

# PSHE/RSE Long Term Plan 2026-2027

|           | Autumn 1                                                                                          |                                                                                                                                                       | Autumn 2                                                             |                                                                                                                                                      | Spring 1                                                                                                                                                                                                                                                                                                                                     | Spring 2                                                                                                                                                                                                                                         | Summer 1                                                                                                           |                                                                                                                                                              | Summer 2                                                                                                                                                                    |                                                                                                                                                      |
|-----------|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| LORIC     | Charlie Communication                                                                             |                                                                                                                                                       | Raj Resilience                                                       |                                                                                                                                                      | Olly Organisation                                                                                                                                                                                                                                                                                                                            | Izzy Initiative                                                                                                                                                                                                                                  | Laura Leadership                                                                                                   |                                                                                                                                                              |                                                                                                                                                                             |                                                                                                                                                      |
| Ten:Ten   | Created and loved by God                                                                          |                                                                                                                                                       | Created to love others                                               |                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                  | Created to live in Community                                                                                       |                                                                                                                                                              | Created and loved by God                                                                                                                                                    |                                                                                                                                                      |
| Nursery   | <b>Religious Understanding</b><br>1. <a href="#">Handmade with Love</a>                           | <b>Me, my body, my health</b><br>1. <a href="#">I am Me</a><br>2. <a href="#">Heads, Shoulders, Knees and Toes</a><br>3. <a href="#">Ready Teddy?</a> | <b>Religious Understanding</b><br>1. <a href="#">Role Model</a>      | <b>Personal Relationships</b><br>1. <a href="#">Who's Who?</a><br>2. <a href="#">You've got a friend in me</a><br>3. <a href="#">Forever Friends</a> | <b>Life online</b><br>1. <a href="#">What is the internet?</a><br>2. <a href="#">Playing online</a><br>3. <a href="#">Smartie the Penguin</a><br>4. <a href="#">Online Safety Week</a>                                                                                                                                                       | <b>Keeping Safe</b><br>1. <a href="#">Safe inside and out</a><br>2. <a href="#">My body, my rules</a><br>3. <a href="#">Feeling poorly</a><br>4. <a href="#">People who help us</a>                                                              | <b>Religious Understanding</b><br>1. <a href="#">God is love</a><br>2. <a href="#">Loving God, Loving others</a>   | <b>Living in the Wider World</b><br>1. <a href="#">Me, you, us</a><br>2. <a href="#">What I grow up</a><br>3. <a href="#">Money doesn't grow on trees</a>    | <b>Emotional Wellbeing</b><br>1. <a href="#">I like, you like, we all like!</a><br>2. <a href="#">All the feelings!</a><br>3. <a href="#">Let's get real</a>                | <b>Life Cycles</b><br>1. <a href="#">Growing up</a><br>2. <a href="#">New people, new places</a>                                                     |
| Reception | <b>Religious Understanding</b><br>1. <a href="#">Handmade with Love</a>                           | <b>Me, my body, my health</b><br>1. <a href="#">I am Me</a><br>2. <a href="#">Heads, Shoulders, Knees and Toes</a><br>3. <a href="#">Ready Teddy?</a> | <b>Religious Understanding</b><br>1. <a href="#">Role Model</a>      | <b>Personal Relationships</b><br>1. <a href="#">Who's Who?</a><br>2. <a href="#">You've got a friend in me</a><br>3. <a href="#">Forever Friends</a> | <b>Life online</b><br>1. <a href="#">What is the internet?</a><br>2. <a href="#">Playing online</a><br>3. <a href="#">Smartie the Penguin</a><br>4. <a href="#">Online Safety Week</a>                                                                                                                                                       | <b>Keeping Safe</b><br>1. <a href="#">Safe inside and out</a><br>2. <a href="#">My body, my rules</a><br>3. <a href="#">Feeling poorly</a><br>4. <a href="#">People who help us</a>                                                              | <b>Religious Understanding</b><br>1. <a href="#">God is love</a><br>2. <a href="#">Loving God, Loving others</a>   | <b>Living in the Wider World</b><br>1. <a href="#">Me, you, us</a><br>2. <a href="#">What I grow up</a><br>3. <a href="#">Money doesn't grow on trees</a>    | <b>Emotional Wellbeing</b><br>1. <a href="#">I like, you like, we all like!</a><br>2. <a href="#">All the feelings!</a><br>3. <a href="#">Let's get real</a>                | <b>Life Cycles</b><br>1. <a href="#">Growing up</a><br>2. <a href="#">New people, new places</a>                                                     |
| Year 1    | <b>Religious Understanding</b><br>1. <a href="#">Let the children come</a>                        | <b>Me, my body, my health</b><br>1. <a href="#">I am Unique</a><br>2. <a href="#">Girls and Boys</a><br>3. <a href="#">Clean and Healthy</a>          | <b>Religious Understanding</b><br>1. <a href="#">God Loves You</a>   | <b>Personal Relationships</b><br>1. <a href="#">Special People</a><br>2. <a href="#">Treat Others Well</a><br>3. <a href="#">...and Say Sorry</a>    | <b>Life online</b><br>1. <a href="#">Real life online</a><br>2. <a href="#">Rules to help us</a><br>3. <a href="#">Safe Image Searching (T)</a><br>4. <a href="#">Staying SMART Online (T)</a><br>5. <a href="#">My Personal Information (T)</a><br>6. <a href="#">Keeping Zibb Safe Online (T)</a><br>7. <a href="#">Online Safety Week</a> | <b>Keeping Safe</b><br>1. <a href="#">Good Secrets and Bad Secrets</a><br>2. <a href="#">Physical Contact</a><br>3. <a href="#">Harmful substances</a><br>4. <a href="#">Can you help me part 1</a><br>5. <a href="#">Can you help me part 2</a> | <b>Religious Understanding</b><br>1. <a href="#">Three in one</a><br>2. <a href="#">Who is my neighbour?</a>       | <b>Living in the Wider World</b><br>1. <a href="#">The Communities We Live In</a><br>2. <a href="#">Who will I be?</a><br>3. <a href="#">Needs and wants</a> | <b>Emotional Wellbeing</b><br>1. <a href="#">Feelings – Likes and Dislikes</a><br>2. <a href="#">Feelings – Inside and Out</a><br>3. <a href="#">Super Susie Gets Angry</a> | <b>Life Cycles</b><br>1. <a href="#">The Cycle of Life</a><br>2. <a href="#">Beginnings &amp; endings</a><br>3. <a href="#">Change is all around</a> |
