PSHE Long Term Plan: One year programme

To include the teaching of statutory relationships education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Myself and my relationships 1/2/3 *Beginning and Belonging/ My family and friends / My emotions* **MMR 1 BBF** **MMR 2 FFF** **MMR 3 MEF**	Citizenship 1 *Identities and Diversity* **CIT 1 IDF**	Healthy and Safer lifestyles 1 *My Body and Growing Up* **HSL 1 BGF**	Healthy and Safer lifestyles 3 *Healthy lifestyles* **HSL 3 HLF**	Citizenship 2 *Me and My World* **CIT 2 MWF**	Healthy and Safer lifestyles 2 *Keeping Safe (inc. Drug Ed.)* **HSL 2 KSF**
Year 1	Myself and my relationships *Beginning and Belonging* **MMR BB1/2** Citizenship *Rights, Rules and Responsibilities* **CIT RR1/2**	Myself and my relationships *Family and Friends* **MMR FF1/2**	Citizenship *Working Together* **CIT WT1/2**	Myself and my relationships *My Emotions* **MMR ME1/2**	Healthy and Safer lifestyles *Healthy Lifestyles* **HSL HL 1/2** Healthy and Safer lifestyles *Relationships and Sex Education* **HSL RS1** **(DT and science)**	Healthy and Safer lifestyles *Personal Safety* **HSL PS1/2**
Year 2	Healthy and Safer lifestyles *Managing Safety and Risk* **HSL MSR1/2**	Citizenship *Diversity and Communities* **CIT DC1/2**	Healthy and Safer lifestyles *Digital lifestyles* **TG Digital Lifestyles 2020** Enrichment unit *Me and my online identity* **ENR ES 1/2**	Healthy and Safer lifestyles *Drug Education* **HSL DE 1/2**	Myself and my relationships *Anti-bullying* **MMR AB 1/2**	Myself and my relationships *Managing Change* **MMR MC1/2**
Year 3	Citizenship *Working Together* **CIT WT 3/4** Citizenship *Rights, Rules and Responsibilities* **CIT RR 3/4**	Myself and my relationships *My Emotions* **MMR ME 3/4**	Healthy and Safer lifestyles *Personal Safety* **HSL PS ¾** Healthy and Safer lifestyles *Digital lifestyles* **TG Digital Lifestyles 2020**	Myself and my relationships *Family and Friends* **MMR FF 3/4**	Healthy and Safer lifestyles *Managing safety and risk* **HSL MSR 3/4**	Healthy and Safer lifestyles *Relationships and Sex Education* **HSL RS 3**

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Year 4	Healthy and Safer lifestyles *Healthy Lifestyles* **HSL HL 3/4**	Economic wellbeing *Financial Capability* **EW FC 3/4**	Citizenship *Diversity and Communities* **CIT DC 3/4**	Healthy and Safer lifestyles *Drug Education* **HSL DE 3/4**	Myself and my relationships *Managing Change* **MMR MC 3/4**	Healthy and safer lifestyles *Relationships and Sex Education* **HSL RS 4**
Year 5	Citizenship *Rights, Rules and Responsibilities* **CIT RR 5/6** Myself and my relationships *Beginning and Belonging* **MMR BB 5/6**	Citizenship *Working Together* **CIT WT 5/6** Myself and my relationships *My Emotions* **MMR ME 5/6**	Healthy and Safer lifestyles *Personal safety* **HSL PS 5/6**	Healthy and Safer lifestyles *Digital lifestyles* **TG Digital Lifestyles 2020**	Healthy and Safer lifestyles *Managing Safety and Risk* **HSL MSR 5/6**	Healthy and Safer lifestyles *Relationships and Sex Education* **HSL RS 5**
Year 6	Citizenship *Diversity and Communities* **CIT DC 5/6**	Economic wellbeing *Financial Capability* **EW FC 5/6**	**Law and immunisation** Myself and my relationships *Anti-bullying* **MMR AB 5/6**	Enrichment Unit *Body Image* **ENR BI 5/6**	Myself and my relationships *Managing Change* **MMR MC 5/6**	Myself and my relationships *Family and Friends* **MMR FF 5/6** Healthy and safer lifestyles *Relationships and Sex Education* **HSL RS 6**