



The Valley Primary School

PSHE/RSE Four-Year School Progression Long Term Plan.



Updated changes September 2026.

Saplings Class Reception – Year 2 2026-2027	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being my Best	Growing and Changing
	*My feelings (R) *My feelings (2) (R) *Why we have classroom rules (Y1) *Our ideal classroom (1) (Y2) *Looking after our special people (Y3) *Dan's Dare (Y3)	*I'm special, you're special (R) *Same or different? (Y1) *Unkind, tease or bully? (Y1) *What makes us who we are (Y2) *Respect and challenge (Y3) *Family and friends (Y3)	*What's safe to go onto my body (R) *Super sleep (Y1) *Harold's picnic (Y2) *How safe would you feel? (Y2) *Safe or unsafe? (Y3) *Danger or risk? (Y3)	*Looking after my special people (R) *Harold has a bad day (Y1) *Around and about the school (Y1) *Playing games (Y2) *Harold saves for something special (Y2) *Helping each other to stay safe (Y3)	*Bouncing back when things go wrong (R) *Yes I can (R) *I can eat a rainbow (Y1) *You can do it! (Y2) *My day (Y2) *Poorly Harold (Y3)	*Life Stages – plants, animals, humans (R) *Life stages: Human life stage – who will I be? (R) *Healthy me (Y1) *A helping hand (Y2) *Relationship tree (Y3) *Body Space (Y3)

Saplings Class Reception – Year 2 2027-2028	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being my Best	Growing and Changing
	*Me and my special people (R) *How are you listening? (Y1) *Good friends (Y1) *How are you feeling today? (Y2) *As a rule (Y3) *How can we solve the problem? (Y3)	*Same and different families (R) *Same and different homes (R) *Harold's school rules (Y1) *My special people (Y2) *How do we make others feel? (Y2) *My community (Y3)	*Keeping myself safe – what's safe to go into my body (inc. medicines) (R) *Who can help (1) (Y1) *Good or bad touches (Y1) *What should Harold say? (Y2) *I don't like that (Y2) *The risk robot (Y3)	*Looking after money (1): recognising, spending, using (R) *Looking after money (2): saving money and keeping it safe (R) *Taking care of something (Y1) *Feeling safe (Y2) *Recount task (Y3) *Earning money (Y3)	*My healthy mind (R) *Eat well (Y1) *Pass on the praise (Y1) *Harold's Postcard – helping us to keep clean and healthy (Y2) *Basic first aid (Y2) *Body teamwork (Y3)	*Seasons (R) *Then and now (Y1) *Who can help (2) (Y1) *Sam moves away (Y2) *None of your business (Y3) *Secret or surprise? (Y3)



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Saplings Class Reception – Year 2 2028-2029	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being my Best	Growing and Changing
	*Who can help me (R) *Thinking about feelings (Y1) *Our feelings (Y1) *Types of bullying (Y2) *Don't do that (Y2) *Friends are special (Y3)	*I am caring (R) *It's not fair (Y1) *When someone is feeling left out (Y2) *An act of kindness (Y2) *Our friends and neighbours (Y3) *Let's celebrate our difference (Y3)	*Safe indoors and outdoors (R) *Listening to my feelings (R) *Sharing pictures (Y1) *Fun or not? (Y2) *Help or harm (Y3) *Alcohol and cigarettes: the facts (Y3)	*Looking after my friends (R) *Being helpful at home and caring for our classroom (R) *Basic first aid (Y1) *How can we look after our environment? (Y2) *Our helpful volunteers (Y3) *Can Harold afford it? (Y3)	*Move your body (R) *Healthy eating (R) *Harold learns to ride his bike (Y1) *Harold's bathroom (Y2) *Top talents (Y3) *For or against? (Y3)	*Where do babies come from? (R) *Taking care of a baby (Y1) *Surprises and secrets (Y1) *Haven't you grown! (Y2) *My body, your body (Y2) *My changing body (Y3)

Saplings Class Reception – Year 2 2029-2030	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being my Best	Growing and Changing
	*All about me (R) *What makes me special (R) *Feelings and bodies (Y1) *Let's all be happy! (Y2) *Being a good friend (Y2) *Thunks (Y3)	*Same and different (R) *I am a friend (R) *Who are our special people? (Y1) *Our special people balloons (Y1) *Solve the problem (Y2) *Zeb (Y3)	*Keeping safe online (R) *People who help to keep me safe (R) *What could Harold do? (Y1) *Me and my body – girls and boys (Y1) *Should I tell? (Y2) *Super searcher (Y3)	*Caring for our world (R) *Harold's money (Y1) *How should we look after our money? (Y1) *Getting on with others (Y2) *When I feel like erupting (Y2) *Harold's environmental project (Y3)	*A good night's sleep (R) *Harold's wash and brush up (Y1) *Catch it! Bin it! Kill it! (Y1) *What does my body do? (Y2) *Derek cooks dinner! (healthy eating) (Y3) *I am fantastic (Y3)	*Getting bigger (R) *Me and my body – girls and boys (R) *Keeping privates private (Y1) *Respecting privacy (Y2) *Some secrets should never be kept (Y2) *Basic first aid (Y3)



