

## PSHE, RSE & British Values Long Term Plan

| PSHE,<br>RSE & British<br>Values | <u>Cycle A</u>                   |                 |                   |                  |                 |                       |
|----------------------------------|----------------------------------|-----------------|-------------------|------------------|-----------------|-----------------------|
|                                  | Autumn 1                         | Autumn 2        | Spring 1          | Spring 2         | Summer 1        | Summer 2              |
| <b>EYFS</b>                      | Exploring Ourselves and families | Our friends     | Our feelings      | Working together | Healthy eating  | Thinking about others |
| <b>Year 1 and 2</b>              | Be Yourself                      | TEAM            | It's My Body      | Diverse Britain  | Think Positive  | Aiming High           |
| <b>Year 3 and 4</b>              | Think Positive                   | VIPs            | Digital Wellbeing | Aiming High      | Diverse Britain | Growing Up            |
| <b>Year 5 and 6</b>              | Think Positive                   | Diverse Britain | VIPs              | One World        | It's My Body    | Be Yourself           |

| PSHE,<br>RSE & British<br>Values | <u>Cycle B</u>                   |              |                   |                  |                |                       |
|----------------------------------|----------------------------------|--------------|-------------------|------------------|----------------|-----------------------|
|                                  | Autumn 1                         | Autumn 2     | Spring 1          | Spring 2         | Summer 1       | Summer 2              |
| <b>EYFS</b>                      | Exploring Ourselves and families | Our friends  | Our feelings      | Working together | Healthy eating | Thinking about others |
| <b>Year 1 and 2</b>              | Digital Wellbeing                | One World    | Safety First      | Money Matters    | VIPs           | Growing Up            |
| <b>Year 3 and 4</b>              | Safety First                     | It's My Body | TEAM              | Be Yourself      | One World      | Money Matters         |
| <b>Year 5 and 6</b>              | TEAM                             | Safety First | Digital Wellbeing | Money Matters    | Aiming High    | Growing Up            |

|                      |               |                           |
|----------------------|---------------|---------------------------|
| Health and Wellbeing | Relationships | Living in the Wider World |
|----------------------|---------------|---------------------------|

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**Witton-le-Wear**  
Primary School