



Dovedale Primary School

Long term plan

PSHE / RSE



YR	Autumn 1	
	Title Being me in my world	Vocab: kind, gentle, friend, sharing and taking turns
	<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know how to share and take turns with others during play • know how to be kind to others and ways we can show kindness 	<u>End point</u> <ul style="list-style-type: none"> • know special things about themselves • know that some people are different from themselves • know how happiness and sadness can be expressed • know that hands can be used kindly and unkindly • know that being kind is good • know they have a right to learn and play, safely and happily
	Autumn 2	
Title Celebrating difference	Vocab: different, special, proud, friends and same	
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • what a friend is • understand that we are all different • how to express emotions such as happy, sad, angry, and frightened. 	<u>End point</u> <ul style="list-style-type: none"> • know what being proud means and that people can be proud of different things • know that people can be good at different things • know what being unique means • know that families can be different • know that people have different homes and why they are important to them • know different ways of making friends • know different ways to stand up for myself • know the names of some emotions such as happy, sad, frightened, angry • know that they don't have to be 'the same as' to be a friend • know why having friends is important • know some qualities of a positive friendship 	





Dovedale Primary School

Long term plan

PSHE / RSE



• Spring 1	
Title Dreams and goals	Vocab: dream, goal, achievement, and jobs
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • some words that are kind • know that it is important to keep trying 	<ul style="list-style-type: none"> • know what a challenge is • know that it is important to keep trying • know what a goal is • know how to set goals and work towards them • know which words are kind • know some jobs that they might like to do when they are older • know that they must work hard now in order to be able to achieve the job they want when they are older • know when they have achieved a goal
Spring 2	
Title Healthy me	Vocab: exercise, physical, healthy
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • names for some parts of the body (eyes, nose, mouth, ears) • know when and how to wash their hands properly 	<ul style="list-style-type: none"> • know the names for some parts of their body • know what the word 'healthy' means • know some things that they need to do to keep healthy • know that they need to exercise to keep healthy • know how to help themselves go to sleep and that sleep is good for them • know when and how to wash their hands properly • know what to do if they get lost • know to say no to strangers
Summer 1	
Title Relationships	Vocab: family, relationship, friend, argue and fall out
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • Who is in their family • Some characteristics of being a kind friend 	<u>End point</u> <ul style="list-style-type: none"> • know some of my roles in my family • know how to make friends • know how to solve some problems and stay friends • know the impact of unkind words • know how to manage some of my feelings • know how to be a good friend





Dovedale Primary School

Long term plan

PSHE / RSE



Summer 2	
Title Changing me	Vocab: chest, knee, stomach, baby, grown up, adult and change
Required prior knowledge Children should know: <ul style="list-style-type: none">• know that we grow from baby to adult• know the names and functions of some parts of the body (arm, hand, leg, foot, knee, toe)	End point <ul style="list-style-type: none">• know the names and functions of some parts of the body (see vocabulary list)• know who to talk to if they are feeling worried• know that sharing how they feel can help solve a worry





Dovedale Primary School

Long term plan

PSHE / RSE



Y1	Autumn 1	
	Title Being me in my world	Vocab: safe, special, calm, rights, responsibilities and belonging
	<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know special things about themselves • know that some people are different from themselves • know how happiness and sadness can be expressed • know that hands can be used kindly and unkindly • know that being kind is good • know they have a right to learn and play, safely and happily 	<u>End point</u> <ul style="list-style-type: none"> • understand the rights and responsibilities of a member of a class • understand that their views are important • understand that their choices have consequences • understand their own rights and responsibilities with their classroom
	Autumn 2	
Title Celebrating difference	Vocab: similarity, difference, bullying, included, special and unique	
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know what being proud means and that people can be proud of different things • know that people can be good at different things • know what being unique means • know that families can be different • know that people have different homes and why they are important to them • know different ways of making friends • know different ways to stand up for myself • know the names of some emotions such as happy, sad, frightened, angry • know that they don't have to be 'the same as' to be a friend • know why having friends is important • know some qualities of a positive friendship 	<u>End point</u> <ul style="list-style-type: none"> • know that people have differences and similarities • know what bullying means • know who to tell if they or someone else is being bullied or is feeling unhappy • know skills to make friendships • know that people are unique and that it is OK to be different 	





