



Personal, Social, Health Education (PSHE) Long Term Plan including RSE

	Induction Topic	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Memory Box
	This is Me! (Self-awareness)	Me and the Wider World	Me and My Family and Friends	Me and My Money	Me and My Safety	Me and My Body	My Woodsetton Story (Self-awareness)
Cycle A, D	Me, who I am, my likes, dislikes, talents and interests, new beginning, hopes and aspirations	We are All Different, We are All Friends (The World I Live In) *Physical sim/diff, ethnicity, culture, religion, prejudice, discrimination	Think Before You Speak! (The World I Live, Self-Awareness) *Rules – class, school, community, rule of law, breaking the rules, respect, manners	Enterprise/Charity (The World I Live In) *Planning, advertising, making, pricing, selling, budget, profit, roles and responsibilities	Secrets and Surprises (Self-Care, Support and Safety) *Telling the truth, peer pressure, reality v online, trust, strangers, public or private	Health, Exercise and Hygiene (Healthy Lifestyles) *Food, diet, exercise, hygiene routines, illness, alcohol, tobacco, drugs	Time for change, achievements, reflection, moving on, changes, saying goodbye
Cycle B, E		Belonging (The World I Live, Self-Care, Support and Safety) *Groups – family, school, clubs, faith, UK, Worldwide, radicalisation, extremism	My Family Tree (Relationships – Changing and Growing) *Belonging, separation, divorce, adoption, different relationships, love and care, forced marriage	Money Matters (The World I Live In) *Coins/notes, spending money, sources of money, saving, needs v wants, afford, debt	Keeping Safe: In the Home (Self-Care, Support and Safety, Healthy Lifestyles) *Safety in the home, medicines and chemicals, safety online/mobile technology, reporting worries and concerns, emotional safety, public or private	My Body, My Rules (Relationships – Changing and Growing) *Basic needs, human life cycle, adult roles and responsibilities, puberty, consent	
Cycle C, F		Taking Care (The World I Live, Self-Awareness) *People, pets, communities (litter, graffiti, vandalism), teamwork, protection and conservation, eco, plant2plate	Getting On and Falling Out (Self-Awareness) *Friendship, communication, taking turns, collaboration, fairness, bullying and abuse, apologising	World of Work (The World I Live In) *Jobs in school, jobs in the community, 'special jobs', careers, planning for adulthood	Keeping Safe: Out and About (Self-Care, Support and Safety) *Physical safety e.g. roads, water, fire, stranger danger, asking for help, emergency services, communication, respect	Healthy Body, Healthy Mind (Self-Care, Support and Safety, Managing Feelings) *Feelings, emotions, resilience, mental health, rights of the child, choice, expression, strategies	