



Bishop Ellis PSHE/RSE Long Term Plan

EYFS					
Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
PSHE: EYFS Curriculum uses stories as the stimulus and links to ELG					
<u>Stories</u> 1: Hide and seek 2: Nan's House 3: I Like... 4: It's Your Turn	<u>Stories</u> 5: What a Problem 6: Take The Plunge 7: An Old Friend 8: Me and You	<u>Stories</u> 9: Stick to the Rules 10: Rainy Days 11: I Feel Poorly 12: Clean and Tidy	<u>Stories</u> 13: Bully Boy 14: Family Fun 15: One Gold Star 16: All Join In	<u>Stories</u> 17: I'm Stuck! 18: A Piece of Cake 19: Busy Body 20: The New Pet	<u>Stories</u> 21: Getting in a Knot 22: E-Safety, Be Safe 23: Eid Mubarak! 24: Playtime Games 25: Litter Bug!
RSE: Created and Loved by God		RSE: Created To Love Others		RSE: Created to Live in Community	
<u>Religious Understanding</u> 1: Handmade with Love <u>Me, My Body, My Health</u> 1: I Am Me 2: Heads, Shoulders, Knees and Toes 3: Ready Teddy?	<u>Emotional Wellbeing</u> 1: I Like, You Like, We All Like 2: Good Feelings, Bad Feelings 3: Let's Get Real <u>Life Cycles</u> 1: Growing Up	<u>Religious Understanding</u> 1: Role Model <u>Personal Relationships</u> 1: Who's Who? 2: You've Got a Friend in Me 3: Forever Friends	<u>Keeping Safe</u> 1: Inside and Out 2: My Body, My Rules 3: Feeling Poorly 4: People Who Help Us	<u>Religious Understanding</u> 1: God is Love 2: Loving God, Loving Others	<u>Living In The Wider World</u> 1: Me, You, Us



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Key Stage 1 – Cycle A					
Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
PSHE: Health and Wellbeing		PSHE: Relationships		PSHE: Living in the Wider World	
<u>Healthy Lifestyles</u> 1: Healthy Eating 1 2: Healthy Eating 2 3: Healthy Eating 3 4: Physical Activity 1 5: Physical Activity 2 6: Exercise	<u>Emotions</u> 1: Happiness 2: Anger 3: Love 4: Sadness 5: Consequences 6: Aspirations	<u>Communication</u> 1: Feelings 2: Responses 3: Opinions 4: Co-operation 1 5: Co-operation 2 6: Co-operation 3 7: Good Manners	<u>Fairness</u> 1: Fair and Unfair 2: Comparisons 3: Behaviour 4: Right and Wrong 5: Teasing 6: Kindness	<u>Rules and Responsibilities</u> 1: Rules/Expectations 1 2: Rules/Expectations 2 3: Taking Turns 4: Lending/Borrowing 5: Sharing 6: Caring	<u>Money and Finance</u> 1: Money 1 2: Money 2 3: Money 3 4: Money 4 5: Choices 6: Enterprise
RSE: Created and Loved by God		RSE: Created To Love Others		RSE: Created to Live in Community	
<u>Religious Understanding</u> 1: Let The Children come	<u>Emotional Wellbeing</u> 1: Feelings, Like and Dislikes 2: Feeling Inside Out 3: Super Susie Gets Angry	<u>Religious Understanding</u> 1: God Loves You	<u>Keeping Safe</u> 1: Being Safe 2: Good Secrets and Bad Secrets	<u>Religious Understanding</u> 1: Three in One 2: Who Is My Neighbour?	