Dovedale Primary School

Long term plan

PSHE / RSE



Spring 1	
Title Dreams and goals	Vocab: proud, success, goal, achievement and obstacle
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> ● know what a challenge is ● know that it is important to keep trying ● know what a goal is ● know how to set goals and work towards them ● know which words are kind ● know some jobs that they might like to do when they are older ● know that they must work hard now in order to be able to achieve the job they want when they are older ● know when they have achieved a goal 	<u>End point</u> <ul style="list-style-type: none"> ● know how to set simple goals ● know how to achieve a goal ● know how to work well with a partner ● know that tackling a challenge can stretch their learning ● know how to identify obstacles which make achieving their goals difficult and work out how to overcome them ● know when a goal has been achieved
Spring 2	
Title Healthy me	Vocab: healthy, unhealthy, balanced, exercise, safety and hygienic
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> ● know the names for some parts of their body ● know what the word 'healthy' means ● know some things that they need to do to keep healthy ● know that they need to exercise to keep healthy ● know how to help themselves go to sleep and that sleep is good for them ● know when and how to wash their hands properly ● know what to do if they get lost ● know to say no to strangers 	<u>End point</u> <ul style="list-style-type: none"> ● know the difference between being healthy and unhealthy know some ways to keep healthy ● know how to make healthy lifestyle choices ● know how to keep themselves clean and health ● know that germs cause disease / illness ● know that all household products, including medicines, can be harmful if not used properly ● know that medicines can help them if they feel poorly ● know how to keep safe when crossing the road ● know about people who can keep them safe





Dovedale Primary School

Long term plan

PSHE / RSE



Summer 1	
Title Relationships	Vocab: friends, family, friendship, relationships, touch, kind and unkind
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know the difference between being healthy and unhealthy know some ways to keep healthy • know how to make healthy lifestyle choices • know how to keep themselves clean and health • know that germs cause disease / illness • know that all household products, including medicines, can be harmful if not used properly • know that medicines can help them if they feel poorly • know how to keep safe when crossing the road • know about people who can keep them safe 	<u>End point</u> <ul style="list-style-type: none"> • know that everyone's family is different • know that there are lots of different types of families • know that families are founded on belonging, love and care • know how to make a friend • know the characteristics of healthy and safe friends • know that physical contact can be used as a greeting • know about the different people in the school community and how they help
Summer 2	
Title Changing me	Vocab: life cycles, male, female, vagina, penis, testicles, vulva, anus and feelings
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know the names and functions of some parts of the body (see vocabulary list) • know that we grow from baby to adult • know who to talk to if they are feeling worried • know that sharing how they feel can help solve a worry • know that remembering happy times can help us move on 	<u>End point</u> <ul style="list-style-type: none"> • know that animals including humans have a life cycle • know that changes happen when we grow up • know that people grow up at different rates and that is normal • know the names of male and female private body parts • know that there are correct names for private body parts and nicknames, and when to use them • know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these • know who to ask for help if they are worried or frightened know that learning brings about change





Dovedale Primary School

Long term plan

PSHE / RSE



Y2	Autumn 1	
	Title Being me in my world	Vocab hopes, fears, worries, rights, responsibilities, consequence, and choices
	<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • understand the rights and responsibilities of a member of a class • understand that their views are important • understand that their choices have consequences • understand their own rights and responsibilities with their classroom 	<u>End point</u> <ul style="list-style-type: none"> • identifying hopes and fears for the year ahead • understand the rights and responsibilities of class members • know that it is important to listen to other people • understand that their own views are valuable • know about rewards and consequences and that these stem from choices • know that positive choices impact positively on self-learning and the learning of others
	Autumn 2	
Title Celebrating difference	Vocab boys, girls, similarities, differences, stereotypes, support, bullying and fairness	
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know that people have differences and similarities • know what bullying means • know who to tell if they or someone else is being bullied or is feeling unhappy • know skills to make friendships • know that people are unique and that it is OK to be different 	<u>End point</u> <ul style="list-style-type: none"> • know some similarities between girls and boys • know some differences between girls and boys • accept and embrace differences between girls and boys • understand that bullying hurts others and know that kindness is important • know how to stand up for myself • know how it feels to be a friend and to have a friend • know how to not judge those who are different to me • know how it feels to be a friend and to have a friend • know differences make us special and unique 	





