



Firthmoor Primary School

PSHE and RHE Long Term Plan

Cycle A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	N-Who am I? R-What do I do at school?	N-Who keeps me safe? R-How doe rules keep me safe?	N-How am I feeling? R-How do others feel?	N-Who cares for me? R-People who help us	N-How can I be a good friend? R-How can I solve problems?	N-Healthy Body R-Healthy body and mind
KS1	Where do I belong in our community?	How does our behaviour affect others? Recognising privacy and seeking permission- NSPCC pants resources	Who cares for me?	What jobs are in our community?	How do we keep our minds healthy?	How do rules help to keep us safe?
LKS2	How do we spot risks and hazards? (Emergency Phone call)	What is bullying behaviour?	What makes a family?	How do you disagree well?	What are British Values and where can we see them?	



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UKS2	What are protected characteristics?	How do I change as I grow? (Menstruation and Emotional changes)	What do healthy relationships look and feel like?	How do I perform basic first aid?	How do I plan for a fresh start?
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Cycle B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	N-Who am I? R-What do I do at school?	N-Who keeps me safe? R-How do rules keep me safe?	N-How am I feeling? R-How do others feel?	N-Who cares for me? R-People who help us	N-How can I be a good friend? R-How can I solve problems?	N-Healthy Body R-Healthy body and mind
KS1	What makes me unique and special?	What makes a good friend?	What is the difference between a secret and a surprise?	Who can help me?	How do we keep our bodies healthy?	Why does money matter?



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LKS2	What kind of job can I do?	How do we show respect?	How do we stay safe around transport? (road and rail)	What is money and how do we look after it?	What are healthy habits?	What are my goals?
UKS2	What are drugs and how do I stay safe?	How can we protect our world?	How do I support my mental wellbeing?	How do I look after myself?	How do I know if information is true?	How do I plan for a fresh start?