Eastfield's PSHE/ RSE long term plan

Through our Relationships and Sex Education (RSE) curriculum, pupils develop personal values, social skills, and factual knowledge required to navigate healthy relationships. Delivered as part of a broad and balanced curriculum, RSE nurtures the whole child, supporting their long-term health, safety, and physical and mental well-being.

Year Group	Autumn 1 My Online World	Autumn 2 My Healthy Self	Spring 1 Connecting with Others	Spring 2 Staying Safe: Health & Protection	Summer 1 Growing Up: Sex Education	Summer 2 Citizenship
Year 1	How do we spend time online?	How can we look after our emotions?	How can I help myself and others feel happy and safe?	How can I protect myself and others in daily life?	How can we look after and respect our bodies as we grow?	How can I help others and the environment?
Year 2	How can we stay safe online?	How can we look after our bodies?	How can I build safe, kind and caring relationships with others?	How can I make safe choices in different places?	How can we look after and respect our bodies as we grow?	How do people belong to a community and earn money?
Year 3	How should we communicate online?	How can I take care of my mind and body?	What helps us feel safe and included?	How can we prevent illness and injury and respond if they happen?	How will my body and emotions change as I grow up?	What rights and responsibilities do we have? / What careers do people choose and why?
Year 4	How can we decide what to trust online?	How can I make healthy choices?	How can we respect each other?	What signs help me recognise what is safe or unsafe?	How will my body and emotions change as I grow up?	How can I spend money responsibly?
Year 5	How am I influenced by what I see online?	How can I support my mind and body as I grow?	Why are healthy relationships important?	Staying safe / Health protection	How can I manage the changes to my body and emotions as I grow up?	How can we make a difference in our communities and beyond? / How can we be in control of our money?
Year 6	How do I feel about the things I see online?	How do my choices today shape my future health?	What does it mean to stand up for myself and others?	How can I stay safe as I grow up?	Sex education: How do people become parents and carers?	How can we protect everyone's rights?