

Long Term Plan- PSHE and RHE – EYFS and KS1

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Theme	Self-Regulation My Feelings	Building Relationships My friends and family	Managing Self My Wellbeing	Self Regulation Listening and following instructions	Building Relationships Special Relationships	Managing Self Taking on Challenges
	Objective	To explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.	To learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.	To learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.	To learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions, and how they can become one.	To explore why families and special people are valuable. To see themselves as valuable individuals and explore diversity through thinking about similarities and differences.	To understand the importance of persistence and perseverance in the face of challenges. To learn how to communicate effectively with others and practice coping strategies.
KS1	Y1 Topics	This is me!	British Wildlife.	Dinosaurs	Spring	Pets	Space
	Y2 Topics	Planet Protectors	Time Travel	Super Human and Amazing Athletes	Explorers and Survival	Mad and minibeasts	Ocean Adventures
	Theme	Transition and Classroom Culture	Family and Relationships	Health and Wellbeing	Citizenship	Safety and the Changing Body	Economic Wellbeing
	Objective	School and classroom rules Emotions linked to the colour monster and/or incredible 5 point scale Class teacher to tailor this sequence of lessons for their class needs. (See Lesson 1 on Kapow)	Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair	Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing. To understand the importance of daily hygiene, looking after ourselves and people who keep us healthy.	Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy	Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact. To understand what to do if lost and how to call the emergency services. To identifying hazards and people who keep us safe.	Learning about a range of money and bank functions including cash safety, spending, saving and jobs.