



## RSHE Long Term Plan 2024-2026

Subject and Topic	Reception	Year 1	Year 2	Year 3/4A (24/25)	Year 3/4B (25/26)	Year 5/6A (24/25)	Year 5/6B (25/26)
RSHE – Autumn 1	<b>Unit 1:</b> Being Me in My World  <b>Pol-Ed:</b> How can adults help me at school?	<b>Unit 1:</b> Being Me in My World  <b>Pol-Ed:</b> How can I keep safe in new places?	<b>Unit 1:</b> Being Me in My World  <b>Pol-Ed:</b> How can I work with different people?	<b>Unit 1:</b> Being Me in My World  <b>Pol-Ed:</b> How can I share my worries? (Y3)	<b>Unit 1:</b> Being Me in My World  <b>Pol-Ed:</b> How can we be role models? (Y4)	<b>Unit 1:</b> Being Me in My World  <b>Pol-Ed:</b> How do rules help our community? (Y5)	<b>Unit 1:</b> Being Me in My World  <b>Pol-Ed:</b> How can we respect different relationships? (Y6)
Autumn 2	<b>Unit 2:</b> Celebrating difference  <b>Pol-Ed:</b> How can I be a good friend?	<b>Unit 2:</b> Celebrating difference  <b>Pol-Ed:</b> What is bullying?	<b>Unit 2:</b> Celebrating difference  <b>Pol-Ed:</b> How do I share family worries?	<b>Unit 2:</b> Celebrating difference  <b>Pol-Ed:</b> What is bullying? (Y3)	<b>Unit 2:</b> Celebrating difference  <b>Pol-Ed:</b> What are protected characteristics? (Y4)	<b>Unit 2:</b> Celebrating difference  <b>Pol-Ed:</b> What are online friendships? (Y5)	<b>Unit 2:</b> Celebrating difference  <b>Pol-Ed:</b> How can we be allies against racism? (Y6)
Spring 1	<b>Unit 3:</b> Dreams and Goals  <b>Pol-Ed:</b> How can I make other children feel happy?	<b>Unit 3:</b> Dreams and Goals  <b>Pol-Ed:</b> How can I be responsible?	<b>Unit 3:</b> Dreams and Goals  <b>Pol-Ed:</b> What are needs and wants?	<b>Unit 3:</b> Dreams and Goals  <b>Pol-Ed:</b> How can I be a responsible citizen? (Y3)	<b>Unit 3:</b> Dreams and Goals  <b>Pol-Ed:</b> What can I be? (Y4)	<b>Unit 3:</b> Dreams and Goals  <b>Pol-Ed:</b> How can my adult relationships affect my future? (Y5)	<b>Unit 3:</b> Dreams and Goals  <b>Pol-Ed:</b> What does 30 look like? (Y6)
Spring 2	<b>Unit 4:</b> Healthy Me  <b>Pol-Ed:</b> How can I be a germ buster?	<b>Unit 4:</b> Healthy Me  <b>Pol-Ed:</b> What do feelings feel like?	<b>Unit 4:</b> Healthy Me  <b>Pol-Ed:</b> How can I deal with change?	<b>Unit 4:</b> Healthy Me  <b>Pol-Ed:</b> What are emergency situations? (Y3)	<b>Unit 4:</b> Healthy Me  <b>Pol-Ed:</b> What are healthy habits? (Y4)	<b>Unit 4:</b> Healthy Me  <b>Pol-Ed:</b> What is my personal identity? (Y5)	<b>Unit 4:</b> Healthy Me  <b>Pol-Ed:</b> What is the issue with addiction? (Y6)
Summer 1	<b>Unit 5:</b> Relationships  <b>Pol-Ed:</b> Who are the police and how do they help us?	<b>Unit 5:</b> Relationships  <b>Pol-Ed:</b> How can I be an empathy expert?	<b>Unit 5:</b> Relationships  <b>Pol-Ed:</b> How can I look after my body?	<b>Unit 5:</b> Relationships  <b>Pol-Ed:</b> Who are my key people? (Y3)	<b>Unit 5:</b> Relationships  <b>Pol-Ed:</b> What is peer influence? (Y4)	<b>Unit 5:</b> Relationships  <b>Pol-Ed:</b> What is media influence? (Y5)	<b>Unit 5:</b> Relationships  <b>Pol-Ed:</b> What is anti-social behaviour? (Y6)
Summer 2	<b>Unit 6 – Changing Me</b>  <b>Pol-Ed:</b> How does food help me?	<b>Unit 6 – Changing Me</b>  <b>Pol-Ed:</b> How can I share my feelings?	<b>Unit 6 – Changing Me</b>  <b>Pol-Ed:</b> Why is sleep important?	<b>Unit 6 – Changing Me</b>  <b>Pol-Ed:</b> How can intense feeling feel?	<b>Unit 6 – Changing Me</b>  <b>Pol-Ed:</b> What is first aid? (Y4)	<b>Unit 6 – Changing Me</b>  <b>Pol-Ed:</b> How might school affect the way I feel? (Y5)	<b>Unit 6 – Changing Me</b>  <b>Pol-Ed:</b> How can I get ready for secondary relationships? (Y6)