Primary RSE & PSHE Long-Term Plan

Key learning objectives by year group

Based on the Kapow Primary Standard plan updated 23 October 2026.

EYFS

Term	Unit / topic	Key learning objectives
Autumn 1	Self-regulation: My feelings	Recognise and describe feelings; identify strategies to regulate emotions and feel calm.
Autumn 2	Building relationships: Special relationships	Identify special people; practise sharing and turn-taking; celebrate individual interests and differences.
Spring 1	Managing self: Taking on challenges	Develop perseverance, communication and coping strategies; understand the importance of rules.
Spring 2	Self-regulation: Listening and following instructions	Develop listening and communication skills; understand how information changes as it is passed on and how rumours spread.
Summer 1	Building relationships: My family and friends	Develop sharing, turn-taking, kindness, positive friendships and teamwork.
Summer 2	Managing self: My wellbeing	Understand the importance of exercise, self-care, road safety and a balanced diet.

Year 1

Term	Unit / topic	Key learning objectives
Autumn 1	My healthy self: Emotions	Recognise and name emotions; identify facial and body clues; practise strategies to feel calm and happy.
Autumn 2	Connecting with others: Happiness and safety	Recognise what makes people special; understand how others offer support; show respect and manage disagreements.
Spring 1	The online world: Time online	Understand how people use the internet; compare online and offline activities; behave safely and respectfully online.
Spring 2	Citizenship: Helping others and the environment	Understand the needs of babies, young children and pets; explore community rules and ways to improve the local environment.
Summer 1	Health protection	Understand germs, illness and injury; identify healthcare workers; practise hygiene and know how to seek medical help.
Summer 2	Staying safe	Recognise everyday hazards; understand road safety and dangerous items; identify trusted adults and seek help.

Year 2

Term	Unit / topic	Key learning objectives
Autumn 1	My healthy self: Looking after our bodies	Understand how food, water, sleep, exercise and dental care support health; plan a healthy daily routine.
Autumn 2	Connecting with others: Safe and caring relationships	Understand kindness, respect, personal space, privacy and boundaries; recognise bullying and identify trusted adults.
Spring 1	The online world: Staying safe online	Protect personal information; recognise that not everything online is real; identify unsafe situations and seek help.
Spring 2	Citizenship: Communities and money	Understand belonging to different groups, the roles people have in communities and where money comes from.
Summer 1	Growing up	Understand physical development and change; use correct scientific names for private body parts; understand privacy and personal boundaries.
Summer 2	Staying safe in different places	Recognise unsafe situations; understand when words, actions or touch are inappropriate; practise saying no and seeking help.

Year 3

Term	Unit / topic	Key learning objectives
Autumn 1	My healthy self: Mind and body	Recognise a range of emotions; understand healthy sleep habits; explore the effects of bullying and how to access support.
Autumn 2	Connecting with others: Safety and inclusion	Recognise personal strengths and boundaries; build confidence; repair friendships; identify bullying and ways to respond.
Spring 1	The online world: Communicating online	Understand respectful online communication; recognise misunderstandings and online bullying; communicate safely.
Spring 2	Citizenship: Rights and responsibilities	Understand children's and human rights; explore responsibilities, environmental choices, reducing waste and the role of local councils.
Summer 1	Health protection	Understand how hygiene, medicines and healthcare prevent illness; practise sun safety, basic first aid and when to call 999.
Summer 2	Citizenship: Careers	Explore different jobs and career routes; identify personal skills and strengths; challenge gender stereotypes and understand career changes.

Year 4

Term	Unit / topic	Key learning objectives
Autumn 1	My healthy self: Healthy choices	Understand how exercise, nutrition and hydration support wellbeing; develop a growth mindset; recognise the benefits of kindness and helping others.
Autumn 2	Connecting with others: Respect	Recognise respectful and disrespectful behaviour; build trust; resolve friendship difficulties; respond to bullying and challenge stereotypes.
Spring 1	The online world: Trust online	Evaluate online information; check sources and evidence; recognise misleading information and make informed judgements.
Spring 2	Citizenship: Spending responsibly	Understand cash and card payments, budgeting and value for money; make responsible financial decisions.
Summer 1	Growing up: Body and emotional changes	Understand puberty and emotional changes; recognise that changes are normal and happen at different times.
Summer 2	Staying safe	Recognise warning signs and uncomfortable situations; seek help; understand road and water safety and the dangers of harmful substances.

Year 5

Term	Unit / topic	Key learning objectives
Autumn 1	My healthy self: Mind and body as we grow	Understand nutrition, exercise and emotional wellbeing; read food labels; increase physical activity; practise self-regulation and seek support.
Autumn 2	Connecting with others: Healthy relationships	Explore identity, values and relationships; understand commitment and family support; recognise unsafe home situations and develop healthy friendships.
Spring 1	The online world: Online influence	Understand advertising, influencers and persuasion; consider spending decisions; recognise scams and respond safely to pressure.
Spring 2	Citizenship: Making a difference	Explore active citizenship and community action; understand how individuals, pressure groups, councillors and MPs can influence change.
Summer 1	Growing up: Body and emotional changes	Understand puberty and its effects on feelings, behaviour and relationships; learn about periods, personal hygiene, boundaries and sources of support.
Summer 2	Citizenship: Managing money	Distinguish needs from wants; create budgets; understand borrowing, lending and online spending risks; recognise the risks of gambling.

Year 6

Term	Unit / topic	Key learning objectives
Autumn 1	My healthy self: Future health	Understand dental care, nutrition and lifestyle choices; explore calories as a unit of energy; recognise how habits and a growth mindset support wellbeing and resilience.
Autumn 2	Connecting with others: Standing up for ourselves and others	Develop self-respect and resilience; set goals and boundaries; challenge stereotypes, discrimination and bullying; identify trusted adults and support services.
Spring 1	The online world: Online experiences	Understand how online experiences affect thoughts, feelings and behaviour; recognise risks and respond to online bullying and harmful behaviour.
Spring 2	Sex education: Becoming parents and carers	Learn correct body terminology; understand conception, pregnancy and birth; explore consent, the legal age of consent, different family structures and the responsibilities of parenthood.
Summer 1	Staying safe as we grow up	Recognise hazards and risks at home, outdoors, on public transport and around water; understand peer pressure, consent, boundaries and drug misuse.
Summer 2	Citizenship: Protecting everyone's rights	Understand human rights, laws and the legal system; consider consequences of breaking laws; challenge prejudice and stereotypes; promote equality and inclusion.