| Year 2    | <b>Religious Understanding</b><br>1. <a href="#">Let the children come</a>                        | <b>Me, my body, my health</b><br>1. <a href="#">I am Unique</a><br>2. <a href="#">Girls and Boys</a><br>3. <a href="#">Clean and Healthy</a>          | <b>Religious Understanding</b><br>1. <a href="#">God Loves You</a>   | <b>Personal Relationships</b><br>1. <a href="#">Special People</a><br>2. <a href="#">Treat Others Well</a><br>3. <a href="#">...and Say Sorry</a>    | <b>Life online</b><br>1. <a href="#">Real life online</a><br>2. <a href="#">Rules to help us</a><br>3. <a href="#">Digital Footprints (T)</a><br>4. <a href="#">You Be the Judge (T)</a><br>5. <a href="#">Being Kind Online (T)</a><br>6. <a href="#">Cyber Snakes and Ladders (T)</a><br>7. <a href="#">Online Safety Week</a>             | <b>Keeping Safe</b><br>1. <a href="#">Good Secrets and Bad Secrets</a><br>2. <a href="#">Physical Contact</a><br>3. <a href="#">Harmful substances</a><br>4. <a href="#">Can you help me part 1</a><br>5. <a href="#">Can you help me part 2</a> | <b>Religious Understanding</b><br>1. <a href="#">Three in one</a><br>2. <a href="#">Who is my neighbour?</a>       | <b>Living in the Wider World</b><br>1. <a href="#">The Communities We Live In</a><br>2. <a href="#">Who will I be?</a><br>3. <a href="#">Needs and wants</a> | <b>Emotional Wellbeing</b><br>1. <a href="#">Feelings – Likes and Dislikes</a><br>2. <a href="#">Feelings – Inside and Out</a><br>3. <a href="#">Super Susie Gets Angry</a> | <b>Life Cycles</b><br>1. <a href="#">The Cycle of Life</a><br>2. <a href="#">Beginnings &amp; endings</a><br>3. <a href="#">Change is all around</a> |
| Year 3    | <b>Religious Understanding</b><br>1. <a href="#">Get up!</a><br>2. <a href="#">The sacraments</a> | <b>Me, my body, my health</b><br>1. <a href="#">We Don't Have To Be The Same</a><br>2. <a href="#">Respecting Our Bodies</a>                          | <b>Religious Understanding</b><br>1. <a href="#">Jesus my friend</a> | <b>Personal Relationships</b><br>1. <a href="#">Family friends and others...</a><br>2. <a href="#">When things feel bad</a>                          | <b>Life online</b><br>1. <a href="#">Sharing online</a><br>2. <a href="#">Chatting online</a><br>3. <a href="#">What Is Cyberbullying? (T)</a><br>4. <a href="#">To Buy or Not to Buy? (T)</a>                                                                                                                                               | <b>Keeping Safe</b><br>1. <a href="#">Safe in my body</a><br>2. <a href="#">Drugs, alcohol and tobacco</a><br>3. <a href="#">First aid heroes</a><br>4. <a href="#">Rights &amp; responsibilities</a>                                            | <b>Religious Understanding</b><br>1. <a href="#">A community of love</a><br>2. <a href="#">What is the church?</a> | <b>Living in the Wider World</b><br>1. <a href="#">How do I love others?</a><br>2. <a href="#">Working together</a><br>3. <a href="#">Money matters</a>      | <b>Emotional Wellbeing</b><br>1. <a href="#">What Am I Feeling?</a><br>2. <a href="#">What Am I Looking At?</a><br>3. <a href="#">I Am Thankful</a>                         | <b>Life Cycles</b><br>1. <a href="#">Big changes, little changes</a>                                                                                 |

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|        |                                                                                                   |                                                                                                                                                                                  |                                                                         |                                                                                                                                                                                                   | 5. Keep It to Yourself! (T)<br>6. Online Communication (T)<br>7. <i>Online Safety Week</i>                                                                                                                                                           |                                                                                                                                                                                                                                              |                                                                                                                      |                                                                                                                                                         |                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                    |
