



Cawston Church of England Primary Academy

RSHE Long Term Plan



YR	My Feelings	My Body	My Relationships	My Beliefs	My Rights and Responsibilities	Asking for Help
Year A	Pupils can identify a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings.	Pupils know the importance of basic personal hygiene and understand how to maintain basic personal hygiene.	Pupils understand that there are similarities and differences between everyone and can celebrate this.	Pupils can recognise what they like and dislike and feel empowered to make real, informed choices.	Pupils understand the concept of privacy, including the right to keep things private and the right another person has to privacy.	Pupils can identify the special people in their lives, what makes them special and how special people care for one another.

KS1	My Feelings	My Body	My Relationships	My Beliefs	My Rights and Responsibilities	Asking for Help
Year A	Yr1 Pupils are able to communicate about feelings, to recognise how others show feelings and how to respond.	Yr 1 Pupils can correctly name the main parts of the body, including external genitalia using scientific terms.	Yr1 Pupils understand the importance of listening to other people, to play and work cooperatively including strategies to resolve simple arguments through negotiation.	Yr1 Pupils can identify and respect the differences and similarities between people.	Yr1 Pupils understand how some diseases are spread, including the right to be protected from diseases and the responsibility to protect others.	Yr1 Pupils can identify the people who look after them, who to go to if they are worried and how to attract their attention.
Year B	Yr2 Pupils can recognise and celebrate their strengths and achievements, and set simple but challenging goals.	Yr2 Pupils can recognise how they grow and will change as they become older.	Yr2 Pupils can recognise different types of teasing and bullying, understanding that these are wrong and unacceptable.	Yr2 Pupils can identify the ways in which people and families are unique, understanding there has never been and will never be another them.	Yr2 Pupils can judge what kind of physical contact is acceptable, comfortable, and uncomfortable and how to respond.	Yr2 Pupils know the difference between secrets and surprises and the importance of not keeping a secret that makes them feel uncomfortable, worried or afraid.

KS2 Year 3-5	My Feelings	My Body	My Relationships	My Beliefs	My Rights and Responsibilities	Asking for Help
Year A	Yr3 Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to high self-esteem.	Yr3 Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.	Yr3 Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.	Yr3 Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy, or one way to be a girl.	Yr3 Pupils understand the right to protect their body from unwanted touch.	Yr3 Pupils can identify the difference between secrets and surprise, knowing when it is right to break confidence and share a secret.
Year B	Yr 4 Pupils can recognise and respond to a wide range of emotions in themselves and others and ways to respond.	Yr4 Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.	Yr4 Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable and ways to respond.	Yr4 Pupils recognise differences and similarities between people arise from a number of factors including family and personal identity.	Yr4 Pupils know marriage is a commitment freely entered into by both people, and that no one should marry if they don't absolutely want to or are not making the decision freely for themselves.	Yr4 Pupils can recognise when they may need help to manage a situation and have developed the skills to ask for help.
Year C	Yr5 Pupils can anticipate how their emotions may change as they approach and move through puberty.	Yr5 Pupils can anticipate how their body may change as they approach and move through puberty.	Yr5 Pupils can identify healthy relationships and recognise the skills to manage and maintain healthy relationships.	Yr5 Pupils know the correct terms associated with gender identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying.	Yr5 Pupils have strategies for keeping safe online, knowing personal information including images of themselves and others can be shared without their permission.	Yr5 Pupils have considered how to manage accidental exposure to explicit images, and upsetting online materials, including who to talk about what they have seen.

Year 6	My Feelings	My Body	My Relationships	My Beliefs	My Rights and Responsibilities	Asking for Help
Year A	Yr6 Pupils can recognise how images in the media, including online do not always reflect reality, and can affect how people feel about themselves.	Yr6 Pupils can explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs.	Yr6 Pupils realise the nature and consequences of discrimination including the use of prejudice based language.	Yr6 Pupils know some cultural practices are against British law and universal human rights, including female genital mutilation (FGM).	Yr6 Pupils have an awareness that infections can be shared during sexual intercourse, and that a condom can help prevent this.	Yr6 Pupils develop the confidence and skills to know when, who and how to ask for help independently or with support.