



Relationships and PSHE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
All Year Groups	<i>Me and my relationships</i>	<i>Valuing Difference</i>	<i>Keeping Myself Safe</i>	<i>Rights and Respect</i>	<i>Being my Best</i>	<i>Growing and Changing</i>
N/Pre-Prep	<ul style="list-style-type: none"> • <i>Marvellous Me</i> • <i>I'm Special</i> • <i>People who are Special to Me</i> 	<ul style="list-style-type: none"> • <i>Me and my friends</i> • <i>Friends and family</i> • <i>Including everyone</i> 	<ul style="list-style-type: none"> • <i>People who help to keep me safe</i> • <i>Safety indoors and outdoors</i> • <i>What's safe to go into my body?</i> 	<ul style="list-style-type: none"> • <i>Looking after myself</i> • <i>Looking after others</i> • <i>Looking after my environment</i> 	<ul style="list-style-type: none"> • <i>What does my body need?</i> • <i>I can keep trying</i> • <i>I can do it!</i> 	<ul style="list-style-type: none"> • <i>Growing and changing in nature</i> • <i>When I was a baby</i> • <i>Girls, boys and families</i>
Reception	<ul style="list-style-type: none"> • <i>All About Me</i> • <i>What Makes me Special</i> • <i>Me and My Special People</i> • <i>Who can help me?</i> • <i>My feelings</i> 	<ul style="list-style-type: none"> • <i>I'm special, you're special</i> • <i>Same and different</i> • <i>Same and different families</i> • <i>Same and different homes</i> • <i>I am caring</i> • <i>I am a friend</i> 	<ul style="list-style-type: none"> • <i>What's safe to go onto my body?</i> • <i>What's safe to go into my body? (incl. medicines)</i> • <i>Safe indoors and outdoors</i> • <i>Listening to my feelings</i> • <i>Keeping safe online</i> • <i>People who help to keep me safe</i> 	<ul style="list-style-type: none"> • <i>Looking after my special people</i> • <i>Looking after my friends</i> • <i>Being helpful at home</i> • <i>Caring for our world</i> • <i>Looking after money (recognising, spending, using)</i> • <i>Looking after money (saving money and keeping it safe)</i> 	<ul style="list-style-type: none"> • <i>Bouncing back when things go wrong</i> • <i>Yes, I can!</i> • <i>Healthy eating</i> • <i>My Healthy Mind</i> • <i>Move your body</i> • <i>A good night's sleep</i> 	<ul style="list-style-type: none"> • <i>Seasons</i> • <i>Life stages: plants, animals, humans</i> • <i>Life stages: human life stage- who will I be?</i> • <i>Where do babies come from?</i> • <i>Getting bigger</i> • <i>Me and my body-girls and boys</i>



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<p>Year 1</p>	<ul style="list-style-type: none"> • Why we have classroom rules • Thinking about feelings • Our feelings • Feelings and bodies • Good Friends • How are you listening? 	<ul style="list-style-type: none"> • Same or different? • Unkind, tease or bully? • Harold's school rules • Who are our special people • It's not fair! 	<ul style="list-style-type: none"> • Super sleep • Who can help? • Harold loses Geoffrey • What could Harold do? • Good or bad touches? • Sharing pictures 	<ul style="list-style-type: none"> • Harold has a bad day • Around and about the school • Taking care of something • Harold's money • How should we look after our money? • Basic first aid 	<ul style="list-style-type: none"> • I can eat a rainbow • Eat well • Catch it! Bin it! Kill it! • Harold learns to ride his bike • Pass on the praise 	<ul style="list-style-type: none"> • Healthy me • Taking care of a baby • Then and now • Who can help? (2) • Surprises and secrets • Keeping privates private
<p>Year 2</p>	<ul style="list-style-type: none"> • Our ideal classroom • How are you feeling today? • Don't do that! • Types of bullying • Being a good friend • Let's all be happy 	<ul style="list-style-type: none"> • What makes us who we are? • How do we make others feel? • My special people • When someone is feeling left out • An act of kindness • Solve the problem 	<ul style="list-style-type: none"> • Harold's picnic • How safe would you feel? • What should Harold say? • I don't like that • Fun or not? • Should I tell? 	<ul style="list-style-type: none"> • Getting on with others • When I feel like erupting • Feeling safe • How can we look after our environment? • Harold saves for something special • Harold goes camping • Playing games 	<ul style="list-style-type: none"> • You can do it • My day • Harold's postcard- helping us keep clean and healthy • Harold's bathroom • My body needs • What does my body do? • Basic first aid 	<ul style="list-style-type: none"> • A helping hand • Sam moves away • Haven't you grown! • My body, your body • Respecting privacy • Some secrets should never be kept
<p>Year 3</p>	<ul style="list-style-type: none"> • As a rule • My special pet • Tangram team challenge • Looking after our special people • How we can solve 	<ul style="list-style-type: none"> • Friends and family • My community • Respect and challenge • Our friends and neighbours 	<ul style="list-style-type: none"> • Safe or unsafe? • Danger or risk? • The Risk Robot • Alcohol and cigarettes: the facts • Super searcher 	<ul style="list-style-type: none"> • Our helpful volunteers • Helping each other stay safe • Recount task • Harold's environment 	<ul style="list-style-type: none"> • Derek cooks dinner! • Poorly Harold • For or against? • I am fantastic! • Getting on with your nerves! 	<ul style="list-style-type: none"> • Relationship tree • Body space • Secret or surprise? • None of your business! • My changing body



