



Long Term Plan 2020-21 Plan B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	<u>Family and Relationships</u> Introduce RSE and setting the ground rules Talk about members of their immediate family and community Name and describe people who are familiar to them.	<u>Safety and the Changing Body</u> Know and talk a being a safe pedestrian Pantosaurus NSPCC Talking PANTS teaches children important messages, like their body belongs to them and they should tell an adult if they are upset or worried	<u>Health and Wellbeing</u> Know and talk about the different factors that support their overall health; healthy eating – toothbrushing Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - sensible amounts of 'screen time' - having a good sleep routine - Express their feelings and consider the feelings of others. Identify and moderate their own feelings socially and emotionally. See themselves as a valuable individual.	<u>Citizenship</u> Recognise that people have different beliefs and celebrate special times in different ways.	<u>Family and Relationships</u> Talk about the lives of people around them and their roles in society <u>Health and Wellbeing</u> Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. <u>Safety and the Changing Body</u> Explain the reasons for rules, know right from wrong and try to behave accordingly.	
Year 1/2	<u>Family and Relationships</u> Introduce RSE and setting the ground rules Families offer stability and love Families are all different Other peoples' feelings How to deal with unhappy friendships Introduction to manners and courtesy Introduction to change and loss Stereotyping - gender	<u>Safety and the Changing Body</u> Introduction to the internet Communicating online – not sharing personal information The difference between secrets and surprises My private parts – correct vocabulary My private parts are private- safe and unsafe touches. Road safety Safety with medicines	<u>Health and Wellbeing</u> Experiencing different feelings Being Active Relaxation- breathing exercises Steps to success – setting achievable goals Growth mindset- overcoming difficulties Healthy diet Looking after our teeth	<u>Citizenship</u> Rules beyond school Our school environment Our local environment Job roles in the community Similar yet different – my local community School council Giving my opinion	<u>Economic wellbeing</u> Where money comes from Needs and wants. Wants and needs. Looking after my money Jobs	
Year 3/4	<u>Family and Relationships</u> Introduction to RSE and setting ground rules Respect and manners Healthy friendships – physical and emotional boundaries How my behaviour effects others Bullying – the effects and responsibility of the bystander Stereotypes – in fictional characters Stereotypes – negative effects of Families in the wider world – respecting differences Change and loss - bereavement	<u>Safety and the Changing Body</u> Internet safety- age restrictions Internet safety – share aware. Basic first aid – asthma Privacy and secrecy – the difference about the two Consuming information online – being a discerning consumer. Growing up – that the changes from being child to adult is called puberty. Introduction to puberty Tobacco – the risks of smoking	<u>Health and Wellbeing</u> Looking after our teeth Relaxation – visualisation Celebrating mistakes My role – my strengths and helping others My happiness Emotions Mental health	<u>Citizenship</u> What are human rights? Caring for the environment Community Contributing Diverse Communities Local councillors	<u>Economic wellbeing</u> Spending choices Keeping track of money Looking after my money Influences on career choices Jobs for me	

Year 5/6						
	<u>Family and Relationships</u> Introduction to RSE and setting ground rules. Respect – how this can be gained and lost Developing respectful relationships Challenging stereotypes Different types of stereotypes Resolving conflict Change and loss	<u>Safety and the Changing Body</u> The risks associated with alcohol. Critical digital consumers Social media Physical and emotional changes – puberty Conception (Parents can withdraw) Pregnancy and birth (Parents can withdraw) First Aid - choking Basic life skills	<u>Health and Wellbeing</u> What can I be? Setting long term goals Relaxation – mindfulness Taking responsibilities for my health Resilience toolbox The facts about immunisation Physical health concerns – where to get help Habits – positives and negative	<u>Citizenship</u> Human rights Food choices and the environment Caring for others Prejudice and discrimination Valuing diversity National democracy	<u>Economic wellbeing</u> Attitudes to money Keeping money safe Gambling What jobs are available? Career Routes	<u>Identity</u> What is identity? Gender identity? Identity and body image