

# YEAR 1 & 2 - PSHE/RSHE - Mixed Class Plan

CYCLE A (Even Years)

AUTUMN

## KEEPING/STAYING HEALTHY UNIT

### CORE COMPREHENSIVE TOPICS

*What I Know Now*  
*Washing Hands*

### OPTIONAL RESOURCES

Washing Hands Extension  
Health protection and prevention - Simply RSHE

## FEELINGS AND EMOTIONS UNIT

### CORE COMPREHENSIVE TOPICS

*What I Know Now*  
*Jealousy*

### OPTIONAL RESOURCES

Jealousy Extension  
General wellbeing - Simply RSHE

## BEING RESPONSIBLE UNIT

### CORE COMPREHENSIVE TOPICS

*What I Know Now*  
*Water Spillage*

### OPTIONAL RESOURCES

Water Spillage Extension  
Personal Safety - Simply RSHE

SPRING

## COMPUTER SAFETY UNIT

### CORE COMPREHENSIVE TOPICS

*What I Know Now*  
*Online Bullying*

### OPTIONAL RESOURCES

Online Bullying Extension  
Wellbeing online - Simply RSHE

## FIRE SAFETY UNIT

### CORE COMPREHENSIVE TOPICS

*What I Know Now*  
*Hoax Calling*

### OPTIONAL RESOURCES

Hoax Calling Extension  
Basic first aid - Simply RSHE

## A WORLD WITHOUT JUDGEMENT UNIT

### CORE COMPREHENSIVE TOPICS

*What I Know Now*  
*Democracy*

### OPTIONAL RESOURCES

Democracy Extension  
Respectful, kind relationships - Simply RSHE

SUMMER

## KEEPING/STAYING SAFE UNIT

### CORE COMPREHENSIVE TOPICS

*What I Know Now*  
*Road Safety*

### OPTIONAL RESOURCES

Road Safety Extension  
Personal Safety - Simply RSHE

## RELATIONSHIPS UNIT

### CORE COMPREHENSIVE TOPICS

*What I Know Now*  
*Friendship*

### OPTIONAL RESOURCES

Friendship Extension  
Caring friendships - Simply RSHE

## OUR WORLD UNIT

### CORE COMPREHENSIVE TOPICS

*What I Know Now*  
*Growing In Our World*

### OPTIONAL RESOURCES

Growing In Our World Extension  
Developing bodies - Simply RSHE

# YEAR 1 & 2 - PSHE/RSHE - Mixed Class Plan

## CYCLE B (Odd Years)



**KEEPING/STAYING HEALTHY UNIT**

CORE COMPREHENSIVE TOPICS

*Healthy Eating*  
*Brushing Teeth*

OPTIONAL RESOURCES

Healthy Eating Extension  
Brushing Teeth Extension  
Healthy eating – Simply RSHE  
Heath protection and prevention – Simply RSHE

**FEELINGS AND EMOTIONS UNIT**

CORE COMPREHENSIVE TOPICS

*Worry*  
*Anger*

OPTIONAL RESOURCES

Worry Extension  
Anger Extension  
General wellbeing – Simply RSHE  
Respectful, kind relationships – Simply RSHE

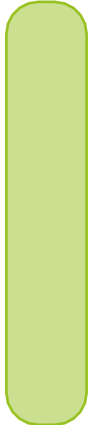
**BEING RESPONSIBLE UNIT**

CORE COMPREHENSIVE TOPICS

*Practice Makes Perfect*  
*Helping Someone In Need*

OPTIONAL RESOURCES

Practice Makes Perfect Extension  
Helping Someone In Need Extension  
General wellbeing – Simply RSHE  
Being safe – Simply RSHE



**COMPUTER SAFETY UNIT**

CORE COMPREHENSIVE TOPICS

*Image Sharing*  
*Computer Safety Documentary*

OPTIONAL RESOURCES

Image Sharing Extension  
Computer Safety Documentary Extension  
Online safety and awareness – Simply RSHE  
Wellbeing online – Simply RSHE

**FIRE SAFETY UNIT**

CORE COMPREHENSIVE TOPICS

*Petty Arson*  
*Enya & Deedee Visit the Fire St*  
*What I've Learnt*

OPTIONAL RESOURCES

Petty Arson Extension  
Enya & Deedee Visit the Fire St. Extension  
Personal safety - Simply RSHE

**A WORLD WITHOUT JUDGEMENT UNIT**

CORE COMPREHENSIVE TOPICS

*Individual Liberty*  
*Rule of Law*

OPTIONAL RESOURCES

Individual Liberty Extension  
Rule of Law Extension  
Respectful, kind relationships - Simply RSHE



**KEEPING/STAYING SAFE UNIT**

CORE COMPREHENSIVE TOPICS

*Tying Shoelaces*  
*Staying Safe*

OPTIONAL RESOURCES

Tying Shoelaces Extension  
Staying Safe Extension  
Personal safety – Simply RSHE  
Being safe – Simply RSHE

