

Litton CE Primary School
Long Term Plan- RSHE / PHSE
Words in Italics - links with SRE



KS1	Year A	Year B
Autumn 1	Online Safety Os1) Screen time and online safety Os2) Personal information	Online Safety Os2) Personal information <i>(revisit)</i> Understanding Feelings M2) Who am I? Fa4) When should I say no?
Autumn 2	Staying Healthy P1) How do I help my body stay healthy? <i>M1) Where do feelings come from?</i>	Our Communities C1) How do we make a happy school? C2) Who lives in my neighbourhood? Fr4) How do we stop bullying? (focus on talk, isolation and manipulation)
Spring 1	Keeping Friendships Healthy Fr1) Who is my friend? Fr3) Should friends tell us what to do?	Staying Healthy P1) How do I help my body stay healthy? P2) How do I decide what to eat? P3) How do we stop getting ill?
Spring 2	What Makes a Family? Fa1) Who's in my family?	What Makes a Family? Fa2) Do families always stay the same? Fa3) How should families treat each other? Fa 6) Do families always stay the same?

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Summer 1	Keeping Relationships Healthy Fr2) What makes a good friend? Fr4) How do we stop bullying? (focus on physical)	Online Safety Os3) Online strangers Os4) Fake News
Summer 2	Understanding My feelings M3) What helps me to be happy?	Understanding My Feelings / Family <i>P4) How can I stay safe?</i> <i>Fa5) Who Owns my Body? I do!</i>
Y3/Y4	Year A	Year B
Autumn 1	Online Safety <i>Os1) Online strangers [P1]</i> <i>Os2) Sharing Online [P2]</i> <i>Os3) Friendship Online [S1]</i> <i>Os4) Personal Information [C2]</i>	Online Safety Os5) Digital Media [N1] Os6) Verifying content and echo chambers [N3]
Autumn 2	Keeping Friendships Healthy Fr1) What makes a good friend?	Keeping Friendships Healthy Fr2) Are all friends the same? Fr3) Are friendships always fun? Fr2) Can we be different and still be friends?
Spring 1	Our Communities C1) How do we make the world fair?	Our Communities C2) Where do you feel like you belong? C3) How can we help the people around us?

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Spring 2	What Makes A Family? Fa1) Do Families always stay the same? Fa2) Are all families like mine?	What Makes A Family? <i>Fa3) How should we treat people who are different?</i> <i>Fa1) Why do some people get married?</i>
Summer 1	Staying healthy P1) How do I keep my body healthy? P2) How do I get a healthy diet?	Staying healthy P3) How do I stop getting ill? P2) How can I stay fit and healthy
Summer 2	Understanding My Feelings M1) How do I manage my feelings?	Understanding My Feelings M2) Are we happy all the time? M1) Does everybody have the same feelings
Y5/Y6	Year A	Year B
Autumn 1	Online Safety Os1) Control and consent [S1] Os2) Protecting our identity [P1] Os3) Meeting strangers online [P4] Os4) Personal Information, terms and conditions [C2] Os5) Analysing Digital Media [N1]	Online Safety Os6) Bias [N2] Os7) Echo Chambers [N5] Os8) Does the internet make us happy? [L1]
Autumn 2	Keeping Friendships Healthy Fr1) What makes a close friend? Fr3) Should friends tell us what to do?	Understanding My Feelings M2) Should we be happy all the time? M5) Physical and Mental Wellbeing

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<p>Spring 1</p>	<p>Our Communities C4) How can I be a great citizen? C5a) Why is money important? C5b) How should I spend my money</p>	<p>Our Communities C1) What is prejudice? C2) What is the history of prejudice? C3) What should I do if I encounter prejudice? C6) What makes us feel like we belong? C7) What does it mean to be British?</p>
<p>Spring 2</p>	<p>What Makes A Family? Fa2) Are families ever perfect? Fa3) Is there such a thing as a 'normal' family?</p>	<p>What Makes A Family? Fr1) What makes a close friend? (Y6- 7 transition) Fr4) Why are some people unkind? Fr5) What are stereotypes? Fr6) How do I accept my friends for who they are?</p>
<p>Summer 1</p>	<p>Staying Healthy P1) Is there such a thing as the perfect body? P3) Can I avoid getting ill?</p>	<p>Staying Healthy P4) Why do some people take drugs? P5) Where should I get my health information? P6) How do I save a life</p>
<p>Summer 2</p>	<p>Understanding My Feelings M3) Why do we argue? M4) Who am I? <i>Changing Adolescent Body (Health Education Reproduction) Separate for Y5 and Y6 sessions</i></p>	<p>Understanding My Feelings <i>Changing Adolescent Body (Health Education Reproduction) Separate for Y5 and Y6 sessions</i></p>