



Oakfield Primary School PHSE and RSE Long Term Plan

https://assets.publishing.service.gov.uk/media/6970e7e67e827090d02d42e0/Relationships_education_relationships_and_sex_education_RSE_and_health_education_for_in tro_1_September_2026_.pdf

Objectives for financial capability and understanding the law units- Pol Ed - <https://www.pol-ed.co.uk/lessons>

Objectives following the Jigsaw programme of study - <https://jigsawpshe.online/materials/pshe-primary/> In line with the PSHE statutory and RSE guidelines

First aid sessions - Following St Johns Ambulance and British Red cross

Big Talk Education

Autumn Term - My happy mind to begin the term meeting your brain, Being me in my world, Celebrating differences, Financial capability, Big Talk Education

Spring Term - Dreams and Goals, Healthy Me, Basic First aid, Big Talk Education

Summer Term - Relationships, Changing me, Understanding the law, Big Talk Education

See Assembly plan - British values, Rights Respecting child, character of education, cultural capital

Term	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	My happy mind- Feelings and share stories Being me in my world Understand my rights and responsibilities in the classroom and recognise that my views are valued.	My Happy Mind - Feelings and stories Being me in my world Understand my rights and responsibilities in the classroom and recognise that my views are valued.	My happy mind - Meeting my brain lesson 1 Being me in my world Understand my rights and responsibilities in the classroom and recognise that my views are valued. Celebrating Differences	My happy mind - Meeting my brain lesson 1 Being me in my world Understand my rights and responsibilities in the classroom and recognise the need to listen and value other people's point of view as well as my	My happy mind - Meeting my brain lesson 1 Being me in my world Recognise personal worth and understand how rules and responsibilities can help us to make good choices. Celebrating Differences Understand our words affect others and understand the	My happy mind - Meeting my brain lesson 1 Being me in my world Understand how democracy works in school and how our actions can affect others. Celebrating Differences Recognise that first	My happy mind - Meeting my brain lesson 1 Being me in my world Understand democracy and the importance of having a voice and how to participate in it. Celebrating Differences Recognise direct and	My happy mind - Meeting my brain lesson 1 Being me in my world Understand democracy and it's impact on the school community whilst also recognising the consequences of our actions. Celebrating



	Celebrating Differences Understanding differences make us special and unique. Financial Capability First aid Understand what money is and	Celebrating Differences Understanding differences make us special and unique. Financial Capability First aid Understand what money is and	Understanding differences make us special and unique. Financial Capability First aid Understand what money is and where it comes from SRE Big Talk Session - Understanding that we are growing up naming parts of the body and safe and unsafe touches	own. Celebrating Differences Identify and value differences between myself and others. Financial Capability To Understand choices that are made regarding money SRE Big Talk Session - To understand and name different parts of the body	importance of compliments. Financial Capability To understand the link between jobs/careers and money. To understand that there are different ways to pay or things. To understand lending and borrowing SRE Big Talk Session To Understand that boys and girls bodies are different and which parts of the body are private. and why this is To understand how babies grow and how boys and girls bodies change as they grow older.	impressions of others can change and learn to accept people for who they are. Financial Capability To understand different attitudes to spending and saving SRE Big Talk Session To understand differences between boys and girls as they grow. To understand what internal and external reproductive body parts are. Remind about puberty and menstruation. Discuss conception in very simple terms To understand differences between boys and girls as they grow. To understand what internal and external reproductive body parts are. Remind about puberty and menstruation. Discuss conception in very simple terms	indirect types of bullying and gain an understanding of how to support those being bullied. Financial Capability To understand different attitudes to spending and risks. To understand value or money and ethical spending. SRE Big Talk Session To discuss puberty for boys and girls in more detail. To understand the social and emotional aspects of becoming an adolescent. Explanation of conception in simple biological terms	Differences Understand how differences can cause opportunities for celebration and conflict. Financial Capability To understand budgeting and how people make spending decisions. To understand the impact of money and peoples emotional wellbeing SRE Big Talk Session Discussion on Puberty for boys and girls (separate sessions) To Understand conception to the birth of a baby. Becoming a teenager - Mads, sads, glads
Spring	Dreams and Goals Understand the feelings of success and the celebration	Dreams and Goals Understand the feelings of success and the celebration	Dreams and Goals Understand the feelings of success and the celebration process. Healthy Me	Dreams and Goals Understand the importance of collaborative working. Healthy Me Recognise why	Dreams and Goals Recognise the need to evaluate my own learning process and share my success. Healthy Me	Dreams and Goals Understand resilience is needed to set goals and have a positive attitude. Healthy Me	Dreams and Goals Understand dreams and goals of young people from different cultures. Healthy Me	Dreams and Goals Work with others to make the world a better place Healthy Me



	process. Healthy Me Recognise ways to keep our body safe and healthy. Basic First Aid	process. Healthy Me Recognise ways to keep our body safe and healthy. Basic First Aid	Recognise ways to keep our body safe and healthy. Basic First Aid To understand why first aid is important and	heathy snacks are good for the body Basic first Aid Understanding coping skills and how to treat a burn	Identify risks in the world around you and know how to keep safe. Basic first Aid Understand how to give first aid and how to help someone who is bleeding. How to spot danger	Understand the effects of putting people under pressure and find strategies to resist this. Basic first Aid To understand how to help someone with a head injury.	Understand different eating disorders and the roles food plays in people's lives. Basic First Aid To understand how to help someone who has broken a bone or who is choking.	Understand when alcohol is being used responsibly, antisocially or misused. Basic First Aid To understand how to give first aid if someone is unresponsive
Summer	Relationships Understand who the special people in our lives are and explain why. Changing me Understanding feelings. Understanding the law	Relationships Understand who the special people in our lives are and explain why. Changing me Understanding feelings. Understanding the law	Relationships Understand who the special people in our lives are and explain why. Changing me Recognise and name parts of the body that make boys different to girls. Understanding feelings. Understanding the law	Relationships Understand positive problem solving techniques to resolve conflict. Changing me Recognise and use technical language to name parts of the body whilst showing a clear understanding of private areas. Understanding the law	Relationships Understand how the world around us influences our lives. Changing me Understand how bodies change as we grow up. Understanding the law	Relationships Recognise different points of view around animal rights. Changing me Recognise ways in which you will change moving into year 5 and what you are looking forward to. Understanding the law	Relationships Recognise pressures that using technology brings and know how to avoid pressures. Changing me Understand how puberty changes our bodies Understanding the law	Relationships Understand when others are trying to gain control or power in different situations. Changing me Understand how a baby develops through conception and is born. Understanding the law