**RELATIONSHIPS UNIT**

CORE COMPREHENSIVE TOPICS

*Bullying*  
*Body Language*

OPTIONAL RESOURCES

Bullying Extension  
Body Language Extension  
Respectful, kind relationships – Simply RSHE  
Caring friendships – Simply RSHE

**OUR WORLD UNIT**

CORE COMPREHENSIVE TOPICS

*Living in Our World*  
*Working in Our World*

OPTIONAL RESOURCES

Living in Our World Extension  
Working in Our World Extension  
NO Simply RSHE Links

# YEAR 3 & 4 - PSHE/RSHE - Mixed Class Plan

CYCLE A (Even Years)

AUTUMN

**KEEPING/STAYING HEALTHY UNIT**

CORE COMPREHENSIVE TOPICS

*Medicine*  
*What I've Learnt*

OPTIONAL RESOURCES

Medicine Extension  
Drugs, Alcohol, Tobacco & Vaping – Simply RSHE

**FEELINGS AND EMOTIONS UNIT**

CORE COMPREHENSIVE TOPICS

*Grief*  
*What I've Learnt*

OPTIONAL RESOURCES

Grief Extension  
General wellbeing – Simply RSHE

**BEING RESPONSIBLE UNIT**

CORE COMPREHENSIVE TOPICS

*Stealing*  
*What I've Learnt*

OPTIONAL RESOURCES

Stealing Extension  
NO Simply RSHE Links

SPRING

**COMPUTER SAFETY UNIT**

CORE COMPREHENSIVE TOPICS

*Making Friends Online*  
*What I've Learnt*

OPTIONAL RESOURCES

Making Friends Online Extension  
Online safety and awareness – Simply RSHE

**FIRE SAFETY UNIT**

CORE COMPREHENSIVE TOPICS

*Texting Whilst Driving*  
*What I've Learnt*

OPTIONAL RESOURCES

Texting Whilst Driving Extension  
Personal safety - Simply RSHE

**A WORLD WITHOUT JUDGEMENT UNIT**

CORE COMPREHENSIVE TOPICS

*Tolerance*  
*What I've Learnt*

OPTIONAL RESOURCES

Tolerance Extension  
Respectful, kind relationships - Simply RSHE

SUMMER

**KEEPING/STAYING SAFE UNIT**

CORE COMPREHENSIVE TOPICS

*Leaning Out of Windows*  
*What I've Learnt*

OPTIONAL RESOURCES

Leaning Out of Windows Extension  
Personal safety – Simply RSHE

**RELATIONSHIPS UNIT**

CORE COMPREHENSIVE TOPICS

*Touch*  
*What I've Learnt*

OPTIONAL RESOURCES

Touch Extension  
Being safe – Simply RSHE

**OUR WORLD UNIT**

CORE COMPREHENSIVE TOPICS

*Looking After Our World*  
*What I've Learnt*

OPTIONAL RESOURCES

Looking After Our World Extension  
NO Simply RSHE Links

# YEAR 3 & 4 - PSHE/RSHE - Mixed Class Plan

## CYCLE B (Odd Years)

AUTUMN

**KEEPING/STAYING HEALTHY UNIT**

CORE COMPREHENSIVE TOPICS

*What I Know Now  
Healthy Living*

OPTIONAL RESOURCES

Healthy Living Extension  
Healthy eating – Simply RSHE

**FEELINGS AND EMOTIONS UNIT**

CORE COMPREHENSIVE TOPICS

*What I Know Now  
Jealousy*

OPTIONAL RESOURCES

Jealousy Extension  
General wellbeing – Simply RSHE

**BEING RESPONSIBLE UNIT**

CORE COMPREHENSIVE TOPICS

*What I Know Now  
Coming Home on Time*

OPTIONAL RESOURCES

Coming Home on Time Extension  
Respectful, kind relationships – Simply RSHE

SPRING

**COMPUTER SAFETY UNIT**

CORE COMPREHENSIVE TOPICS

*What I Know Now  
Online Bullying*

OPTIONAL RESOURCES

Online Bullying Extension  
Wellbeing online – Simply RSHE

**FIRST AID UNIT**

CORE COMPREHENSIVE TOPICS

*What I Know Now  
First Aid Year 4*

OPTIONAL RESOURCES

First Aid Year 4 Extension  
Basic first aid – Simply RSHE

**A WORLD WITHOUT JUDGEMENT UNIT**

CORE COMPREHENSIVE TOPICS

*What I Know Now  
Breaking Down Barriers*

OPTIONAL RESOURCES

Breaking Down Barriers Extension  
Respectful, kind relationships – Simply RSHE

SUMMER

**KEEPING/STAYING SAFE UNIT**

CORE COMPREHENSIVE TOPICS

*What I Know Now  
Cycle Safety*

OPTIONAL RESOURCES

Cycle Safety Extension  
Personal safety – Simply RSHE

**GROWING AND CHANGING UNIT**

CORE COMPREHENSIVE TOPICS

*What I Know Now  
Appropriate Touch (Relationships)*

OPTIONAL RESOURCES

Appropriate Touch (Relationships) Extension  
Being safe – Simply RSHE

**THE WORKING WORLD UNIT**

CORE COMPREHENSIVE TOPICS

*What I Know Now  
Chores at Home*

OPTIONAL RESOURCES

Chores at Home Extension  
General wellbeing – Simply RSHE

# YEAR 5 & 6 - PSHE/RSHE - Mixed Class Plan

CYCLE A (Even Years)