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	<p><i>this problem?</i></p> <ul style="list-style-type: none"> • Dan's dare • Thunks • Friends are special 	<ul style="list-style-type: none"> • Let's celebrate our differences • Zeb 	<ul style="list-style-type: none"> • Raisin challenge (1) • Help or harm? 	<p><i>project</i></p> <ul style="list-style-type: none"> • Can Harold afford it? • Earning money 	<ul style="list-style-type: none"> • Body team work • Top talents 	<ul style="list-style-type: none"> • Basic first aid
Year 4	<ul style="list-style-type: none"> • An email from Harold • OK or not OK? • Human machines • Different feelings • When feelings change • Under pressure 	<ul style="list-style-type: none"> • Can you sort it? • Islands • Friend or acquaintance? • What would I do? • The people we share our world with • That is such a stereotype! 	<ul style="list-style-type: none"> • Danger, risk or hazard? • Picture wise • How dare you! • Medicines: check the label! • Know the norms • Keeping ourselves safe • Raisin challenge (2) 	<ul style="list-style-type: none"> • Who helps us stay healthy and safe? • It's your right • How do we make a difference? • In the news! • Safety in numbers • Logo quiz • Harold's expenses • Why pay taxes? 	<ul style="list-style-type: none"> • What makes ME! • Making choices • SCARF Hotel • Harold's seven R's • My school community (1) • Basic first aid 	<ul style="list-style-type: none"> • Moving house • My feelings are all over the place! • All change! • Preparing for changes at puberty • Secret or surprise? • Together
Year 5	<ul style="list-style-type: none"> • Collaboration challenge • Give and take • How good a friend are you? • Relationships cake recipe • Being assertive 	<ul style="list-style-type: none"> • Qualities of friendship • Kind conversations • Happy being me • Land of the Red People • Is it true? 	<ul style="list-style-type: none"> • 'Thinking' about habits • Jay's dilemma • Spot bullying • Ella's diary dilemma • Decision dilemmas • Vaping: healthy or unhealthy? • Play, like share 	<ul style="list-style-type: none"> • What's the story? • Fact or opinion? • Rights, respect, and duties • Mo makes a difference • Spending wisely • Lend us a fiver! 	<ul style="list-style-type: none"> • It all adds up! • Different skills • My school community (2) • Independence and responsibility • Star qualities? • Basic first aid 	<ul style="list-style-type: none"> • How are they feeling? • Taking notice of our feelings • Dear Ash • Changing bodies and feelings • Growing up and changing bodies • Help! I'm a teenager- get me out of here!



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	<ul style="list-style-type: none"> • <i>Our emotional needs</i> • <i>Communication</i> 	<ul style="list-style-type: none"> • <i>It could happen to anyone</i> • <i>Stop, start, stereotypes</i> 	<ul style="list-style-type: none"> • <i>Drugs: true or false?</i> • <i>Smoking: what is normal?</i> • <i>Would you risk it?</i> 	<ul style="list-style-type: none"> • <i>Spending wisely</i> • <i>Lend us a fiver!</i> • <i>Local councils</i> 		<ul style="list-style-type: none"> • <i>It could happen to anyone</i> • <i>Help!- I'm a teenager! Get me out of here!</i> • <i>Stop, start stereotypes</i>
Year 6	<ul style="list-style-type: none"> • <i>Working together</i> • <i>Let's negotiate</i> • <i>Solve the friendship problem</i> • <i>Assertiveness skills</i> • <i>Behave yourself</i> • <i>Dan's day</i> • <i>Don't force me</i> • <i>Acting appropriately</i> 	<ul style="list-style-type: none"> • <i>OK to be different</i> • <i>We have more in common than not</i> • <i>Respecting differences</i> • <i>Tolerance and respect for others</i> • <i>Advertising friendships</i> • <i>Boys will be boys? Challenging gender stereotypes</i> 	<ul style="list-style-type: none"> • <i>Think before you click!</i> • <i>It's a puzzle</i> • <i>Traffic lights</i> • <i>To share or not to share?</i> • <i>Rat park</i> • <i>What sort of drug is...?</i> • <i>Drugs: it's the law!</i> • <i>Alcohol, what is normal?</i> • <i>Joe's story</i> 	<ul style="list-style-type: none"> • <i>Two sides to every story</i> • <i>Fakebook friends</i> • <i>What's it worth?</i> • <i>Jobs and taxes</i> • <i>Action stations!</i> • <i>Project pitch</i> • <i>Happy shoppers</i> • <i>Democracy in Britain (elections)</i> • <i>Democracy in Britain (how laws are made)</i> 	<ul style="list-style-type: none"> • <i>Five ways to wellbeing project</i> • <i>This will be your life!</i> • <i>Our recommendations</i> • <i>What's the risk? (1)</i> • <i>What's the risk? (2)</i> • <i>Basic first aid, including sepsis awareness</i> 	<ul style="list-style-type: none"> • <i>Helpful or unhelpful?</i> • <i>I look great!</i> • <i>Media manipulation</i> • <i>Pressure online</i> • <i>Is this normal?</i>