

ST CLEOPAS CE PRIMARY ACADEMY

PSHE & RSE LONG-TERM PLAN

YEAR 1: 2027-2028 | CYCLE A - Mixed-Age Long-Term Plan



EYFS follows the same six-term sequence in both years; Nursery and Reception use age-appropriate adaptations, provision and expectations.

The two yearly tables are designed to be used separately: run the same cycle across KS1, LKS2 and UKS2 in the same academic year.

For UKS2 RSE, review grouping and specific content annually in line with the school PSHE/RSE policy, parental consultation arrangements and safeguarding procedures.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS (Nursery & Reception)	<u>Self-regulation:</u> <u>My feelings</u> <i>6 lessons</i> Naming feelings; noticing emotions in ourselves and others; practising positive ways to manage strong feelings. Values: Joy; Courage	<u>Building relationships:</u> <u>Special relationships</u> <i>6 lessons</i> Exploring special people, families and friendships; sharing fairly and recognising individual strengths. Values: Friendship; Compassion	<u>Managing self:</u> <u>Taking on challenges</u> <i>6 lessons</i> Perseverance, communication, rules and simple coping strategies when things feel difficult. Values: Courage; Respect	<u>Self-regulation:</u> <u>Listening and following instructions</u> <i>6 lessons</i> Listening carefully, communicating clearly and noticing how information can change or rumours can spread. Values: Respect; Courage	<u>Building relationships:</u> <u>My family and friends</u> <i>6 lessons</i> Sharing, turn-taking, kind words, teamwork and the qualities of a good friend. Values: Friendship; Compassion	<u>Managing self:</u> <u>My wellbeing</u> <i>6 lessons</i> Exercise, balanced diet, mental wellbeing and safe pedestrian choices. Values: Joy; Respect
Year 1/2	<u>Connecting with others:</u> <u>How can I help myself and others feel happy and safe?</u> <i>7 lessons</i> Special qualities, supportive relationships, respectful behaviour and managing simple disagreements. Values: Friendship; Respect	<u>The online world:</u> <u>How do we spend time online?</u> <i>7 lessons</i> Everyday online use, online/offline balance, respectful behaviour and responding to unsuitable content. Values: Respect; Courage	<u>Health protection:</u> <u>How can I protect myself and others in daily life?</u> <i>7 lessons</i> Illness, injury, healthcare workers, germs, prevention and getting medical help. Values: Compassion; Courage	<u>Staying safe:</u> <u>How can I stay safe?</u> <i>6 lessons</i> Rules, hazards, road safety, dangerous items and noticing body clues that signal a problem. Values: Courage; Respect	<u>Connecting with others:</u> <u>How can I build safe, kind and caring relationships with others?</u> <i>7 lessons</i> Family and community diversity, kindness, bullying, privacy, boundaries and trusted adults. Values: Friendship; Compassion	<u>The online world:</u> <u>How can we stay safe online?</u> <i>7 lessons</i> Private information, safe/unsafe situations, not everything online being real and getting help. Values: Respect; Courage
Year 3/4	<u>Connecting with others: What helps us feel safe and included?</u> <i>7 lessons</i> Strengths, boundaries, self-worth, supportive friendships, repairing relationships and responding to bullying. Values: Friendship; Courage	<u>The online world:</u> <u>How should we communicate online?</u> <i>7 lessons</i> Respectful communication, misunderstandings, safety, online bullying and positive online conduct. Values: Respect; Courage	<u>Citizenship:</u> <u>What careers do people choose and why?</u> <i>6 lessons</i> Careers, aspirations, equality, changing jobs, interests, strengths, pay and gender stereotypes. Values: Courage; Respect	<u>Staying safe:</u> <u>What signs help me recognise what is safe or unsafe?</u> <i>7 lessons</i> Warning signs, uncomfortable situations, emergencies, road and water safety, medicines and harmful substances. Values: Courage; Respect	<u>Connecting with others:</u> <u>How can we respect each other?</u> <i>7 lessons</i> Trust, friendship challenges, bullying, stereotypes and respectful behaviour in different settings. Values: Respect; Compassion	<u>The online world:</u> <u>How can we decide what to trust online?</u> <i>7 lessons</i> Checking sources, spotting misleading information and comparing evidence before deciding what to believe. Values: Respect; Courage
Year 5/6	<u>Connecting with others: #Why are healthy relationships important?</u> <i>7 lessons</i> Identity, values, family support, healthy friendships and where to get help if home feels unsafe. Values: Friendship; Courage	<u>The online world:</u> <u>How am I influenced by what I see online?</u> <i>7 lessons</i> Advertising, influencers, persuasion, spending, scams and responding safely to pressure. Values: Respect; Courage	<u>Citizenship:</u> <u>How can we be in control of our money?</u> <i>6 lessons</i> Needs and wants, budgeting, borrowing, interest, online spending and gambling risks. Values: Courage; Respect	<u>Connecting with others:</u> <u>What does it mean to stand up for myself and others?</u> <i>7 lessons</i> Goals, boundaries, challenging stereotypes, discrimination and bullying, and accessing support. Values: Courage; Compassion	<u>The online world:</u> <u>How do I feel about the things I see online?</u> <i>7 lessons</i> How online experiences affect thoughts, feelings and behaviour; online risks and harmful behaviour. Values: Respect; Courage	<u>Staying safe:</u> <u>How can I stay safe as I grow up?</u> <i>6 lessons</i> Risk, peer pressure, consent, boundaries, drugs, transport and water safety. Values: Courage; Respect

* Keep these half-term slots in the annual sequence. Confirm the detailed lesson materials once Kapow releases or updates them. Where appropriate, sensitive RSE content is delivered in year-specific groups while the overall sequence remains aligned.