| Year 4 | <b>Religious Understanding</b><br>1. <a href="#">Get up!</a><br>2. <a href="#">The sacraments</a> | <b>Me, my body, my health</b><br>1. <a href="#">We Don't Have To Be The Same</a><br>2. <a href="#">Respecting Our Bodies</a>                                                     | <b>Religious Understanding</b><br>1. <a href="#">Jesus my friend</a>    | <b>Personal Relationships</b><br>1. <a href="#">Family friends and others..</a><br>2. <a href="#">When things feel bad</a><br>3. <a href="#">Balancing Needs</a>                                  | <b>Life online</b><br>1. <a href="#">Sharing online</a><br>2. <a href="#">Chatting online</a><br>3. Cyberbullying (T)<br>4. Copycats! (T)<br>5. Too Much Information? (T)<br>6. The Online Community (T)<br>7. <i>Online Safety Week</i>             | <b>Keeping Safe</b><br>1. <a href="#">Safe in my body</a><br>2. <a href="#">Recognising risk</a><br>3. <a href="#">Drugs, alcohol and tobacco</a><br>4. <a href="#">First aid heroes</a><br>5. <a href="#">Rights &amp; responsibilities</a> | <b>Religious Understanding</b><br>1. <a href="#">A community of love</a><br>2. <a href="#">What is the church?</a>   | <b>Living in the Wider World</b><br>1. <a href="#">How do I love others?</a><br>2. <a href="#">Working together</a><br>3. <a href="#">Money matters</a> | <b>Emotional Wellbeing</b><br>1. <a href="#">What Am I Feeling?</a><br>2. <a href="#">What Am I Looking At?</a><br>3. <a href="#">I Am Thankful</a>                                   | <b>Life Cycles</b><br>1. <a href="#">Life Cycles</a><br>2. <a href="#">A time for everything</a><br>3. <a href="#">Big changes, little changes</a><br><b>Me, my body, my health</b><br>4. <a href="#">What Is Puberty?</a><br>5. <a href="#">Changing Bodies</a><br>6. <a href="#">Male/female</a> |
| Year 5 | <b>Religious Understanding</b><br>1. <a href="#">Calming the storm</a>                            | <b>Me, my body, my health</b><br>1. <a href="#">Gifts and Talents</a><br>2. <a href="#">Girls bodies</a><br>3. <a href="#">Boys bodies</a><br>4. <a href="#">Spots and sleep</a> | <b>Religious Understanding</b><br>1. <a href="#">God is calling you</a> | <b>Personal Relationships</b><br>1. <a href="#">Under pressure</a><br>2. <a href="#">Do you want a piece of cake?</a><br>3. <a href="#">Self-talk</a><br>4. <a href="#">Confidence vs Control</a> | <b>Life online</b><br>1. <a href="#">Sharing isn't always caring</a><br>2. <a href="#">Cyberbullying</a><br>3. Spam! (T)<br>4. Powerful Passwords (T)<br>5. False Photography (T)<br>6. Online Safety Comics (T)<br>7. What are deepfakes? (T)       | <b>Keeping Safe</b><br>1. <a href="#">Types of abuse</a><br>2. <a href="#">Impacted lifestyles</a><br>3. <a href="#">Making good choices</a><br>4. <a href="#">Giving assistance</a>                                                         | <b>Religious Understanding</b><br>1. <a href="#">The holy trinity</a><br>2. <a href="#">Catholic social teaching</a> | <b>Living in the Wider World</b><br>1. <a href="#">Reaching out</a><br>2. <a href="#">The world of work</a><br>3. <a href="#">Money &amp; Me</a>        | <b>Emotional Wellbeing</b><br>1. <a href="#">Body image</a><br>2. <a href="#">Peculiar feelings</a><br>3. <a href="#">Emotional changes</a><br>4. <a href="#">Seeing stuff online</a> | <b>Life Cycles</b><br>1. <a href="#">Life cycles</a><br>2. <a href="#">Menstruation</a>                                                                                                                                                                                                            |
| Year 6 | <b>Religious Understanding</b><br>1. <a href="#">Calming the storm</a>                            | <b>Me, my body, my health</b><br>1. <a href="#">Gifts and Talents</a><br>2. <a href="#">Girls bodies</a><br>3. <a href="#">Boys bodies</a><br>4. <a href="#">Spots and sleep</a> | <b>Religious Understanding</b><br>1. <a href="#">God is calling you</a> | <b>Personal Relationships</b><br>1. <a href="#">Under pressure</a><br>2. <a href="#">Do you want a piece of cake?</a><br>3. <a href="#">Self-talk</a><br>4. <a href="#">Build Others Up</a>       | <b>Life online</b><br>1. <a href="#">Sharing isn't always caring</a><br>2. <a href="#">Cyberbullying</a><br>3. Cyberbullying 2 (T)<br>4. Secure Websites (T)<br>5. People Online (T)<br>6. Girls and Boys Online (T)<br>7. <i>Online Safety Week</i> | <b>Keeping Safe</b><br>1. <a href="#">Types of abuse</a><br>2. <a href="#">Impacted lifestyles</a><br>3. <a href="#">Making good choices</a><br>4. <a href="#">Giving assistance</a>                                                         | <b>Religious Understanding</b><br>1. <a href="#">The holy trinity</a><br>2. <a href="#">Catholic social teaching</a> | <b>Living in the Wider World</b><br>1. <a href="#">Reaching out</a><br>2. <a href="#">The world of work</a><br>3. <a href="#">Money &amp; Me</a>        | <b>Emotional Wellbeing</b><br>1. <a href="#">Body image</a><br>2. <a href="#">Peculiar feelings</a><br>3. <a href="#">Emotional changes</a><br>4. <a href="#">Seeing stuff online</a> | <b>Life Cycles</b><br>1. <a href="#">Making babies part 1</a><br>2. <a href="#">Making babies part 2</a><br>3. <a href="#">Menstruation</a><br>4. <a href="#">Hope beyond death</a><br>5. <a href="#">Coping with change</a>                                                                       |

(T) = Twinkl Online Safety resources which can be found in S:\Resources\Online Safety\Online Safety Lessons

*Online Safety Week lessons will be shared in advance of Online Safety Week.*