

Appendix 1 – PHSE/RSE Long Term Overview

PSHE/RSE Long Term Plan

Rainbow drop animated stories/teachers to choose related dilemma cards to discuss

PSHE/RSE Long Term Plan- 23-24

Rainbow drop animated stories/teachers to choose related dilemma cards to discuss

	Autumn Term 15 weeks			Spring Term 10 weeks			Summer Term 14 weeks		
Year	Staying safe	Staying healthy	Feelings and emotions	Being responsible	Relationships	Computer safety	Our World	Hazard Watch	*Fire Safety/Fi aid
EYFS	Blue explores road safety Blue gets lost Yellow play fights Rainbow visits the seaside *Fire Officer/Police Officer visits	Green's green Orange brushes her teeth Purple is poorly Yellow learns about germs Red visits the dentist *School nurse visits Dentist visit	Green stays in hospital Green gets glasses Green is moving up a year Blue's best friend- jealousy Orange feels worried Purple's pet bird Purple watches the news Yellow goes on holiday Pink goes to school Pink misses mummy Pink has a new brother Pink feels sad Red goes swimming Rainbow feels angry	Blue's indoor voice Orange sleeps over Orange helps out Yellow's bedtime Red's nut allergy Rainbow helps at home	Greens daddy moves out Blue learns to share Orange moves house	Pink's screen time	Red's hearing aid Why does purple play differently? Rainbow's food journey Rainbow's day out	Purple the passenger	N/A

5-8	Autumn Term 14 weeks			Spring Term 12 weeks			Summer Term 13 weeks		
Year	Staying safe	Staying healthy	Feelings and emotions	Being responsible	Relationships	Computer safety	Our World	Hazard Watch	*Fire Safety 1 week coverage
Y1	Road Safety -practise using skills too	Washing hands -practise using skills too	Identifying different emotion and understanding the feeling of them.	Define what being responsible means with examples and practise.	Friendships	Being 'online'- what does this mean? On social media, game etc...	Growing in our world	Is it safe to eat or drink?	General fire safety (telling adult, calling 999, staying away from fire stop drop and roll)
	End of unit assessment	End of unit assessment	Jealousy	Water Spillage		Online bullying	End of unit assessment	End of unit assessment	Hoax calling (ensure children are clear on the moral and legal consequences of this)
	*Dog Safety visit		End of unit assessment	End of unit assessment	End of unit assessment				End of unit assessment
Y2	Revisit road safety from Year 1 (not using 1Decision resources)	Revisit washing hands from Year 1 (not using 1Decision resources)	Worry	Practise makes perfect	Revisit friendship from Year 1 (not using 1decision resources) Bullying	Revisit online bullying from Year 1 (not using 1 Decision resources)	Living in our world	Revisit is it okay to eat or drink from Year 1.	Petty arson (ensure children are clear on the moral and legal consequences of this)
	Tying shoelaces	Healthy eating Brushing teeth *could we get a school nurse/ dentist to visit and discuss importance	Anger	Helping someone in need	Body language	Image sharing Computer safety documentary	Working in our world	Is it safe to play with?	Texting whilst driving

	End of unit assessment	End of unit assessment	End of unit assessment	End of unit assessment	End of unit assessment	End of unit assessment	End of unit assessment	End of unit assessment	End of unit assessment
Y3	Revisit road safety from Year 2 (not using 1Decision resources)	Revisit brushing teeth from Year 2.	Revisit emotions covered previously. (jealousy, anger, worry)	Look at being responsible for our own actions- in the home. Community (litter, kind to others, helping others)	Touch (discussing appropriate and inappropriate touch)	Making friends online - this is likely to need a few lessons and lots of discussion. Link to image sharing from Year 2.	Looking after our world	Spotting hazards in the home/ school/ community and what to do if we see a hazard. This could be made practical- children looking for hazards in school/playground. Community).	Petty arson (not taught in Year 2 last year) (ensure children are clear on the moral and legal consequences of this) Texting whilst driving (not taught in Year 2 last year)
	Staying safe (not venturing off with people we don't know very well)	Medicine	Grief (animal, family member, friend)	Stealing (previous lesson on being responsible for our actions will support this). Ensure children know moral and legal consequences of this.	*NSPCC visit	End of unit assessment	*Do some hands on work in school/ community to help look after our world eg litter picking, bird feed out- opportunity to link up with BigLocal Thurnscoe to support us in doing this.	End of unit assessment	Enya and Deedee Visit the Fire Station
	Leaning out of windows unit (this is about different dangers inside and outside out homes)	End of unit assessment	End of unit assessment	End of unit assessment	Chance to teach about any relevant issues surrounding relationships (friendship/bullying /others feelings)		End of unit assessment		*Fire Officer Visit