PSHE & RSE LONG-TERM PLAN

YEAR 2: 2027-2028 | CYCLE B - Mixed-Age Long-Term Plan

EYFS repeats the same annual Kapow sequence, with Reception extending vocabulary, independence, reflection and application to everyday friendships and wellbeing.

The two yearly tables are designed to be used separately: run the same cycle across KS1, LKS2 and UKS2 in the same academic year.

For UKS2 RSE, review grouping and specific content annually in line with the school PSHE/RSE policy, parental consultation arrangements and safeguarding procedures.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS (Nursery & Reception)	<u>Self-regulation:</u> <u>My feelings</u> 6 lessons Naming feelings; noticing emotions in ourselves and others; practising positive ways to manage strong feelings. Values: Joy; Courage	<u>Building relationships:</u> <u>Special relationships</u> 6 lessons Exploring special people, families and friendships; sharing fairly and recognising individual strengths. Values: Friendship; Compassion	<u>Managing self:</u> <u>Taking on challenges</u> 6 lessons Perseverance, communication, rules and simple coping strategies when things feel difficult. Values: Courage; Respect	<u>Self-regulation:</u> <u>Listening and following instructions</u> 6 lessons Listening carefully, communicating clearly and noticing how information can change or rumours can spread. Values: Respect; Courage	<u>Building relationships:</u> <u>My family and friends</u> 6 lessons Sharing, turn-taking, kind words, teamwork and the qualities of a good friend. Values: Friendship; Compassion	<u>Managing self:</u> <u>My wellbeing</u> 6 lessons Exercise, balanced diet, mental wellbeing and safe pedestrian choices. Values: Joy; Respect
Year 1/2	<u>My healthy self:</u> <u>How can we look after our emotions?</u> 8 lessons Naming emotions, facial/body clues, calming strategies, rest and enjoyable activities. Values: Joy; Courage	<u>Citizenship:</u> <u>How can I help others and the environment?</u> 6 lessons Caring for others and the environment; improving school/local area; fair rules and contribution. Values: Compassion; Respect	<u>Citizenship:</u> <u>How do people belong to a community and earn money?</u> 6 lessons Belonging, fair decisions, simple voting, community diversity and how money is earned. Values: Respect; Courage	<u>My healthy self:</u> <u>How can we look after our bodies?</u> 7 lessons Movement, sleep, food, drink, teeth and creating a healthy daily routine. Values: Joy; Respect	<u>Growing up:</u> <u>How can we look after and respect our bodies as we grow?</u> 7 lessons Growth and change, accurate names for private body parts, privacy, boundaries and trusted adults. Values: Respect; Courage	<u>Staying safe:</u> <u>How can I make safe choices in different places?</u> 6 lessons Unsafe situations, hazards, unsafe touch, saying no and asking a trusted adult for help. Values: Courage; Respect
Year 3/4	<u>My healthy self:</u> <u>How can I take care of my mind and body?</u> 8 lessons Mind/body connection, emotions, sleep, bullying and accessing support. Values: Joy; Courage	<u>Citizenship:</u> <u>What rights and responsibilities do we have?</u> 6 lessons Children's rights, human rights, responsible choices, sustainability and local council roles. Values: Respect; Compassion	<u>Health protection:</u> <u>How can we prevent illness and injury and respond if they happen?</u> 6 lessons Hygiene, medicines, sun safety, healthcare, first aid and knowing when to call 999. Values: Courage; Compassion	<u>My healthy self:</u> <u>How can I make healthy choices?</u> 8 lessons Exercise, nutrition, hydration, growth mindset, kindness and helping others. Values: Joy; Compassion	<u>Citizenship:</u> <u>How can I spend money wisely?</u> 6 lessons Ways to pay, budgeting, value for money and how money can affect choices and feelings. Values: Respect; Courage	<u>Growing up:</u> <u>How will my body and emotions change as I grow up?</u> 7 lessons Physical and emotional changes during puberty, including learning that changes happen at different times. Values: Respect; Courage
Year 5/6	<u>My healthy self:</u> <u>How can I support my mind and body as I grow?</u> 7 lessons Nutrition, movement, self-regulation, food labels, managing emotions and seeking support. Values: Joy; Courage	<u>Citizenship:</u> <u>How can we make a difference in our communities and beyond?</u> 6 lessons Active citizenship, community/pressure groups, councillors, MPs and influencing change. Values: Compassion; Courage	<u>Growing up:</u> <u>How can I manage the changes to my body and emotions as I grow up?</u> 7 lessons Puberty, hygiene, periods, kindness, respect, personal boundaries and trusted support. Values: Respect; Courage	<u>My healthy self:</u> <u>How do my choices today shape my future health?</u> 7 lessons Dental care, food, drink, healthy eating, calories, habits, resilience and future wellbeing. Values: Joy; Courage	<u>Citizenship:</u> <u>How can we protect everyone's rights?</u> 6 lessons Human rights, laws, fairness, prejudice, discrimination, stereotypes and inclusion. Values: Respect; Compassion	<u>Sex education:</u> <u>How do people become parents and carers?</u> 7 lessons Body-part vocabulary, conception, pregnancy, birth, consent, families and lifelong responsibility. Values: Respect; Compassion