

Long-term plan RSE and PSHE - Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS: Reception	Self-regulation: My feelings	Special relationships	Managing self: Taking on challenges	Instructions	My family and friends	My wellbeing
Year 1	Introduction lesson Family and relationship	Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship Economic wellbeing	Economic wellbeing Transition lesson
Year 2	Introduction lesson Family and relationship	Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship	Economic wellbeing Transition lesson
Year 3	Introduction lesson Family and relationship	Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship	Economic wellbeing Transition lesson
Year 4	Introduction lesson Family and relationship	Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body	Safety and the changing body	Citizenship	Citizenship Economic wellbeing Transition lesson
Year 5	Introduction lesson Family and relationship	Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship Economic wellbeing	Economic wellbeing Transition lesson: Roles and responsibilities
Year 6	Introduction lesson Family and relationship	Health and wellbeing	Health and wellbeing Safety and the changing body	Safety and the changing body Citizenship	Citizenship Economic wellbeing	Economic wellbeing Identity Transition lesson: Dealing with change