**Swain House Primary School PSHE and Wellbeing Long Term Plan (includes lesson plans that cover all the DfE statutory requirements for Relationships and Health Education**

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| **Year group** | **1. Me and my Relationships** | **2. Valuing Differences** | **3. Keeping Myself Safe** | **4. Rights and Responsibilities** | **5. Being my Best** | **6. Growing and Changing** |
| **EYFS** | * What makes me special
* People close to me
* Getting help
 | * Similarities and differences
* Celebrating difference
* Showing kindness
 | * Keeping my body safe
* Safe secrets and touches
* People who help to keep us safe
 | * Looking after things: friends, environment and money
 | * Keeping my body healthy – food, exercise, sleep
* Growth mindset
 | * Life cycles
* Life stages
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| **Y1** | * Feelings
* Getting help
* Classroom rules
* Special people
* Being a good friend
 | * Recognising, valuing and celebrating difference
* Developing respect and accepting other
* Bullying and getting help
 | * How our feelings can keep us safe – including online safety
* Safe and unsafe touches
* Medicine safety
* Sleep
 | * Taking care of things: myself, my money, my environment
 | * Growth mindset
* Healthy eating
* Hygiene and health
* Cooperation
 | * Getting help
* Becoming independent
* My body parts
* Taking care of myself and other
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| **Y2** | * Bullying and teasing
* Our school rules about bullying
* Being a good friend
* Feelings / self-regulation
 | * Being kind and helping others
* Celebrating difference
* People who help us
* Listening skills
 | * Safe and unsafe secrets
* Appropriate touch
* Medicine safety
 | * Cooperation
* Self-regulation
* Online safety
* Looking after money – saving and spending
 | * Growth mindset
* Looking after my body
* Hygiene and health
* Exercise and sleep
 | * Life cycles
* Dealing with loss
* Being supportive
* Growing and changing
* Privacy
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| **Y3** | * Rules and their purpose
* Cooperation
* Friendship (including respectful relationships)
* Coping with loss
 | * Recognising and respecting diversity
* Being respectful and tolerant
* My community
 | * Managing risk
* Decision-making skills
* Drugs and their risks
* Staying safe online
 | * Skills we need to develop as we grow up
* Helping and being helped
* Looking after the environment
* Managing money
 | * Keeping myself healthy and well
* Celebrating and developing my skills
* Developing empathy
 | * Relationships
* Keeping safe
* Safe and unsafe secrets
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| **Y4** | * Healthy relationships
* Listening to feelings
* Bullying
* Assertive skills
 | * Recognising and celebrating differences (including religions and cultural difference)
* Understanding and challenging stereotypes
 | * Managing risk
* Understanding the norms of drug use (cigarette and alcohol use)
* Influences
* Online safety
 | * Making a difference (different ways of helping others or the environment)
* Media influence
* Decisions about spending money
 | * Having choices and making decisions about my health
* Taking care of my environment
* My skills and interests
 | * Body changes during puberty
* Managing difficult feelings
* Relationships including marriage
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| **Y5** | * Feelings
* Friendship skills
* Assertive skills
* Cooperation
* Recognising emotional needs
 | * Recognising and celebrating difference, including religions and cultural influence and the pressure of social media
 | * Managing risk, including online safety
* Norms around legal drug use (tobacco and alcohol)
* Decision-making skills
 | * Rights and responsibilities relating to health
* Making a difference
* Decisions about money
 | * Growing independent and taking responsibility
* Keeping myself healthy
* Media awareness and safety
* My community
 | * Managing difficult feelings
* Managing change
* How my feeling help
* Keeping safe
* Getting help
* Body changes and puberty
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| **Y6** | * Assertiveness
* Cooperation
* Safe / unsafe touches
* Positive relationships
 | * Recognising and celebrating difference
* Recognising and reflecting on prejudice- based bullying
* Understanding bystander behaviour
* Gender stereotyping
 | * Understanding emotional needs
* Staying safe online
* Drugs – norms and risks including the law
 | * Understanding media bias – including social media
* Caring – communities and environment
* Earning and saving money
* Understanding democracy
 | * Aspirations and goad setting
* Managing risk
* Looking after my mental health
 | * Coping with changes
* Keeping safe
* Body image
* Body changes and puberty
* Sex education
* Self-esteem
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