TEMPLE HERDEWYKE PRIMARY SCHOOL
PART OF STOWE VALLEY MULTI ACADEMY TRUST

Long Term Plan 2020-21 Plan A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	**Family and Relationships** Introduce RSE and setting the ground rules Talk about members of their immediate family and community Name and describe people who are familiar to them.	**Safety and the Changing Body** Know and talk a being a safe pedestrian Pantosaurus NSPCC Talking PANTS teaches children important messages, like their body belongs to them and they should tell an adult if they are upset or worried	**Health and Wellbeing** Know and talk about the different factors that support their overall health; healthy eating – toothbrushing Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - sensible amounts of 'screen time' - having a good sleep routine - Express their feelings and consider the feelings of others. Identify and moderate their own feelings socially and emotionally. See themselves as a valuable individual.	**Citizenship** Recognise that people have different beliefs and celebrate special times in different ways.	**Family and Relationships** Talk about the lives of people around them and their roles in society **Health and Wellbeing** Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. **Safety and the Changing Body** Explain the reasons for rules, know right from wrong and try to behave accordingly.	
Year 1/2	**Family and Relationships** Introduction to RSE and setting the ground rules. What is family? What is friendships? Recognising other peoples' emotions Working with others Friendship problems and how to overcome them. Healthy friendships Stereotyping - gender	**Safety and the Changing Body** Communication safely and effectively with adults at school Communicating safely and effectively with adults outside of school. What to do if I get lost Making a call to emergency services Appropriate contact – acceptable physical contact Safety with substances – what should and shouldn't go on or in our body Safety at home – potential hazards in the home. People who help keep us safe in our local community.	**Health and Wellbeing** Understanding my feelings What am I like? – identifying strengths and qualities? Ready for bed – effects of good quality sleep Relaxation – laughter and progressive muscle relaxation Handwashing and personal hygiene Sun Safety Allergies People who help us stay healthy.	**Citizenship** Rules Caring for others: Animals The need of others Similar, yet different Belonging Democratic decisions	**Economic wellbeing** Introduction to money Looking after money Banks and building societies. Saving and spending Jobs in school	

Year 3/4	**Family and Relationships** Introduction to RSE and setting ground rules. Healthy families Friendship- conflict and resolution Friendship – conflict v bullying Effective communication to support relationships. Learning who to trust Stereotyping – in everyday life Where so stereotypes come from?	**Safety and the Changing Body** Emergencies and calling for help. Basic first aid – bites and stings Communicating safely online Cyberbullying Fake emails Making choices for myself Who can influence my decisions and how to make the right choices for me Road Safety	**Health and Wellbeing** Me healthy diary – physical activity, rest and diet. Relaxation – stretches. Wonderful me! My superpowers Breaking down problems Diet and dental health	**Citizenship** Rights of the child Rights and responsibility Recycling Local community groups Charity Local democracy Rules	**Economic wellbeing** Ways of paying. Budgeting How spending affects others Impact of spending Jobs and careers
Year 5/6	**Family and Relationships** Introduction to RSE and setting ground rules Build a friend – what makes a good friend. Friendship skills Marriage – different types of marriage and the history of marriage Respecting myself Family life *Bullying – the effect of bullying and what might motivate a bully Stereotyping – how attitudes to gender have changed over time. Stereotyping and discrimination	**Safety and the Changing Body** Online friendship Staying safe online Puberty Menstruation Emotional changes in puberty First Aid – bleeding Drugs, alcohol and tobacco – understanding the influence others can have on us.	**Health and Wellbeing** Relaxation – yoga The importance of rest Embracing failure Going for goals Taking responsibility for my feelings Healthy meals Sun Safety	**Citizenship** Breaking the law Rights and responsibilities Protecting the planet Contributing to the community Pressure groups Parliament	**Economic wellbeing** Borrowing Income and expenditure Risks with money Prioritising spending Stereotypes in workplace