Dovedale Primary School

Long term plan

PSHE / RSE



Spring 1	
Title Dreams and goals	Vocab realistic, proud, success, achievement, strength and persevere
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know how to set simple goals • know how to achieve a goal • know how to work well with a partner • know that tackling a challenge can stretch their learning • know how to identify obstacles which make achieving their goals difficult and work out how to overcome them • know when a goal has been achieved 	<u>End point</u> <ul style="list-style-type: none"> • know how to choose a realistic goal and think about how to achieve it • know that it is important to persevere • know how to recognise what working together well looks like • know what good group working looks like • know how to share success with other people
Spring 2	
Title Healthy me	Vocab healthy choices, lifestyle, motivation, relaxation, medicines, dangerous and nutritious
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know the difference between being healthy and unhealthy know some ways to keep healthy • know how to make healthy lifestyle choices • know how to keep themselves clean and health • know that germs cause disease / illness • know that all household products, including medicines, can be harmful if not used properly • know that medicines can help them if they feel poorly • know how to keep safe when crossing the road • know about people who can keep them safe 	<u>End point</u> <ul style="list-style-type: none"> • know what their body needs to stay healthy • know what relaxed means • know what makes them feel relaxed / stressed • know how medicines work in their bodies • know that it is important to use medicines safely • know how to make some healthy snacks • know why healthy snacks are good for their bodies • know which foods given their bodies energy





Dovedale Primary School

Long term plan

PSHE / RSE



Summer 1	
Title Relationships	Vocab different, similarities, relationship, conflict, resolution, secret - good secret/worry secret and positive problem solving
Required prior knowledge Children should know: <ul style="list-style-type: none"> ● know that everyone's family is different ● know that there are lots of different types of families ● know that families are founded on belonging, love and care ● know how to make a friend ● know the characteristics of healthy and safe friends ● know that physical contact can be used as a greeting ● know about the different people in the school community and how they help ● know who to ask 	End point <ul style="list-style-type: none"> ● know that everyone's family is different ● know that families function well when there is trust, respect, care, love and co-operation ● know that there are lots of forms of physical contact ● know that everyone's family is different ● know that families function well when there is trust, respect, care, love and co-operation ● know that there are lots of forms of physical contact
Summer 2	
Title Changing me	Vocab (re-teach correct names for body parts), change, grow, teenager and independent
Required prior knowledge Children should know: <ul style="list-style-type: none"> ● know that animals including humans have a life cycle ● know that changes happen when we grow up ● know that people grow up at different rates and that is normal ● know the names of male and female private body parts ● know that there are correct names for private body parts and nicknames, and when to use them ● know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these ● know who to ask for help if they are worried or frightened know that learning brings about change 	End point <ul style="list-style-type: none"> ● know that life cycles exist in nature ● know that aging is a natural process including old age ● know that some changes are out of an individual's control ● know how their bodies have changed from when they were a baby and that they will continue to change as they age ● know the physical differences between male and female bodies ● know the correct names for private body parts ● know that private body parts are special and that no one has the right to hurt these ● know who to ask for help if they are worried or frightened ● know there are different types of touch and that some are acceptable, and some are unacceptable





