

SAPPERTON PSHE (including RSE) LONG TERM PLAN

Year A 2025-2026						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Me and My Relationships</p> <ul style="list-style-type: none"> -All about me -What makes me special -Me and my special people -Who can help me? -My Feelings 	<p>Valuing Difference</p> <ul style="list-style-type: none"> -I'm special, you're special -Same and different -Same and different families -Same and different homes -I am caring -I am a friend 	<p>Keeping Safe</p> <ul style="list-style-type: none"> -What's safe to go onto my body -Keeping myself safe (medicines) -Safe indoors and outdoors -Listening to my feelings -Keeping safe online -People who help to keep me safe 	<p>Rights and Respect</p> <ul style="list-style-type: none"> -Looking after my special people -Looking after my friends -Being helpful at home and caring for our classroom -Caring for our world -Looking after our money 	<p>Being My Best</p> <ul style="list-style-type: none"> -Bouncing back when things go wrong -Yes, I can! -Healthy eating -My healthy mind -Move your body -A good night's sleep 	<p>Growing and Changing</p> <ul style="list-style-type: none"> -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 and 2	<p>Me and My Relationships</p> <ul style="list-style-type: none"> -Why we have classroom rules -How are you listening? -Thinking about feelings -Our feelings -Feelings and bodies -Good friends 	<p>Valuing Difference</p> <ul style="list-style-type: none"> -Same or different? -Unkind, tease or bully? -Harold's school rules -It's not fair! -Who are our special people? -Our special people balloons 	<p>Keeping Safe</p> <ul style="list-style-type: none"> -Super sleep -Who can help? -Good or bad touches? -Sharing pictures -What could Harold do? -Harold loses Geoffrey 	<p>Rights and Respect</p> <ul style="list-style-type: none"> -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 	<p>Being My Best</p> <ul style="list-style-type: none"> -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 	<p>Growing and Changing</p> <ul style="list-style-type: none"> -Healthy me -Then and now -Taking care of a baby -Who can help -Surprises and secrets -Keeping privates private
Year 3 and 4	<p>Me and My Relationships</p> <ul style="list-style-type: none"> -As a rule -Looking after our special people 	<p>Valuing Difference</p> <ul style="list-style-type: none"> -Respect and challenge -Family and friends -My community -Our friends and neighbours 	<p>Keeping Safe</p> <ul style="list-style-type: none"> -Safe or unsafe? -Danger or risk? -The risk robot -Super searcher -Help or harm? 	<p>Rights and Respect</p> <ul style="list-style-type: none"> -Helping each other to stay safe -Recount task -Our helpful volunteers -Can Harold afford it? 	<p>Being My Best</p> <ul style="list-style-type: none"> -Derek cooks dinner! (healthy eating) -Poorly Harold -Body team work -For or against? 	<p>Growing and Changing</p> <ul style="list-style-type: none"> -Relationship tree -Body space None of your business! -My changing body

	<ul style="list-style-type: none"> -How can we solve this problem? -Friends are special -Thunks -Dan's dare 	<ul style="list-style-type: none"> -Let's celebrate our differences -Zeb 	<ul style="list-style-type: none"> -Alcohol and cigarettes: the facts 	<ul style="list-style-type: none"> -Earning money -Harold's environment project 	<ul style="list-style-type: none"> -I am fantastic! -Top talents 	<ul style="list-style-type: none"> -All change -Period positive
Year 5 and 6	<p style="text-align: center;">Me and My Relationships</p> <ul style="list-style-type: none"> -Collaboration challenge! -Give and take -How good a friend are you? -Relationship cake recipe -Our emotional needs -Being assertive 	<p style="text-align: center;">Valuing Difference</p> <ul style="list-style-type: none"> -Qualities or friendship -Kind conversations -Happy being me -The land of the red people -Is it true? -Stop, start, stereotypes 	<p style="text-align: center;">Keeping Safe</p> <ul style="list-style-type: none"> -Spot bullying -Play, like share -Decision dilemmas -Vaping: healthy or unhealthy? -Would you risk it? 	<p style="text-align: center;">Rights and Respect</p> <ul style="list-style-type: none"> -What's the story? -Fact or opinion? -Mo makes a difference -Rights, respect and duties -Spending wisely -Lend us a fiver! 	<p style="text-align: center;">Being My Best</p> <ul style="list-style-type: none"> -It all adds up! -Different skills -My school community -Independence and responsibility -Star qualities? -Basic first aid, including sepsis awareness 	<p style="text-align: center;">Growing and Changing</p> <ul style="list-style-type: none"> -How are they feeling? -Taking notice of our feelings -Dear ash -Growing up and changing bodies -Changing bodies and feelings -Making babies (Year 6 pupils only)

