuing Difference Respect and challenge / Family and friends / My community / Our friends and neighbours / Let's celebrate our differences / Zeb</p>	<p>Keeping Safe Safe or unsafe? / Danger or risk? / The Risk robot / Super Searcher / Help or harm? / Alcohol and cigarettes: the facts / Raisin challenge</p> <p>Rights and Respect Helping each other to stay safe / Recount task / Our helpful volunteers / Can Harold afford it? / Earning money / Harold's environment project / Let's have a tidy up!</p>	<p>Being my Best Derek cooks dinner! (healthy eating) / Poorly Harold / Body team work / For or against? / I am fantastic! / Top talents / Getting on with your nerves!</p> <p>Growing and Changing Relationship tree / Body space / None of your business! / Secret or surprise? / My changing body / Basic first aid</p>
	Cycle B	<p>Me and My Relationships Human machines / Ok or not ok? (part 1) / Ok or not ok? (part 2)/ An email from Harold! / Different feelings / When feelings change / Under pressure</p> <p>Valuing Difference Can you sort it? / What would I do? / The people we share our world with / That is such a stereotype! / Friend or acquaintance? / Islands</p>	<p>Keeping Safe Danger, risk or hazard? / How dare you! / Keeping ourselves safe / Raisin challenge / Picture wise / Medicines: check the label / Know the norms / Traffic lights</p> <p>Rights and Respect Who helps us stay healthy and safe? / It's your right / How do we make a difference? / In the news! / Safety in numbers / Harold's expenses / Why pay taxes? / Logo quiz</p>	<p>Being my Best What makes me ME! / Making choices / SCARF hotel / Harold's Seven Rs / My school community / Basic first aid / Volunteering is cool</p> <p>Growing and Changing Moving house / My feelings are all over the place! / All change! / Preparing for changes at puberty (formerly Period positive/preparing for periods) / Secret or surprise? / Together</p>
Year 5 & 6	Cycle A	<p>Me and My Relationships Collaboration Challenge! / Give and take / Communication / How good a friend are you? / Relationship cake recipe / Our emotional needs / Being assertive</p> <p>Valuing Difference Qualities of friendship / Kind conversations/ Happy being me / The land of the Red People / Is it true? / Stop, start, stereotypes / It could happen to anyone</p>	<p>Keeping Safe Spot bullying / Play, like, share / Decision dilemmas / Ella's diary dilemma / Vaping: healthy or unhealthy? / Would you risk it? / 'Thunking' about habits / Drugs: true or false? / Smoking: what is normal?</p> <p>Rights and Respect What's the story? / Fact or opinion? / Mo makes a difference / Rights, respect and duties / Spending wisely / Lend us a fiver! / Local councils</p>	<p>Being my Best It all adds up! / Different skills / My school community / Independence and responsibility / Star qualities? / Basic first aid, including Sepsis Awareness</p> <p>Growing and Changing How are they feeling? / Taking notice of our feelings / Dear Ash / Growing up and changing bodies / Changing bodies and feelings / Help! I'm a teenager - get me out of here! / Dear Hetty</p>
	Cycle B	<p>Me and My Relationships Working together / Let's negotiate / Solve the friendship problem / Dan's day / Behave yourself / Assertiveness skills / Don't force me / Acting appropriately</p>	<p>Keeping Safe Think before you click! / It's a puzzle / To share or not to share? / Rat Park / What sort of drug is...? / Drugs: it's the law! / Alcohol: what is normal? / Joe's story (part 1) / Joe's story (part 2)</p>	<p>Being my Best This will be your life! / Our recommendations / What's the risk? (1) / What's the risk? (2) / Basic first aid, including Sepsis Awareness / Five Ways to Wellbeing project</p>

		Valuing Difference OK to be different / We have more in common than not / Respecting differences / Tolerance and respect for others / Advertising friendships! / Boys will be boys? - challenging gender stereotypes	Rights and Respect Two sides to every story / Fakebook friends / What's it worth? / Jobs and taxes / Happy shoppers - caring for the environment / Action stations! / Project Pitch (parts 1 & 2) / Democracy in Britain 1 – Elections / Democracy in Britain 2 - How (most) laws are made / Community art	Growing and Changing I look great! / Media manipulation / Pressure online / Helpful or unhelpful? / Managing change / Is this normal? / Making babies / What is HIV? (OPTIONAL)
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