Dovedale Primary School

Long term plan

PSHE / RSE



Y3	
Autumn 1	
Title Being me in my world	Vocab welcome, valued, achievements, acknowledge, emotions and feelings
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • identifying hopes and fears for the year ahead • understand the rights and responsibilities of class members • know that it is important to listen to other people • understand that their own views are valuable • know about rewards and consequences and that these stem from choices • know that positive choices impact positively on self-learning and the learning of others 	<u>End point</u> <ul style="list-style-type: none"> • understand that I am important • know what a personal goal is • understanding what a challenge is • know why rules are needed and how these relate to choices and consequences • know that actions can affect others' feelings • know that others may hold different views
Autumn 2	
Title Celebrating difference	Vocab loving, caring, conflict, solution, resolve, witness, bullying and 'solve it together'
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • identifying hopes and fears for the year ahead • understand the rights and responsibilities of class members • know that it is important to listen to other people • understand that their own views are valuable • know about rewards and consequences and that these stem from choices • know that positive choices impact positively on self-learning and the learning of others 	<u>End point</u> <ul style="list-style-type: none"> • know why families are important • know that everybody's family is different • know that conflict is a normal part of relationships • know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do • know that some words are used in hurtful ways and that this can have consequences





Dovedale Primary School

Long term plan

PSHE / RSE



Spring 1	
Title Dreams and goals	Vocab challenge, obstacle, ambition, future, aspirations, celebrate and evaluate
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know how to choose a realistic goal and think about how to achieve it • know that it is important to persevere • know how to recognise what working together well looks like • know what good group working looks like • know how to share success with other people 	<u>End point</u> <ul style="list-style-type: none"> • know what dreams and ambitions are important to them • know how they can best overcome learning challenges • know that they are responsible for their own learning • know what their own strengths are as a learner • know what an obstacle is and how they can hinder achievement • know how to take steps to overcome obstacles
Spring 2	
Title Healthy me	Vocab exercise, calories, heart, lungs, drugs, harmful and risk
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know what their body needs to stay healthy • know what relaxed means • know what makes them feel relaxed / stressed • know how to make some healthy snacks • know why healthy snacks are good for their bodies • know which foods given their bodies energy 	<u>End point</u> <ul style="list-style-type: none"> • know how exercise affects their bodies • know why their hearts and lungs are such important organs • know that the number of calories, fat and sugar that they put into their bodies will affect their health • know that there are things, places and people that can be dangerous • know a range of strategies to keep themselves safe • know when something feels safe or unsafe • know that their bodies are complex and need taking care of





Dovedale Primary School

Long term plan

PSHE / RSE



Summer 1	
Title Relationships	Vocab male, female, unisex, stereotype, respect, similarities and differences
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know that everyone's family is different • know that families function well when there is trust, respect, care, love and co-operation • know that there are lots of forms of physical contact within a family • know how to stay stop if someone is hurting them • know some reasons why friends have conflicts • know that friendships have ups and downs and sometimes change with time • know how to use the Mending Friendships or Solve-it-together problem-solving methods • know there are good secrets and worry secrets and why it is important to share worry secrets • know what trust is 	<u>End point</u> <ul style="list-style-type: none"> • know that different family members carry out different roles or have different responsibilities within the family • now that gender stereotypes can be unfair e.g., Mum is always the carer, Dad always goes to work etc • know some of the skills of friendship, e.g., taking turns, being a good listener • know some strategies for keeping themselves safe online • know how some of the actions and work of people around the world help and influence my life • know the lives of children around the world can be different from their own
Summer 2	
Title Changing me	Vocab babies, birth, changes, growing up, parenting and stereotypical ideas
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know that life cycles exist in nature • know that aging is a natural process including old age • know that some changes are out of an individual's control • know how their bodies have changed from when they were a baby and that they will continue to change as they age • know the physical differences between male and female bodies • know the correct names for private body parts • know that private body parts are special and that no one has the right to hurt these 	<u>End point</u> <ul style="list-style-type: none"> • know that in animals and humans lots of changes happen between conception and growing up • know that in nature it is usually the female that carries the baby • know that babies need love and care from their parents/carers • know some of the changes that happen between being a baby and a child • know that the male and female body needs to change at puberty so their bodies can make babies when they are adults • know some of the outside body changes that happen during puberty • know some of the changes on the inside that happen during puberty





