
































4. Long term plan - Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Age Group / Year	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Created and Loved by God	Created to love others	Created to live in the community
Age 3-4 F1	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities 	Identifying talents Being special Families Where we live Making friends Standing up for yourself 	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals 	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety 			
Age 5-6 Year 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter 	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone 	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success 	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness 	See RSE Trust document		
Age 7-8 Year 3	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives 	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments 	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting 	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices 			
Age 9-10 Year 5	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating 	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures 	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation 	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour 			

4. Long term plan - Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Age Group / Year	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Created and Loved by God	Created to love others	Created to live in the community
Age 4-5 F2	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities 	Identifying talents Being special Families Where we live Making friends Standing up for yourself 	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals 	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety 			
Age 6-7 Year 2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings 	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends 	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success 	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food 			
Age 8-9 Year 4	Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour 	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions 	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes 	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength 	See RSE Trust document		
Age 10-11 Year 6	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling 	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy 	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments 	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress 