



JOHN EMMESRON BATTY PRIMARY SCHOOL
PSHCE / RSE and Health Termly Plan



Year Group	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<ul style="list-style-type: none"> • Belonging to a community • What is a family? • Understanding body language • Being a good friend 	<ul style="list-style-type: none"> • Different types of bullying • Different types of relationships • Who can I turn to? 	<ul style="list-style-type: none"> • Healthy eating • Keeping teeth clean • How our bodies react to emotion 	<ul style="list-style-type: none"> • Good to be me • Drug education-keeping safe 1, 	<ul style="list-style-type: none"> • People who are important to me • What is the internet? • How to stay safe online • Box breathing 	<ul style="list-style-type: none"> • Heartstart • Lucinda and Godfrey • Road safety • Sun safety • Stranger danger
Year 2	<ul style="list-style-type: none"> • Belonging to a community • Understanding similarities and differences • Feeling safe and unsafe • Things I am good at 	<ul style="list-style-type: none"> • Mind and body • Benefits of exercise • Where emotions are felt • Different emotions • Importance of sleep 	<ul style="list-style-type: none"> • Setting a goal • Stay safe around medicines • Everything about medicine • Keeping healthy safe/medicines,2,3, 	<ul style="list-style-type: none"> • Good to be me • Helping hand activity 	<ul style="list-style-type: none"> • Risks online • What not to share online • Heartstart • When do you use 999? 	<ul style="list-style-type: none"> • Lucinda and Godfrey • Road safety • Sun safety • Stranger danger
Year 3	<ul style="list-style-type: none"> • Class charter/rules • Online safety 	<ul style="list-style-type: none"> • Me, myself, you 	<ul style="list-style-type: none"> • Playing safe 	<ul style="list-style-type: none"> • 3 'R' s • Recognise/respond/risk 	<ul style="list-style-type: none"> • Mind and body • Heartstart 	<ul style="list-style-type: none"> • Life skills
Year 4	<ul style="list-style-type: none"> • Class charter/ rules • Online safety 	<ul style="list-style-type: none"> • Mind and body 	<ul style="list-style-type: none"> • Me, myself, you 	<ul style="list-style-type: none"> • 3 'R' s • Recognise/respond/risk 	<ul style="list-style-type: none"> • Playing safe • Heartstart 	<ul style="list-style-type: none"> • Life skills • Changing bodies • *school nurse to deliver through hygiene talk
Year 5	<ul style="list-style-type: none"> • Class charter/ rules • Online safety 	<ul style="list-style-type: none"> • Playing safe 	<ul style="list-style-type: none"> • 3 'R' s • Recognise/respond/ risk 	<ul style="list-style-type: none"> • Me, myself, you 	<ul style="list-style-type: none"> • Life skills • Heartstart 	<ul style="list-style-type: none"> • Mind and body • Changing bodies • *school nurse
Year 6	<ul style="list-style-type: none"> • Class charter/ rules • Online safety 	<ul style="list-style-type: none"> • Playing safe 	<ul style="list-style-type: none"> • 3 'R' s • Recognise/respond/ risk 	<ul style="list-style-type: none"> • Me, myself, you 	<ul style="list-style-type: none"> • Life skills • Heartstart 	<ul style="list-style-type: none"> • Mind and body • Changing bodies • *school nurse