PSHE/RHE LONG TERM PLAN

Year Group	Autumn 1 Being Me in My World	Autumn 2 Protective Behaviours	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Celebrating Difference	Summer 2 Relationships & Changing Me
Reception	**Jigsaw** • Self-identity • Understanding feelings • Being in a classroom • Being gentle • Rights and responsibilities	**Jigsaw** - Anti-bullying week Celebrating Difference **Protective Behaviours** - Trusted adults • Early warning signs • Safe and unsafe situations • Speaking out when worried	**Jigsaw** • Challenges • Perseverance • Goal-setting • Overcoming obstacles • Seeking help • Achieving goals	**Jigsaw** • Exercising bodies • Physical activity • Healthy food • Sleep • Keeping clean • Safety	**Jigsaw** • Identifying talents • Being special • Families • Where we live • Making friends • Standing up for yourself	**Jigsaw** **Relationships:** Family life, Friendships, breaking friendships, falling out, dealing with bullying, being a good friend. **Changing Me:** Bodies, respecting my body, Growing up, Growth and change, Fun and fears, Celebrations.
	ZofR - Chapter 3 Lesson 1 – Creating Wall Posters of the Zones	**ZofR - Chapter 3** Lesson 2 – Zones Bingo	**ZofR - Chapter 3** Lesson 3 – The Zones in Video	**ZofR - Chapter 3** Lesson 4 – The Zones in Me	**ZofR - Chapter 3** Lesson 6 – Me in My Zones	**ZofR - Chapter 3** Lesson 8 – My Zones Across the Day
	No Outsiders: The Family Book – by Todd Parr	**No Outsiders:** Red Rockets and Rainbow Jelly – by Sue Heap and Nick Sharratt	**No Outsiders:** Mommy Mama and Me – by Leslea Newman and Carol Thompson	**No Outsiders:** You Choose -by Nick Sharratt and Pippa Goodheart	**No Outsiders:** Blue Chameleon – by Emily Gravett	**No Outsiders:** Hippo Has a Hat by Julia Donaldson

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Year 1	**Jigsaw** • Feeling special and safe • Being part of a class • Rights and responsibilities • Rewards and feeling proud • Consequences • Owning the Learning Charter	**Jigsaw** - Anti-bullying week Celebrating Difference Lesson 4 – *What Do I Do About Bullying?* **Protective Behaviours** • Protective Behaviour strategies • Personal safety • Safe secrets and surprises • Seeking support	**Jigsaw** • Setting goals • Identifying successes and achievements • Learning styles • Working well with a partner • Tackling new challenges • Identifying and overcoming obstacles • Feelings of success	**Jigsaw** • Keeping myself healthy • Healthier lifestyle choices • Keeping clean • Being safe • Medicine safety / household items • Road safety • Linking health and happiness	**Jigsaw** • Similarities and differences • Understanding bullying and how to deal with it • Making new friends • Celebrating the differences in everyone	**Jigsaw** **Relationships:** Belonging to a family, Making friends, Physical contact preferences, People who help us, Qualities as a friend and person, Self-acknowledgement, Being a good friend to myself, Celebrating special relationships. **Changing Me:** Life cycles, Changes in me, Changes since being a baby, Differences between female and male bodies (correct terminology), Linking growing and learning, Coping with change, Transition.
	ZofR - Chapter 3 Lesson 1/Lesson 2– Revisit Zones and Zones Bingo	**ZofR - Chapter 3** Lesson 4 – The Zones in Me	**ZofR - Chapter 3** Lesson 6 – Me in My Zones	**ZofR - Chapter 3** Lesson 7 – How do I feel?	**ZofR - Chapter 4** Lesson 9 – Caution! Triggers Ahead	**ZofR - Chapter 4** Lesson 10 – Exploring Sensory Support Tools
	No Outsiders: Elmer – by David Mckee	**No Outsiders:** Going to the Volcano by Andy Stanton	**No Outsiders**: Want to Play Trucks? By Ann Stott	**No Outsiders**: Hair, it's a family affair By Mylo Freeman	**No Outsiders:** My World your World – by Melanie Walsh	**No Outsiders**: Errol's Garden By Gillian Hibbs

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Year 2	**Jigsaw** • Hopes and fears for the year • Rights and responsibilities • Rewards and consequences • Safe and fair learning environment • Valuing contributions • Choices • Recognising feelings	**Jigsaw** - Anti-bullying week Celebrating Difference Lesson 3 – *Why Does Bullying Happen?* **Protective Behaviours** • Safety networks • Consent and boundaries (age appropriate) • Speaking up confidently • Managing worries safely	**Jigsaw** • Achieving realistic goals • Perseverance • Learning strengths • Learning with others • Group co-operation • Contributing to and sharing success	**Jigsaw** • Motivation • Healthier choices • Relaxation • Healthy eating and nutrition • Healthier snacks • Sharing food safely	**Jigsaw** • Assumptions and stereotypes about gender • Understanding bullying • Standing up for self and others • Making new friends • Diversity • Celebrating difference and remaining friends	**Jigsaw** **Relationships:** Different types of family, Physical contact boundaries, Friendship and conflict, Trust and appreciation, Expressing appreciation for special relationships. **Changing Me:** Life cycles in nature, Growing from young to old, Increasing independence, Differences in female and male bodies (correct terminology), Assertiveness, Preparing for transition.
	ZofR - Chapter 3 Lesson 1/Lesson 2– Revisit Zones and Zones Bingo	**ZofR - Chapter 3** Lesson 5 – Understanding Different Perspectives	**ZofR - Chapter 3** Lesson 7 – How do I feel?	**ZofR - Chapter 3** Lesson 8 – My Zones Across the Day	**ZofR - Chapter 4** Lesson 10 – Exploring Sensory Support Tools	**ZofR - Chapter 4** Lesson 11 – Exploring Tools for Calming/Thinking Strategies
	No Outsiders: Can I join your Club? By John Kelly	**No Outsiders:** How to be a lion By Ed Vere	**No Outsiders:** The Great big book of families By Mary Hoffman and Ros Asquith	**No Outsiders:** Amazing By Steve Antony	**No Outsiders:** What the Jackdaw Saw By Julia Donaldson and Nick Sharratt	**No Outsiders:** All are Welcome By Aleandra Penfold and Suzanne Kaufman