PSHCE/RSHE Long Term Plan: Route A



	Autumn 1 Religious understanding	Autumn 2 Religious understanding	<u>Spring 1</u> Personal Relationships	Spring 2 Keeping Safe/ Me, My body, My Health	Summer 1 Religious Understanding/ Keeping Safe	Summer 2 Religious Understanding
EYFS	1.1 Handmade with Love 2.1 Role Model 2.4.3 Feeling poorly 2.4.4 People who help us	1.2.1 I am Me 1.2.2 Heads, Shoulders, Knees and Toes 1.2.3 Ready Teddy?	2.2.1 Who's Who? 2.2.2 You've got a friend in me 2.2.3 Forever Friends	1.4 Growing up 2.4.1 Safe inside and Out 2.4.2 My body, My rules	1.3.1 I like, you like, we all like! 1.3.2 All the feelings! 1.3.3 Let's get real 2.3.2 Playing online 2.3.1 What is the internet?	3.1.1 God is love 3.1.2 Loving God, Loving Others 3.2.1 Me, You, Us.
Year 1/2	1.1: Let the children come.	2.1.1: God Loves You	2.2.1: Special People 2.2.2: Treat Others Well 2.2.3:And Say Sorry	2.4.1: Good Secrets and Bad Secrets 2.4.2: Physical Contact	3.1.1: Three in one	3.1.2: Who Is My Neighbour?
Year 3/4	1.1 Get up!	1.1.2: The Sacraments 2.1 Jesus My Friend	2.2.1 Family, Friends and Others 2.2.2 When Things Feel Bad	*ONLY YR3* 1.2.1 We don't have to be the same 1.2.2 Respecting Our Bodies *ONLY YR4* 1.2.3 What is Puberty? 1.2.4 Changing Bodies	YR3 + 4 2.3.1: Sharing Online 2.3.2: Chatting Online *ONLY YR4* 2.4.1: Safe in my body.	3.1.1 A community of Love 3.1.2 What is the Church?
Year 5/6	1.1 Calming the storm.	2.1.1: God is Calling You	2.2.1 Under Pressure 2.2.2 Do You Want a Piece of Cake? 2.2.3 Self-Talk 1.4.4 Hope beyond Death (link to Easter)	*YR5 ONLY* 2.3.1 Sharing isn't always caring 2.3.2 Cyberbullying *YR6 ONLY* 1.4.1 Making Babies (Part 1) 1.4.2 Making Babies (part 2) 1.4.3 Menstruation	2.4.1 Types of abuse	3.1.1 The Holy Trinity 3.1.2 Catholic Social Teaching



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Julilliei Z
	Religious Understanding	Me, My body, My health	Emotional Wellbeing	Life cycles (KS1)	Religious Understanding	Living in the wider world
EYFS	1.1 Handmade with	1.2.1 I am Me			1.3.1 I like, you like, we	3.1.1 God is love
	Love	1.2.2 Heads, Shoulders,	2.2.1 Who's Who?	1.4 Growing up	all like!	3.1.2 Loving God,
	2.1 Role Model	Knees and Toes	2.2.2 You've got a	2.4.1 Safe inside and	1.3.2 All the feelings!	Loving Others
	2.4.3 Feeling poorly	1.2.3 Ready Teddy?	friend in me	Out	1.3.3 Let's get real	3.2.1 Me, You, Us.
	2.4.4 People who help		2.2.3 Forever Friends	2.4.2 My body, My rules		
	us					
	2.4.3 Harmful substances	1.2.1: I Am Unique (Me)	1.3.1: Feelings, Likes and	1.4.1: The Cycle of Life	3.1.1: Three in one	3.2.1 The communities we
	2.4.4 Can you help me?	1.2.2: Girls and Boys	Dislikes	1.4.2 Beginnings and	3.1.2: Who is my	live in
Year 1/2	Part 1. 2.4.5 Can you help me? Part 2	1.2.3: Clean and Healthy	1.3.2: Feeling Inside Out	Endings.	neighbour?	
		(My Body)	1.3.3: Super Susie Gets			
1/2			Angry			
	2.4.3: First Aid Heroes	2.4.2: Drugs, alcohol and	1.3.1: What Am I Feeling?	*ONLY YR3*	1.4.1 Life Cycles	3.2.1 How Do I Love
		tobacco	1.3.2: What Am I Looking At?	1.2.1 We don't have to be	1.4.2 A time for	Others?
				the same	everything.	
Year			1.3.3: I Am Thankful!	1.2.2 Respecting Our Bodies		
3/4				*ONLY YR4*		
				1.2.3: What is Puberty?		
				1.2.4: Changing Bodies		
1				2.4.1: Safe in my body.		
	2.4.4: Giving assistance	1.2.1 Gifts and Talents	1.3.1 Body Image	*YR5 ONLY*	2.4.2Impacted lifestyles	3.2.1 Reaching Out
1	(First Aid) 2.2.4 Build others up.	1.2.2 Girls' Bodies	1.3.2 Peculiar Feelings	2.3.1 Sharing isn't always	2.4.3 Making good choices	0 - 11
		1.2.3 Boys' Bodies	1.3.3 Emotional Changes	caring		
		1.2.4 Spots and Sleep	1.3.4 Seeing Stuff Online	2.3.2 Cyberbullying		
3.5		1.2.4 Spots and Sieep	1.5.4 Seeing Stair Online	2.3.2 Cyberbanying		
Year				*YR6 ONLY*		
5/6				1.4.1 Making Babies (Part		
				1)		
				1.4.2 Making Babies (Part		
				2)		
				1.4.3 Menstruation		

PSHCE/RSHE Long Term Plan: Route B