



KS1- Long Term Plan- RSHE 2026

Starters for each half term:

Zones of regulation
Safety in the local area
Friendships
PANTS/Personal Space/Respecting others
Growth Mindset
Wellbeing

	Year 1	Year 2
Autumn 1	Zones of regulation <i>Recap of EYFS based on information from EYFS teacher of what needs to be addressed</i>	C1) How do we make a happy school? C2) Who lives in my neighbourhood? Os3) Project Evolve
Autumn 2	Fr1) Who is my friend? P1) How do I help my body stay healthy?	Fr4) How do we stop bullying? Os2) Digiduck – child net Os5) British Board of Film Classification Watch Out
Spring 1	M1) What are feelings and emotions? P2) How do I keep teeth healthy?	Fa2) Do Families always stay the same? Fa3) How should families treat each other? P3) How do we stop getting ill?
Spring 2	Fa1) Who's in my family? Os1) What do I do online?	Fa4) When should I say no? Fa5) Are boys and girls the same? GP1) Will I always be a child?(link with science life cycles)
Summer 1	Fr2) What makes a good friend? Fr3) Should friends tell us what to do?	Os4) Jessie and Friends CEOP M2) How do we recognise feelings in ourselves and others? P4) How can I stay safe at home?
Summer 2	GP2) Can we name all the parts of our body? (including part 2: private body parts) P5) How can I stay safe outdoors? <i>Additional picture books and information</i>	Fa6) Are all families the same? P6) Water and sun safety



LKS2- Long Term Plan -RSHE

Starters for each half term:

Zones of regulation

Safety in the local area

Friendships

PANTS/Personal Space/Respecting others

Growth Mindset

Wellbeing

	Year 3	Year 4
Autumn 1	Fr1) What makes a good friend? Os1) NCA-CEOP Play Like Share Os2) BBFC” Lets Watch a Film”	Fr2) Are all friends the same? Fr3) Are friendships always fun? M2 Are we happy all the time?
Autumn 2	Fa1) Do Families always stay the same? Fa2) Are all families like mine?	M3) Managing worries and moods M4) Self esteem
Spring 1	M1) How do I manage my feelings? P1.) Keeping Healthy P2.) How do I get a healthy diet?	Os5) National Cyber Security Centre NCSC: Cyber Sprinters Os6) Google and Parent zone Be internet Legends (1-6) *Optional)
Spring 2	Os3) PSHE Association- Paying to Play (coming soon)	Fa3) Are boys and girls the same?
Summer 1	Os4) PSHE Association accredited Guardian Foundation NewsWise	P4) Keeping safe at home and emergencies P6) Sun safety
Summer 2	Nat West) What are the links between jobs and money? Nat West) How do I plan a simple budget? Nat West) How can I fundraise?	P5) Water safety G1) How will my body change as I get older?



UKS2- Long Term Plan -RSHE 2026		
Starters for each half term: Zones of regulation Safety in the local area Friendships PANTS/Personal Space/Respecting others Growth Mindset Wellbeing		
	Year 5	Year 6
Autumn 1	Fa1) Why do some people get married? Fa2) Are families ever perfect? Os1) NCA – CEO Connect (Lessons 1, 2 and 3) Os2) Guardian Foundation NewsWise (Lessons 3, 5 and 6)	Os6) PSHE Association Understanding AI: Rights, safety and wellbeing Os7) PSHE Association with the Home Office: Digital Deception Understanding Deepfakes and Manipulated Images Fr5) What are stereotypes? Fr6) How do I accept my friends for who they are?
Autumn 2	Fr1) What makes a close friend? M1) Responding to feelings Nat West) What affects my choices about money? Nat West) How does money affect my feelings? Nat West) How can I pay for things?	C1) What is prejudice? C2) What is the history of prejudice? C3) What should I do if I encounter prejudice? Nat West) How can I keep money safe?
Spring 1	Fr2) Can we be different and still be friends? Fr3) Should friends tell us what to do? P1) Preparing and planning a healthy meal	C4) How can I be a great citizen? C5) Why is money important?
Spring 2	Os3) PSHE Accredited London Police Cyber Detectives Os4) National Cyber Security Centre NCSC: Cyber Sprinters (Lesson 3). M2) Anxiety M3) Navigating change and loss	Staying safe in the community Knife crime- Lesson 2 P6) How to save a life M2) Anxiety Revisit for SATs and Secondary
Summer 1	P2) Understanding drugs Knife Crime – Lesson 1 Fa3) Is there such a thing as a 'normal' family?	Os8) Optional Google and Parentzone: Be Internet Legends Lesson 7-12 C6) Who belongs in our country C7) What does it mean to be British
Summer 2	Fr4) Why are some people unkind? Os5) PSHE Association Pick your Pics G1). How does my body change during puberty? G2). Puberty males G3). Puberty Females	G HR 1 Human reproduction G HR 2 Conception to birth <i>Transition lessons – 6 weekly lessons to prepare children for their next steps and addresses concerns.</i>
Additional	Knife workshops Y5 and Y6 Y6 Crucial Crew	