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Oak Class Year 3 – Year 6 2026-2027	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being my Best	Growing and Changing
	*Ok or not ok? (part 1) (Y4) *Ok or not ok? (part 2) (Y4) *Our emotional needs (Y5) *Being assertive (Y5) *Behave yourself (Y6) *Assertiveness skills (Y6)	*The people we share our world with (Y4) *That is such a stereotype! (Y4) *Qualities of friendship (Y5) *Kind conversations (Y5) *Advertising friendships (Y6) *Boys will be boys? – challenging gender stereotypes (Y6)	*Picture wise (Y4) *Medicines: check the label (Y4) *Vaping: healthy or unhealthy? (Y5) *Would you risk it? (Y5) *Rat Park (Y6) *What sort of drug is...? (Y6)	*Safety in numbers (Y4) *Why pay taxes (Y4) *What's the story? (Y5) *Fact or opinion (Y5) *Democracy in Britain 1 – Elections (Y6) *Democracy in Britain 2 – How (most) laws are made (Y6)	*What makes me ME! (Y4) *Making choices (Y4) *Star qualities? (Y5) *Basic first aid, inc. Sepsis awareness (Y5) *This will be your life! (Y6) *Our recommendations (Y6)	*Secret or surprise? (Y4) *Together (Y4) *How are they feeling? (Y5) *Taking notice of our feelings (Y5) *Pressure online (Y6) *Helpful or unhelpful? Managing change (Y6)

Oak Class Year 3 – Year 6 2027-2028	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being my Best	Growing and Changing
	*An email from Harold! (Y4) *Different feelings (Y4) *Collaboration challenge (Y5) *Give and take (Y5) *Don't force me (Y6) *Acting appropriately (Y6)	*Friend or acquaintance? (Y4) *Islands (Y4) *Is it true? (Y5) *Start, stop, stereotypes (Y5) *Ok to be different (Y6) *We have more in common than not (Y6)	*Danger, risk or hazard? (Y4) *How dare you! (Y4) *Spot bullying (Y5) *Play, like, share (Y5) *Drugs: it's the law! (Y6) *Alcohol: what is normal (Y6)	*Who helps us to stay healthy and safe? (Y4) *It's your right (Y4) *Spending wisely (Y5) *Lend us a fiver! (Y5) *Two sides to every story (Y6) *Fakebook friends (Y6)	*My school community (1) (Y4) *Basic first aid (Y4) *It all adds up! (Y5) *Different skills (Y5) *What's the risk? (1) (Y6) *What's the risk? (2) (Y6)	*All change! (Y4) *Preparing for changes at puberty (Y4) *Changing bodies and feelings (Y5) *Help! I'm a teenager get me out of here! (Y5) *I look great! (Y6) *Media Manipulation (Y6)



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Oak Class Year 3 – Year 6 2028-2029	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being my Best	Growing and Changing
	*Human machines (Y4) *Under pressure (Y4) *How good a friend are you? (Y5) *Relationship cake recipe (Y5) *Working together (Y6) *Solve the friendship problem (Y6)	*Can you sort it? (Y4) *What would I do? (Y4) *Happy being me (Y5) *The land of the red people (Y5) *Respecting differences (Y6) *Tolerance and respect for others (Y6)	*Keeping ourselves safe (Y4) *Raisin challenge (Y4) *Decision dilemmas (Y5) *Ella's diary dilemma (Y5) *Think before you click? (Y6) *To share or not to share? (Y6)	*How do we make a difference? (Y4) *In the news! (Y4) *Mo makes a difference (Y5) *Rights respect and duties (Y5) *What's it worth? (Y6) *Happy shoppers – caring for the environment (Y6)	*SCARF hotel (Y4) *Harold's seven R's (Y4) *My school community (Y5) *Independence and responsibility (Y5) *Basic first aid, inc. Sepsis awareness (Y6) *Five ways to wellbeing project (Y6)	*Moving House (Y4) *My feelings are all over the place (Y4) *Dear Ash (Y5) *Growing up and changing bodies (Y5) *Is this normal? (Y6) *Making babies (Y6)