

Parklands PSHE & Personal Development Long Term Plan

Blue = Relationship and Sex Education Orange = personalised unit/add in

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Events		Anti-bullying week Firework safety	Safer internet day Children's mental health week	Road safety team NSPCC PANTS	Drowning Prevention	
Visitors	PCSO visit		MindMate Support Team D Side Online Safety	D:Side DATE KS2 Bikeability	Diversity Role Models Water Safety Looking for Callum	First Aid Lloyds/Careers Fair Body Image
MindMate	Feeling good and being me	Friends and family	Solving Problems	Strong emotions	Being the same being different	Life changes
EYFS	Self-regulation: My feelings	Building relationships: Special relationships	Self-regulation: Listening and following instructions	I Decision: Blue & Orange Personalised unit	I Decision: Yellow & Red Personalised unit	Managing self: challenges
RP	Spiral Y1/2 curriculum My healthy self	Life skills curriculum Connecting with others	Spiral Y1/2 curriculum The online world	Spiral Y1/2 curriculum Staying safe	Spiral Y1/2 curriculum Health protection	Life skills curriculum Citizenship
Year 1	My healthy self: How can we look after our emotions?	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Staying safe: How can I stay safe?	Health protection: How can I protect myself and others in daily life?	Citizenship: How can I help others and the environment?
Year 2	My healthy self: How can we look after our bodies?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can we stay safe online?	Staying safe: How can I make safe choices in different places?	RSE - Growing up: How can we look after and respect our bodies as we grow?	Citizenship: How do people belong to a community and earn money?
Year 3	My healthy self: How can I take care of my mind and body?	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Pol Ed Year 3 Relationships & Keeping Safe Personalised Unit	Health protection: How can we prevent illness and injury and respond if they happen?	Citizenship 2: What careers do people choose and why?
Year 4	My healthy self: How can I make healthy choices?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?	Staying safe: What signs help me recognise what is safe or unsafe?	RSE - Growing up: How will my body and emotions change as I grow up?	Citizenship: How can I spend my money wisely?
Year 5	My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	RSE - Growing up: How can I manage the changes to my body and emotions as I grow up?	Pol Ed Year 5 Relationships & Keeping Safe Personalised Unit Looking for Callum	Citizenship 2: How can we be in control of our money?
Year 6	My healthy self: How do my choices today shape my future health?	RSE - Sex education:	The online world: How do I feel about being online?	Staying safe: How can I stay safe as I grow up? Alright Charlie	Connecting with others: What does it mean to stand up for myself and others?	Citizenship: How can we protect everyone's rights?

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