Dovedale Primary School

Long term plan

PSHE / RSE



	<ul style="list-style-type: none">• know who to ask for help if they are worried or frightened• know there are different types of touch and that some are acceptable, and some are unacceptable	
--	--	--





Dovedale Primary School

Long term plan

PSHE / RSE



Y4	Autumn 1	
	Title Being me in my world	Vocab included, excluded, team, role, school community, attitude, actions, and democracy
	<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> ● understand that they are important ● know what a personal goal is ● understanding what a challenge is ● know why rules are needed and how these relate to choices and consequences ● know that actions can affect others' feelings ● know that others may hold different views ● know that the school has a shared set of values 	<u>End point</u> <ul style="list-style-type: none"> ● know how individual attitudes and actions make a difference to a class ● know about the different roles in the school community ● know their place in the school community ● know what democracy is (applied to pupil voice in school) ● know that their own actions affect themselves and others ● know how groups work together to reach a consensus ● know that having a voice and democracy benefits the school community
	Autumn 2	
Title Celebrating difference	Vocab character, assumption, judgement, appearance, bullying and bystander	
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> ● know why families are important ● know that everybody's family is different ● know that sometimes family members don't get along and some reasons for this ● know that conflict is a normal part of relationships ● know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do ● know that some words are used in hurtful ways and that this can have consequences 	<u>End point</u> <ul style="list-style-type: none"> ● know that sometimes people make assumptions about a person because of the way they look or act ● know there are influences that can affect how we judge a person or situation ● know that some forms of bullying are harder to identify e.g., tactical ignoring, cyber-bullying ● know what to do if they think bullying is, or might be taking place ● know the reasons why witnesses sometimes join in with bullying and don't tell anyone ● now that first impressions can change 	





Dovedale Primary School

Long term plan

PSHE / RSE



Spring 1	
Title Dreams and goals	Vocab dream, hope, goal, determination, disappointment, self-belief and success
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know about specific people who have overcome difficult challenges to achieve success • know what dreams and ambitions are important to them • know how they can best overcome learning challenges • know that they are responsible for their own learning • know what their own strengths are as a learner • know what an obstacle is and how they can hinder achievement • know how to take steps to overcome obstacles • know how to evaluate their own learning progress and identify how it can be better next time 	<u>End point</u> <ul style="list-style-type: none"> • know what their own hopes and dreams are • know that hopes and dreams don't always come true • know that reflecting on positive and happy experiences can help them to counteract disappointment • know how to make a new plan and set new goals even if they have been disappointed • know how to work out the steps they need to take to achieve a goal • know how to work as part of a successful group • know how to share in the success of a group
Spring 2	
Title Healthy me	Vocab friendship, leader, follower, smoking, alcohol and peer pressure
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know how exercise affects their bodies • know why their hearts and lungs are such important organs • know that the amount of calories, fat and sugar that they put into their bodies will affect their health • know that there are different types of drugs • know that there are things, places and people that can be dangerous • know a range of strategies to keep themselves safe • know when something feels safe or unsafe • know that their bodies are complex and need taking care of 	<u>End point</u> <ul style="list-style-type: none"> • know how different friendship groups are formed and how they fit into them • know which friends they value most • know that there are leaders and followers in groups • know that they can take on different roles according to the situation • know the facts about smoking and its effects on health • know some of the reasons some people start to smoke • know the facts about alcohol and its effects on health, particularly the liver • know some of the reasons some people drink alcohol • know ways to resist when people are putting pressure on them • know what they think is right and wrong