	End of unit assessment *continue to encourage and support children to tie their own laces throughout year	*continue to reinforce healthy eating through discussions with children and hand washing			End of unit assessment				End of unit assessment
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8-11	Autumn Term 14 weeks			Spring Term 12 weeks			Summer Term 13 weeks		
Year	Staying safe	Staying healthy	Feelings and emotions	Being responsible	Growing and changing	Computer safety	The Working World	A World without judgement	Fire safety/ First Aid
Y4	Revisit road safety from Year 3 (not using 1Decision resources)	Revisit brushing teeth from Year 3 (not using 1Decision resources)	Chance to cover relevant emotions for class eg anger, jealousy, worry etc... Could include sessions on how to overcome/cope with this feeling.	Look at being responsible for our own actions- in the home. Community (litter, kind to others, helping others) Link to road safety, littering, vandalism, kind to others, respectful in shops, stealing- covered in Y3)	Appropriate touch (links to touch covered in Year 3)	Online bullying	Chores at home	Breaking down barriers	First aid
	Cycle Safety unit *Bikeability visit	Healthy living -practical eating/ drinking certain foods and doing sports event	Jealousy	Coming home on time	End of unit assessment	Chance to cover relevant issues for Year group regarding online safety.	End of unit assessment	End of unit assessment	End of unit assessment

	End of unit assessment	End of unit assessment	End of unit assessment	End of unit assessment		End of unit assessment			
Y5	Revisit cycle safety not using 1Decision resources (discussing playing out on bikes/ scooters etc)	Smoking - Also discuss vaping	Chance to cover relevant emotions for class eg anger, jealousy, worry etc... Could include sessions on how to overcome/cope with this feeling.	Look at being responsible for our own actions- in the home. Community (litter, kind to others, helping others) Link to road safety, littering, vandalism, kind to others, respectful in shops, stealing- covered in Y3)	Puberty	Image sharing	Enterprise	Inclusion and acceptance	First aid *Could we get paramedics/ ambulance service in for training for Year 5 or 6?
	Peer pressure	Children's and adult views (could be used to support a P4C session on their learning so far on being healthy_	Anger	Looking out for others	Children's and adult views- could be used to support a discussion on their learning.	Chance to cover relevant issues for Year group regarding online safety.	Children's and adult views- could be used to support a discussion on their learning.	Children's and adult views- could be used to support a discussion on their learning	End of unit assessment
	Children's and adult views (could be used to support a P4C session on what adults need to keep safe from and what children need to keep safe from)	*School nurse visit	Children's and adult views- could be used to support a discussion on their learning.		End of unit assessment	Children's and adult views- could be used to support a discussion on their learning.	End of unit assessment	End of unit assessment	
	End of unit assessment	End of unit assessment	End of unit assessment			End of unit assessment			

Y6	Revisit peer pressure from Year 5 (not using 1Decision resources)	Revisit smoking/vaping from Year 5 (not using 1Decision resources)	Chance to cover relevant emotions for class eg anger, jealousy, worry etc... Could include sessions on how to overcome/cope with this feeling.	Look at being responsible for our own actions- in the home. Community (litter, kind to others, helping others) Link to road safety, littering, vandalism, kind to others, respectful in shops, stealing- covered in Y3)	Revisit puberty from Year 5.	Revisit image sharing from Year 5.	Chores at home (not covered in Year 5 last year)	Breaking down barriers (not covered in Year 5 last year). Inclusion and acceptance (not covered in Year 5 last year)	First aid *Could we get paramedics/ ambulance service in for training for Year 5 or 6?
	Water safety	Alcohol *School nurse visit	Worry	Stealing	Conception	Making friends online	Enterprises (not covered in Year 5 last year)	British values	End of unit assessment
	End of unit assessment	End of unit assessment	End of unit assessment	End of unit assessment	End of unit assessment	End of unit assessment	In app purchases	End of unit assessment	
	*Crucial Crew *when talking to children about playing out after school/weekends/ before holidays discuss safety in local community to themselves and others.						End of unit assessment		

There is less to cover this Year so please split the lessons up into multiple sessions where necessary and use additional time to cover relevant issues for your class or in the local community and school.