## KEEPING/STAYING HEALTHY UNIT

### CORE COMPREHENSIVE TOPICS

*Smoking  
Adults' & Children's Views*

### OPTIONAL RESOURCES

Smoking Extension  
Drugs, Alcohol, Tobacco & Vaping – Simply RSHE

## FEELINGS AND EMOTIONS UNIT

### CORE COMPREHENSIVE TOPICS

*Anger  
Adults' & Children's Views*

### OPTIONAL RESOURCES

Anger Extension  
General wellbeing – Simply RSHE

## BEING RESPONSIBLE UNIT

### CORE COMPREHENSIVE TOPICS

*Looking Out for Others  
Adults' & Children's Views*

### OPTIONAL RESOURCES

Looking Out for Others Extension  
General wellbeing – Simply RSHE

## COMPUTER SAFETY UNIT

### CORE COMPREHENSIVE TOPICS

*Image Sharing  
Adults' & Children's Views*

### OPTIONAL RESOURCES

Image Sharing Extension  
Online safety and awareness – Simply RSHE

## FIRST AID UNIT

### CORE COMPREHENSIVE TOPICS

*First Aid Year 5  
First Aid Year 5 (Part 1)*

### OPTIONAL RESOURCES

First Aid Year 5 Extension  
Basic first aid – Simply RSHE

## A WORLD WITHOUT JUDGEMENT UNIT

### CORE COMPREHENSIVE TOPICS

*Inclusion & Acceptance  
Adults' & Children's Views*

### OPTIONAL RESOURCES

Inclusion & Acceptance Extension  
Families & people who care for me - Simply RSHE

## KEEPING/STAYING SAFE UNIT

### CORE COMPREHENSIVE TOPICS

*Peer Pressure  
Adults' & Children's Views*

### OPTIONAL RESOURCES

Peer Pressure Extension  
Being safe – Simply RSHE

## GROWING AND CHANGING UNIT

### CORE COMPREHENSIVE TOPICS

*Puberty  
Adults' and Children's Views*

### OPTIONAL RESOURCES

Puberty Extension  
Developing bodies – Simply RSHE

## THE WORKING WORLD UNIT

### CORE COMPREHENSIVE TOPICS

*Enterprise  
Adults' & Children's Views*

### OPTIONAL RESOURCES

Enterprise Extension  
NO Simply RSHE Links

# YEAR 5 & 6 - PSHE/RSHE - Mixed Class Plan

## CYCLE B (Odd Years)

AUTUMN

**KEEPING/STAYING HEALTHY UNIT**

CORE COMPREHENSIVE TOPICS

*Alcohol  
What I've Learnt*

OPTIONAL RESOURCES

Alcohol Extension  
**Drugs, Alcohol, Tobacco & Vaping – Simply RSHE**

**FEELINGS AND EMOTIONS UNIT**

CORE COMPREHENSIVE TOPICS

*Worry  
What I've Learnt*

OPTIONAL RESOURCES

Worry Extension  
 General wellbeing – Simply RSHE

**BEING RESPONSIBLE UNIT**

CORE COMPREHENSIVE TOPICS

*Stealing  
What I've Learnt*

OPTIONAL RESOURCES

Stealing Extension  
 Respectful, kind relationships – Simply RSHE

SPRING

**COMPUTER SAFETY UNIT**

CORE COMPREHENSIVE TOPICS

*Making Friends Online  
What I've Learnt*

OPTIONAL RESOURCES

Making Friends Online Extension  
 Online safety and awareness – Simply RSHE

**FIRST AID UNIT**

CORE COMPREHENSIVE TOPICS

*First Aid Year 6 (Part 2)  
What I've Learnt*

OPTIONAL RESOURCES

First Aid Year 6 (Part 1) Extension  
 First Aid Year 6 (Part 2) Extension  
 Basic first aid – Simply RSHE

**A WORLD WITHOUT JUDGEMENT UNIT**

CORE COMPREHENSIVE TOPICS

*British Values  
What I've Learnt*

OPTIONAL RESOURCES

British Values Extension  
 NO Simply RSHE Links

SUMMER

**KEEPING/STAYING SAFE UNIT**

CORE COMPREHENSIVE TOPICS

*Water Safety  
What I've Learnt*

OPTIONAL RESOURCES

Water Safety Extension  
 Personal safety – Simply RSHE

**GROWING AND CHANGING UNIT**

CORE COMPREHENSIVE TOPICS

*Conception  
What I've Learnt*

OPTIONAL RESOURCES

Conception Extension  
 NO Simply RSHE Links

**THE WORKING WORLD UNIT**

CORE COMPREHENSIVE TOPICS

*In-App Purchases  
What I've Learnt*

OPTIONAL RESOURCES

In-App Purchases Extension  
 Respectful, kind relationships – Simply RSHE