



**RIGBY HALL SCHOOL  
PSHE LONG-TERM PLAN**

**Key stage 2**

**PSHE**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
	<b>Enjoy and Achieve</b>	<b>Being Healthy</b>	<b>Staying Safe</b>	<b>Relationships</b>	<b>Emotional Health</b>	<b>Positive Contribution</b>
<b>Knowledge, skills and understanding</b>	<b>Confidence, responsibility, making most of abilities</b>	<b>Developing a healthy lifestyle</b>	<b>Developing a safer lifestyle</b>	<b>Developing good relationships</b>	<b>Developing a healthy, safer lifestyle</b>	<b>Preparing to play an active role as citizens</b>
Cycle 1	Myself and Others  Rules and Relationships	Healthy Eating  Exercise Hygiene	Internet Safety	Feelings	Needs  Friendships & Bullying	Environment
Cycle 2	Rights & Responsibilities at School	Hygiene	Safety Outdoors  Internet Safety	Change and Loss  Growing Up	Similarities and Differences	Community
Cycle 3	Rights & Responsibilities at School	Nutrition	Medicines	Other People's Lives	Self Esteem	Jobs in the community
Cycle 4	Resolving Conflict	Exercise	First Aid and Getting Help	Different Types of Relationships	Self Esteem  Assertiveness	Environment, Recycling

### Key stage 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Theme</b>	<b>Enjoy and Achieve</b>	<b>Being Healthy</b>	<b>Staying Safe</b>	<b>Relationships</b>	<b>Emotional Health</b>	<b>Positive Contribution</b>
<b>Key Concepts</b>	<b>Developing confidence, responsibility, making most of abilities</b>	<b>Developing a healthier Lifestyle</b>	<b>Developing a safer lifestyle</b>	<b>Developing good relationships</b>	<b>Developing a healthy, safer lifestyle</b>	<b>Preparing to play an active role as citizens</b>
Cycle 1	Rights & Responsibilities at School  Rights & Responsibilities at Home	Nutrition  Being Active / Early Stages of Puberty	Staying Safe Outdoors,  Recognising Dangerous Situations  Internet Safety	Other Peoples Lives  Accepting Differences	Self Esteem  Assertiveness	Environment, Recycling
Cycle 2	Financial capability	Puberty and Reproduction	First Aid	Different Types of Relationships  Inequalities	Feelings, Anger and Conflict	Community Action

**Key stage 4**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
	<b>Enjoy and Achieve</b>	<b>Being Healthy</b>	<b>Staying Safe</b>	<b>Relationships</b>	<b>Emotional Health</b>	<b>Positive Contribution</b>
<b>Key concepts</b>	<b>Developing confidence, responsibility, making most of abilities</b>	<b>Developing a healthier lifestyle</b>	<b>Developing a safer lifestyle</b>	<b>Developing good relationships</b>	<b>Developing a healthy, safer lifestyle</b>	<b>Preparing to play an active role as citizens</b>
Cycle 1	Financial Capability	Sexual Health.	Substance Use and Misuse	Relationship with Self and Others	Mental Health	Crime and Punishment
Cycle 2	Human Rights	Getting Help and First Aid	Internet Safety	Friendships	Changing Family Networks	Diversity in the UK
Cycle 3	The UK Economy	Sexual Health	Substance Use and Misuse	Sex Education	Personal Safety	Government and Democracy