Year B 2026-2027

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EYFS	<p>Me and My Relationships</p> <ul style="list-style-type: none"> -All about me -What makes me special -Me and my special people -Who can help me? -My Feelings 	<p>Valuing Difference</p> <ul style="list-style-type: none"> -I'm special, you're special -Same and different -Same and different families -Same and different homes -I am caring -I am a friend 	<p>Keeping Safe</p> <ul style="list-style-type: none"> -What's safe to go onto my body -Keeping myself safe (medicines) -Safe indoors and outdoors -Listening to my feelings -Keeping safe online -People who help to keep me safe 	<p>Rights and Respect</p> <ul style="list-style-type: none"> -Looking after my special people -Looking after my friends -Being helpful at home and caring for our classroom -Caring for our world -Looking after our money 	<p>Being My Best</p> <ul style="list-style-type: none"> -Bouncing back when things go wrong -Yes, I can! -Healthy eating -My healthy mind -Move your body -A good night's sleep 	<p>Growing and Changing</p> <ul style="list-style-type: none"> -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 and 2	<p>Me and My Relationships</p> <ul style="list-style-type: none"> -Our ideal classroom -How are you feeling today? -Let's all be happy? -Being a good friend -Types of bullying -Don't do that 	<p>Valuing Difference</p> <ul style="list-style-type: none"> -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 	<p>Keeping Safe</p> <ul style="list-style-type: none"> -Harold's picnic -How safe would you feel? -What should Harold say? -I don't like that! -Fun or not? -Should I tell? 	<p>Rights and Respect</p> <ul style="list-style-type: none"> -Getting on with others -When I feel like erupting -Feeling safe -Playing games -Harold saves for something special -How can we look after our environment? 	<p>Being My Best</p> <ul style="list-style-type: none"> -You can do it! -My day -Helping us to keep clean and healthy -Harold's bathroom -What does my body do? -Basic first aid 	<p>Growing and Changing</p> <ul style="list-style-type: none"> -A helping hand -Sam moves away -Haven't you grown! -My body, your body -Respecting privacy -Some secrets should never be kept
Year 3 and 4	<p>Me and My Relationships</p> <ul style="list-style-type: none"> -Human machines -Ok or not ok? -An email from Harold! -Different feelings -Under pressure 	<p>Valuing Difference</p> <ul style="list-style-type: none"> -Can you sort it? -What would I do? -The people we share our world with -That is such as stereotype! -Friend or acquaintance? -Islands 	<p>Keeping Safe</p> <ul style="list-style-type: none"> -Danger, risk or hazard? -How dare you! -Keeping ourselves safe -Raisin challenge -Picture wise -Medicines: check the label 	<p>Rights and Respect</p> <ul style="list-style-type: none"> -Who helps us stay healthy and safe? -It's your right -How do we make a difference? -In the news! -Safety in numbers -Why pay taxes? 	<p>Being My Best</p> <ul style="list-style-type: none"> -What makes me ME? -Making choices -SCARF hotel -Harold's seven R's -My school community -Basic first aid 	<p>Growing and Changing</p> <ul style="list-style-type: none"> -Moving house -My feelings are all over the place! -All change! -Preparing for changes at puberty -Secret or surprise?

						-Together
Year 5 and 6	<p>Me and My Relationships</p> <ul style="list-style-type: none"> -Working together -Solve the friendship problem -Behave yourself -Assertiveness skills -Don't force me -Acting appropriately 	<p>Valuing Difference</p> <ul style="list-style-type: none"> -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 	<p>Keeping Safe</p> <ul style="list-style-type: none"> -Think before you click! -To share or not to share? <ul style="list-style-type: none"> -Rat park -What sort of drug is...? -Drugs: it's the law! -Alcohol: what is normal? 	<p>Rights and Respect</p> <ul style="list-style-type: none"> -Two sides to every story -Fakebook friends -What's it worth? -Happy shoppers: caring for the environment -Democracy in Britain (elections and laws) 	<p>Being My Best</p> <ul style="list-style-type: none"> -This will be your life! -Our recommendations -What's the risk? -Basic first aid, including sepsis awareness -Five ways to wellbeing project 	<p>Growing and Changing</p> <ul style="list-style-type: none"> -I look great! -Media manipulation -Pressure online -Helpful or unhelpful? Managing change -Is this normal? (growing and changing bodies) -Help! I'm a teenager- get me out of here! -Making babies (Year 6 pupils only)