Key Stage 1 – Cycle B					
Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
PSHE: Health and Wellbeing		PSHE: Relationships		PSHE: Living in the Wider World	
<u>Hygiene</u> 1: Dental Hygiene 1 2: Dental Hygiene 2 3: Dental Hygiene 3 4: Washing Hands 5: Keeping Clean 6: Skin	<u>Keeping Safe</u> 1: Sun Safety 2: Road Safety 3: Drug Safety 4: Personal safety 5: Emotional Safety 6: Internet Safety 7: Staying Safe	<u>Bullying</u> 1: Definition 2: Unkindness 3: Behaviour 1 4: Behaviour 2 5: Behaviour 3	<u>Family and Friends</u> 1: Friendship 1 2: Friendship 2 3: Friendship 3 4: Friendship 4 5: Family 1 6: Family 2	<u>Communities</u> 1: Our School 2: Belonging 1 3: Belonging 2 4: Local Citizenship 1 5: Local Citizenship 2	
RSE: Created and Loved by God		RSE: Created To Love Others		RSE: Created to Live in Community	
<u>Me, My Body, My Health</u> 1: I am Unique 2: Girls and Boys 3: Clean and Tidy	<u>Life Cycles</u> 1: The Cycle of Life	<u>Personal Relationships</u> 1: Special People 2: Treat Others Well... 3: ...and Say Sorry	<u>Keeping Safe</u> 3: Physical Contact 4: Harmful Substances 5: Can You Help Me?		<u>Living in the Wider World</u> 1: The Communities We Live In

Growing and Changing unit omitted from PSHE curriculum due to RSE crossover



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Lower Key Stage 2 – Cycle A					
Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
PSHE: Health and Wellbeing		PSHE: Relationships		PSHE: Living in the Wider World	
<u>Physical, Emotional and Mental</u> 1: Physical, Emotional and Mental 1 2: Physical, Emotional and Mental 2 3: Physical, Emotional and Mental 3 <u>Healthy Lifestyles</u> 1: A Balanced Approach 2: Physical Exercise 3: Lifestyle Choices 4: Sleep	<u>Emotions</u> 1: Loss/Separation 1 2: Loss/Separation 2 3: Loss/Separation 3 4: Family Changes 5: Feelings 6: Self-Respect	<u>Communication</u> 1: Clear Messages 2: How to Listen 3: Responding to Others 4: Expressing Opinions	<u>Similarities and Differences</u> 1: Connections 2: Family Links 3: Religious Views 1 4: Religious Views 2	<u>Rules and Responsibilities</u> 1: Rules 2: Thinking Ahead 3: Taking the Lead	<u>Safety</u> 1: E-Safety 2: Online Privacy 1 3: Online Privacy 2 4: Online Privacy 3 5: Internet Use 1 6: Internet Use 2 This is a Health and Well-being unit, moved to even out content across the year.
RSE: Created and Loved by God		RSE: Created To Love Others		RSE: Created to Live in Community	
<u>Religious Understanding</u> 1: Get Up	<u>Emotional Wellbeing</u> 1: What Am I Feeling? 2: What Am I Looking At? 3: I Am Thankful	<u>Religious Understanding</u> 1: Jesus, My Friend	<u>Keeping Safe</u> 1: Sharing Online 2: Chatting Online 3: Safe In My Body	<u>Religious Understanding</u> 1: A Community of Love 2: What is the Church?	



