

Suggested long-term plan: RSE & PSHE

Overview - Key stage 1

Year 1

Autumn 1	<p><u>How can we look after our emotions?</u></p> <p>8 lessons</p> <p>Developing understanding of emotions by exploring how feelings can vary and change in different situations. Pupils identify strategies to manage uncomfortable emotions, recognise ways to feel better and learn how to seek support when they need help.</p>	Autumn 2	<p><u>Connecting with others: How can I help myself and others feel happy and safe?</u></p> <p>7 lessons</p> <p>Exploring what makes them and their families special and exploring how to build and maintain healthy relationships.</p>
Spring 1	<p><u>How do we spend time online?</u></p> <p>7 lessons</p> <p>Recognising when online activity is taking place and learning to behave safely and politely, including managing screen time and responding to unsuitable content.</p>	Spring 2	<p>Citizenship: How can I help others and the environment?</p>
Summer 1	<p><u>Health protection: How can I protect myself and others in daily life?</u></p> <p>7 lessons</p> <p>Exploring illnesses and injuries, understanding the roles of different healthcare workers in prevention and treatment and practising how to get medical help.</p>	Summer 2	<p><u>Staying safe: How can I stay safe?</u></p> <p>6 lessons</p> <p>Learning to notice dangers in everyday places, follow simple safety rules, listen to body clues and ask trusted adults for help to keep themselves and others safe.</p>