

PSHE / RSE Long Term Plan

2023-2024

		E`	YFS		
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Pe	ersonal, Social and E	motional Developm	ent	
Smiles at image of self in mirror; shows a developing understanding and awareness of themselves. Makes own sounds when talked to, especially when a smiling face is used by parent. Uses voice or gesture to refuse - for example by pushing object away, shaking head. Shows attachment to special people - for example by being distressed when they are separated, staying close and showing affection.	Likes cuddles and being held – for example, calms, snuggles in, smiles, gazes at carer's face or strokes carer's skin. Shows emotional responses to other people's emotions – for example, smiles when smiled at and becomes distressed if hears another child crying.	Seeks to gain attention in a variety of ways, drawing others into social interaction. Builds relationships with special people – for example, by showing affection or holding your attention by vocalising.	Enjoys finding their nose, eyes or tummy as part of naming games.	Uses comfort toy or object to calm self. Responds to a small number of boundaries, with encouragement and support.	Starts interaction with, and plays alongside, other children. Explores new toys and environments, but looks back to you regularly to 'check in'.
		Pre-F	ormal		
Autumn 1and	Autumn 2	utumn 2Spring 1 and Spring 2Summer 1 and Summer 2		d Summer 2	
Who am I? Who A	Who Are my Family What is a good friend? Who is a safe adult?		ife adult?		



SA4 - people who are special to me SA3 - Playing and working with others. SSS2 - Keeping safe CG4 - Different types of relationships HL2 - Physical health SSS2 - Keeping safe

CG4 – Different types of relationships WILI 3 – Rules and Laws	HL2 – Physical health	



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		Informal / Semi-	formal / Lower Form	al	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Who am I? Who are my family? SA4 – people who are special to me CG4 – Different types of relationships	How can rules help us? (relate to school shared language) WILI 3 – Rules and Laws SSS4 – Keeping safe online	What is a good friend? SA3 – Playing and working with others.	How do I look after my body? HL1 – Healthy eating HL2 – Physical health	Who is a safe adult? SSS2 – Keeping safe	How am I different from bay to adult? CG1 – Baby to adult
		Upp	er Formal		
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Which values, skills and qualities make you an individual?	Can you describe the jobs for family members?	What is a healthy relationship?	What is needed for healthy lifestyle?	How do you keep safe online?	How am I different from baby to adult?
SA1 – Personal strengths SA2 – Skills for learning	WILI 4 – Preparing for adulthood.	CG1- Puberty CG2 – Friendship CG3 – healthy and unhealthy relationship behaviour	HL1 – Elements of a healthy lifestyle HL2 – Physical health HL4 – Healthy eating	SSS4 – Keeping safe online SSS6 – Public and private	WILI 2 – Managing online information
	<u> </u>	PF	A Hub		.
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2



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We're all different / Kindness for all. SA3, WILI	My body has changed. CG1	Exploring my emotions and
Being a good friend.	My body is my own including consent. MF4, CG4, SSS6.	managing them. MF1, MF2
CG2, SA4		
		Internet safety.