Dovedale Primary School

Long term plan

PSHE / RSE



Summer 1	
Title Relationships	Vocab loss, bereavement, jealousy, strategies, negotiation, amicable and emotions
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know that different family members carry out different roles or have different responsibilities within the family • know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc • know some of the skills of friendship, e.g. taking turns, being a good listener • know some strategies for keeping themselves safe online • know how some of the actions and work of people around the world help and influence my life • know that they and all children have rights (UNCRC) • know the lives of children around the world can be different from their own 	<u>End point</u> <ul style="list-style-type: none"> • know some reasons why people feel jealousy • know that jealousy can be damaging to relationships • know that loss is a normal part of relationships • know that negative feelings are a normal part of loss • know that memories can support us when we lose a special person or animal • know that change is a natural part of relationships/ friendship • know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe
Summer 2	
Title Changing me	Vocab fear, concern, changes, accept and reflect
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know that in animals and humans lots of changes happen between conception and growing up • know that in nature it is usually the female that carries the baby • know that in humans a mother carries the baby in her uterus (womb) and this is where it develops • know that babies need love and care from their parents/carers • know some of the changes that happen between being a baby and a child • know that the male and female body needs to change at puberty so their bodies can make babies when they are adults 	<u>End point</u> <ul style="list-style-type: none"> • know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm • know that babies are made by a sperm joining with an ovum • know the names of the different internal and external body parts that are needed to make a baby • know how the female and male body change at puberty • know that personal hygiene is important during puberty and as an adult • know that change is a normal part of life and that some cannot be controlled and have to be accepted • know that change can bring about a range of different emotions





Dovedale Primary School

Long term plan

PSHE / RSE



	<ul style="list-style-type: none">• know some of the outside body changes that happen during puberty• know some of the changes on the inside that happen during puberty	
--	--	--





Dovedale Primary School

Long term plan

PSHE / RSE



Y5	Autumn 1	
	Title Being me in my world	Vocab goal, challenge, rights and responsibilities, wider community, democracy, legal and illegal
	<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know how individual attitudes and actions make a difference to a class • know about the different roles in the school community • know their place in the school community • know what democracy is (applied to pupil voice in school) • know that their own actions affect themselves and others • know how groups work together to reach a consensus • know that having a voice and democracy benefits the school community 	<u>End point</u> <ul style="list-style-type: none"> • know how to face new challenges positively • understand how to set personal goals • understand the rights and responsibilities associated with being a citizen in the wider community and their country • know how an individual's behaviour can affect a group and the consequences of this • understand how democracy and having a voice benefits the school community • understand how to contribute towards the democratic process
	Autumn 2	
Title Celebrating difference	Vocab culture, difference, racism, racist, bullying, rumour, name calling, direct and indirect	
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know that sometimes people make assumptions about a person because of the way they look or act • know there are influences that can affect how we judge a person or situation • know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying • know what to do if they think bullying is, or might be taking place • know the reasons why witnesses sometimes join in with bullying and don't tell anyone • Know that first impressions can change 	<u>End point</u> <ul style="list-style-type: none"> • know what culture means • know that differences in culture can sometimes be a source of conflict • know what racism is and why it is unacceptable • know that rumour spreading is a form of bullying on and offline • know external forms of support in regard to bullying e.g. Childline • know that bullying can be direct and indirect • know how their life is different from the lives of children in the developing world 	





Dovedale Primary School

Long term plan

PSHE / RSE



Spring 1	
Title Dreams and goals	Vocab hope, dream, goal, money, job, lifestyle, salary
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know what their own hopes and dreams are • know that hopes and dreams don't always come true • know that reflecting on positive and happy experiences can help them to counteract disappointment • know how to make a new plan and set new goals even if they have been disappointed • know how to work out the steps they need to take to achieve a goal • know how to work as part of a successful group • know how to share in the success of a group 	<u>End point</u> <ul style="list-style-type: none"> • know that they will need money to help them to achieve some of their dreams • know about a range of jobs that are carried out by people I know • know that different jobs pay more money than others • know the types of job they might like to do when they are older <ul style="list-style-type: none"> • know that young people from different cultures may have different dreams and goals • know that communicating with someone from a different culture means that they can learn from them and vice versa • know ways that they can support young people in their own culture and abroad
Spring 2	
Title Healthy me	Vocab choices, healthy behaviour, unhealthy behaviour, pressure, media, influence, emergency, procedure and eating disorder
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know how different friendship groups are formed and how they fit into them • know which friends they value most • know that there are leaders and followers in groups • know that they can take on different roles according to the situation • know the facts about smoking and its effects on health <ul style="list-style-type: none"> • know some of the reasons some people start to smoke • know the facts about alcohol and its effects on health, particularly the liver <ul style="list-style-type: none"> • know some of the reasons some people drink alcohol • know ways to resist when people are putting pressure on them • know what they think is right and wrong 	<u>End point</u> <ul style="list-style-type: none"> • know the health risks of smoking • know how smoking tobacco affects the lungs, liver and heart • know some of the risks linked to misusing alcohol, including antisocial behaviour • know basic emergency procedures including the recovery position • know how to get help in emergency situations • know that the media, social media and celebrity culture promotes certain body types • know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure • know what makes a healthy lifestyle