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Lower Key Stage 2 – Cycle B					
Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
PSHE: Health and Wellbeing		PSHE: Relationships		PSHE: Living in the Wider World	
<u>Nutrition and Food</u> 1: A Balanced Diet 1 2: A Balanced Diet 2 3: Working With Food 1 4: Working With Food 2	<u>Aspirations</u> 1: Identified Strengths 1 2: Identified Strengths 2 3: Setting Goals 1 4: Setting Goals 2 <u>First Aid</u> 1: How To Help 2: Emergency Calls 1 3: Emergency Calls 2	<u>Collaboration</u> 1: Working Together 1 2: Working Together 2 3: Shared Goals <u>Bullying</u> 1: Reactions 2: Self-Worth 3: Persistence and Resilience 4: Negative Persistence	<u>Healthy Relationships</u> 1: Friendship 1 2: Friendship 2 3: Friendship 3 4: Friendship 4	<u>Collaboration</u> 1: Different Communities 2: School Communities <u>Discrimination</u> 1: Gender Stereotypes	<u>Economic Awareness</u> 1: Money Choices 2: Managing Money
RSE: Created and Loved by God		RSE: Created To Love Others		RSE: Created to Live in Community	
<u>Me, My Body, My Health</u> 1: We Don't Have To Be The Same 2: Respecting Our Bodies 3: What is puberty? 4: Changing Bodies 5: Discussion Groups	<u>Life Cycles</u> 1: Life Cycles	<u>Personal Relationships</u> 1: Friends, Family and Others 2: When Things Feel Bad	<u>Keeping Safe</u> 4: Drugs, Alcohol and Tobacco 5: First Aid Heroes		<u>Living in the Wider World</u> 1: How Do I Love Others?

Growing and Changing unit omitted from PSHE curriculum due to RSE crossover



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Upper Key Stage 2 – Cycle A					
Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
PSHE: Health and Wellbeing		PSHE: Relationships		PSHE: Living in the Wider World	
<u>Health</u> 1: Physical, Emotional and Mental 1 2: Physical, Emotional and Mental 2 3: Healthy Lifestyles 4: Physical Illness 5: Healthy Minds 6: Immunisation	<u>Nutrition and Food</u> 1: Food Choices 1 2: Food Choices 2 3: Cooking <u>Emotions</u> 1: Death and Grief 1 2: Death and Grief 2 3: Managing Conflict	<u>Communication</u> 1: Confidentiality 2: Listening 3: Responding	<u>Similarities and Differences</u> 1: Race and Ethnicity 2: Gender Stereotypes 3: Culture	<u>Rules and Responsibilities</u> 1: Structure 2: Law and Order 3: U.N. Rights	<u>Economic Awareness</u> 1: Budgeting 2: Consumer Sense 1 3: Consumer Sense 2
RSE: Created and Loved by God		RSE: Created To Love Others		RSE: Created to Live in Community	
<u>Religious Understanding</u> 1: Calming The Storm	<u>Emotional Wellbeing</u> 1: Body Image 2: Peculiar Feelings 3: Emotional Changes 4: Seeing Stuff Online	<u>Religious Understanding</u> 1: Is God Calling You?	<u>Keeping Safe</u> 1: Sharing Isn't Always Caring 2: Cyberbullying		<u>Religious Understanding</u> 1: The Trinity 2: Catholic Social Teaching

Upper Key Stage 2 – Cycle B					
Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
PSHE: Health and Wellbeing		PSHE: Relationships		PSHE: Living in the Wider World	
<u>Aspirations</u> 1: Identified Strengths 1 2: Identified Strengths 2 3: Setting Goals 1 4: Setting Goals 2	<u>Safety</u> 1: Drugs 2: Alcohol 3: Tobacco 4: Substance Abuse 5: Basic First-Aid 6: Internet Safety	<u>Collaboration</u> 1: Teamwork 2: Shared Goals 3: Community Spirit		<u>Diversity</u> 1: Community Event	<u>Enterprise</u> 1: Generating Income 2: Raising Money
RSE: Created and Loved by God		RSE: Created To Love Others		RSE: Created to Live in Community	
<u>Me, My Body, My Health</u> 1: Gifts and Talents 2: Girls' Bodies 3: Boys' Bodies 4: Spots and Sleep	<u>Life Cycles</u> 1: Making Babies Pt1 2: Making Babies Pt2 3: Menstruation	<u>Personal Relationships</u> 1: Under Pressure 2: Do You Want a Piece of Cake? 3: Self-Talk	<u>Keeping Safe</u> 3: Types of Abuse 4: Impacted Lifestyles 5: Making Good Choices		<u>Living in the Wider World</u> 1: Reaching Out

Healthy Relationships unit omitted from PSHE curriculum due to RSE crossover