



Staining CE VC Primary School - Long Term Map - PSHE/ RSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Me and My Relationships What makes me special People close to me Getting help	Valuing Difference Similarities and difference Celebrating difference Showing kindness	Keeping Safe Keeping my body safe Safe secrets and touches People who help to keep us safe	Rights and Respect Looking after things: friends, environment, money	Being My Best Keeping by body healthy - food, exercise, sleep Growth Mindset	Growing and Changing Cycles Life stages Girls and boys - similarities and difference
Year 1	Me and My Relationships Feelings Getting help Classroom rules Special people Being a good friend	Valuing Difference Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	Keeping Safe How our feelings can keep us safe - including online safety Safe and unsafe touches Medicine Safety Sleep	Rights and Respect Taking care of things: Myself My money My environment	Being My Best Growth Mindset Healthy eating Hygiene and health Cooperation	Growing and Changing Getting help Becoming independent My body parts Taking care of self and others
Year 2	Me and My Relationships Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Keeping Safe Safe and unsafe secrets Appropriate touch Medicine safety	Valuing Difference Being kind and helping others Celebrating difference People who help us Listening Skills	Rights and Respect Cooperation Self-regulation Online safety Looking after money - saving and spending	Being My Best Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Growing and Changing Life cycles Dealing with loss Being supportive Growing and changing Privacy
Year 3	Me and My Relationships Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Valuing Difference Recognising and respecting diversity Being respectful and tolerant My community	Keeping Safe Managing risk Decision-making skills Drugs and their risks Staying safe online	Rights and Respect Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Being My Best Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Growing and Changing Relationships Keeping safe Safe and unsafe secrets
Year 4	Me and My Relationships Healthy relationships Listening to feelings Bullying Assertive skills	Valuing Difference Recognising and celebrating difference (including religions and cultural difference)	Keeping Safe Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Rights and Respect Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Being My Best Having choices and making decisions about my health Taking care of my environment My skills and interests	Growing and Changing Managing difficult feelings Relationships including marriage
Year 5	Me and My Relationships Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Valuing Difference Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Keeping Safe Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights and Respect Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Being My Best Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Growing and Changing Managing difficult feelings Managing change How my feelings help keeping safe Getting help Body changes during puberty
Year 6	Me and My Relationships Assertiveness Cooperation Safe/unsafe touches Positive relationships	Valuing Difference Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Keeping Safe Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Rights and Respect Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Being My Best Aspirations and goal setting Managing risk Looking after my mental health	Growing and Changing Coping with changes Keeping safe Body Image Self-esteem Body changes during puberty