



RSE long term plan 2026/27

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception/Y1	Self-regulation (Reception)	Families and Relationships (Year 1)	Health and Well-Being (Year 1)	Safety and the Changing Body (Year 1)	Building Relationships (Reception)	Citizenship (Year 1)
Y2	My Healthy Self: How can we look after our bodies?	Connecting with Others: How can I build safe, kind and caring relationships with others?	The Online World: How are things shared online?	Citizenship: How do people belong to a community and earn money?	Growing Up: How can we look after and respect our bodies as we grow?	Staying Safe: How can I make safe choices in different places?
Y3/4	Connecting with Others: What helps us feel safe and included?	The Online World: How should we communicate online?	Citizenship: What careers do people choose and why?	Staying Safe: What signs help me recognise what is safe or unsafe?	Connecting with others: How can we respect each other?	The Online World: How can we decide what to trust online?
Y5	My Healthy Self: How can I support my mind and body as I grow?	Connecting with Others: Why are healthy relationships important?	The Online World: How am I influenced by what I see online?	Citizenship: How can we make a difference in our communities and beyond?	Growing Up: How can I managed the changes to my body and emotions as I grow up?	Citizenship: How can we be in control of our money?
Y6	My healthy self: How do my choices today shape my future wellbeing?	Connecting with Others: What does it mean to stand up for myself and others?	The Online World: How do I feel about being online?	Citizenship: How can we protect everyone's rights?	Staying safe: How can I stay safe as I grow up?	Sex Education: How do people become parents and carers?
Wider Curriculum						

