

RSE and PSHE (Personal Development) Long Term Plan – Me and My World

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Self-regulation: My Feelings	Building Relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: listening and following instructions	Building relationships: My family and friends	Managing self: My Wellbeing
Year 1	Introduction lesson Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Citizenship	Citizenship Economic Wellbeing	Economic Wellbeing Safety and the changing body	Safety and the changing body Transition/wellbeing
Year 2	Introduction lesson Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Citizenship	Citizenship Economic Wellbeing	Economic Wellbeing Safety and the changing body	Safety and the changing body Transition/wellbeing
Year 3	Introduction lesson Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Citizenship	Citizenship Economic Wellbeing	Economic Wellbeing Safety and the changing body	Safety and he changing body Transition/wellbeing
Year 4	Introduction lesson Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Citizenship	Citizenship Economic Wellbeing	Economic Wellbeing Safety and the changing body	Safety and the changing body Transition/wellbeing
Year 5	Introduction lesson Family and Relationships	Family and Relationships Health and Wellbeing	Health and Wellbeing Citizenship	Citizenship Economic Wellbeing	Economic Wellbeing Safety and the changing body	Safety and the changing body Transition: Roles and responsibilities/wellbeing
Year 6	Introduction lesson Family and Relationships	Health and Wellbeing	Health and Wellbeing Citizenship	Citizenship Economic Wellbeing	Economic Wellbeing Safety and the changing body	Safety and the changing body Identity Transition: dealing with change/wellbeing