Dovedale Primary School

Long term plan

PSHE / RSE



Summer 1	
Title Relationships	Vocab self-esteem, social media, online, safe and unsafe, grooming and screen time
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know some reasons why people feel jealousy • know that jealousy can be damaging to relationships • know that loss is a normal part of relationships • know that negative feelings are a normal part of loss • know that memories can support us when we lose a special person or animal • know that change is a natural part of relationships/ friendship • know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe 	<u>End point</u> <ul style="list-style-type: none"> • know that a personality is made up of many different characteristics, qualities and attributes • know that belonging to an online community can have positive and negative consequences • know that there are rights and responsibilities in an online community or social network • know that there are rights and responsibilities when playing a game online • know that too much screen time isn't healthy • know how to stay safe when using technology to communicate with friends
Summer 2	
Title Changing me	Vocab puberty, uterus, womb, breasts, vagina, vulva, penis, testicles, Adam's Apple, scrotum, genitals, sperm, semen, erection, ejaculation, urethra, wet dreams, growth spurt, facial hair, pubic hair, hormones, menstruation, periods, sanitary products - tampons, sanitary towels
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know that personal characteristics are inherited from birth parents, and this is brought about by an ovum joining with a sperm • know that babies are made by a sperm joining with an ovum • know the names of the different internal and external body parts that are needed to make a baby • know how the female and male body change at puberty • know that personal hygiene is important during puberty and as an adult 	<u>End point</u> <ul style="list-style-type: none"> • know what perception means and that perceptions can be right or wrong • know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally • know that sexual intercourse can lead to conception • know that some people need help to conceive and might use IVF • know that becoming a teenager involves various changes and also brings growing responsibility





Dovedale Primary School

Long term plan

PSHE / RSE



	<ul style="list-style-type: none">• know that change is a normal part of life and that some cannot be controlled and have to be accepted• know that change can bring about a range of different emotions	
--	---	--





Dovedale Primary School

Long term plan

PSHE / RSE



Y6	
Autumn 1	
Title Being me in my world	Vocab: actions, rights and responsibilities, United Nations Convention on the rights and responsibilities of the child, choices and consequences
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know how to face new challenges positively • understand how to set personal goals • understand the rights and responsibilities associated with being a citizen in the wider community and their country • know how an individual's behaviour can affect a group and the consequences of this • understand how democracy and having a voice benefits the school community • understand how to contribute towards the democratic process 	<u>End point</u> <ul style="list-style-type: none"> • know how to set goals for the year ahead • understand what fears and worries are • know about children's universal rights (United Nations Convention on the Rights of the Child) • know about the lives of children in other parts of the world • know that personal choices can affect others locally and globally • understand that their own choices result in different consequences and rewards • understand how democracy and having a voice benefits the school community • understand how to contribute towards the democratic process
Autumn 2	
Title Celebrating difference	Vocab: normal, ability, disability, empathy, transgender and gender diversity
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know what culture means • know that differences in culture can sometimes be a source of conflict • know what racism is and why it is unacceptable • know that rumour spreading is a form of bullying on and offline • know external forms of support in regard to bullying e.g. Childline • know that bullying can be direct and indirect • know how their life is different from the lives of children in the developing world 	<u>End point</u> <ul style="list-style-type: none"> • know that there are different perceptions of 'being normal' and where these might come from • know that being different could affect someone's life • know that power can play a part in a bullying or conflict situation • know that people can hold power over others individually or in a group • know why some people choose to bully others • know that people with disabilities can lead amazing lives • know that difference can be a source of celebration as well as conflict





