



John of Gaunt Infant and Nursery School

Part of the Aylsham Learning Federation

RSHE and PSHE Long Term Plan

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Well Being		
Circles United	Autumn 1: Welcome Circles Autumn 2: Feelings			Spring 1: Coals Spring 2: Keeping Safe			Summer 1: Respect Summer 2: Changes		
Nursery	Routines, Rules and Feelings New Beginnings Team Work Friendship The 6 R's Family relationships Self-Safe – Safe in my family			Routines, Rules and Feelings Friendship Emotions Respect for ourselves, our school and the environment Community Self-safe – Safe in the wider world			Routines, Rules and Feelings Managing feelings Changes Transition Negotiation and Conflict Self-Safe – Safe in my space		
Reception	Routines, Rules and Feelings New Beginnings Team Work Friendship The 6 R's Family relationships Self-Safe – Safe in my family			Friendship Emotions Respect for ourselves, our school and the environment Community Self-safe – Safe in the wider world			Managing feelings Changes Transition Negotiation and Conflict Self-Safe – Safe in my space		
	Families and Friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental well being	Growing and changing	Keeping safe
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies



John of Gaunt Infant and Nursery School
Part of the Aylsham Learning Federation