Dovedale Primary School

Long term plan

PSHE / RSE



Spring 1	
Title Dreams and goals	Vocab: strengths, realistic, unrealistic, global issue, suffering, hardship and motivation
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know that they will need money to help them to achieve some of their dreams • know about a range of jobs that are carried out by people I know • know that different jobs pay more money than others • know the types of job they might like to do when they are older • know that young people from different cultures may have different dreams and goals • know that communicating with someone from a different culture means that they can learn from them and vice versa • know ways that they can support young people in their own culture and abroad 	<u>End point</u> <ul style="list-style-type: none"> • know their own learning strengths • know how to set realistic and challenging goals • know what the learning steps are they need to take to achieve their goal • know a variety of problems that the world is facing • know how to work with other people to make the world a better place • know some ways in which they could work with others to make the world a better place • know what their classmates like and admire about them
Spring 2	
Title Healthy me	Vocab: drugs, effects, prescribes, illegal, criminal, gangs and exploited
<u>Required prior knowledge</u> Children should know: <ul style="list-style-type: none"> • know the health risks of smoking • know how smoking tobacco affects the lungs, liver and heart • know some of the risks linked to misusing alcohol including antisocial behaviour • now basic emergency procedures including the recovery position • know how to get help in emergency situations • know that the media, social media and celebrity culture promotes certain body types 	<u>End point</u> <ul style="list-style-type: none"> • know how to take responsibility for their own health • know how to make choices that benefit their own health and well-being • know about different types of drugs and their uses • know how these different types of drugs can affect people's bodies, especially their liver and heart • know that some people can be exploited and made to do things that are against the law • know that stress can be triggered by a range of things • know that being stressed can cause drug and alcohol misuse





Dovedale Primary School

Long term plan

PSHE / RSE



<ul style="list-style-type: none"> • know the different roles food can play in people’s lives and know that people can develop eating problems / disorders related to body image pressure • know what makes a healthy lifestyle 	
<h3>Summer 1</h3>	
<p>Title Relationships</p>	<p>Vocab: mental health, stigma, stress, anxiety, support, signs, warning, grief, loss, bereavement, power and control</p>
<p><u>Required prior knowledge</u> Children should know:</p> <ul style="list-style-type: none"> • know that a personality is made up of many different characteristics, qualities, and attributes • know that belonging to an online community can have positive and negative consequences • know that there are rights and responsibilities in an online community or social network • know that there are rights and responsibilities when playing a game online • know that too much screen time isn’t healthy • know how to stay safe when using technology to communicate with friends 	<p><u>End point</u></p> <ul style="list-style-type: none"> • know that it is important to take care of their own mental health • know ways that they can take care of their own mental health • know that sometimes people can try to gain power or control them • know some of the dangers of being ‘online’ • know how to use technology safely and positively to communicate with their friends and family
<h3>Summer 2</h3>	
<p>Title Changing me</p>	<p>Vocab: puberty, body parts (see Y5), hips, conception, having sex, sexual intercourse, making love, egg, sperm, semen, erection, ejaculation, hormones, menstruation, periods, sanitary products - tampons, sanitary towels</p>
<p><u>Required prior knowledge</u> Children should know:</p> <ul style="list-style-type: none"> • know what perception means and that perceptions can be right or wrong • know how girls’ and boys’ bodies change during puberty and understand the importance of looking after themselves physically and emotionally 	<p><u>End point</u></p> <ul style="list-style-type: none"> • know how girls’ and boys’ bodies change during puberty and understand the importance of looking after themselves physically and emotionally • know how a baby develops from conception through the nine months of pregnancy and how it is born





Dovedale Primary School

Long term plan

PSHE / RSE



- know that sexual intercourse can lead to conception
- know that some people need help to conceive and might use IVF
- know that becoming a teenager involves various changes and also brings growing responsibility

- know how being physically attracted to someone changes the nature of the relationship
- know the importance of self-esteem and what they can do to develop it
- know what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class

