**Appendix 3 - PSHE and RSE Long Term Plan for Highburton First School (KAPOW UNITS)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2022-2023** | **Autumn One** | **Autumn Two** | **Spring One** | **Spring Two** | **Summer One** | **Summer Two** |
| **Reception** | **Self-Regulation – My Feelings** | **Building Relationships – Special Relationships** | **Managing Self – Taking on Challenges** | **Self-Regulation – Listening and Following Instructions** | **Building Relationships – My Family and Friends** | **Managing Self – My Wellbeing** |
| **Year One** | **Family and Relationships** | **Health and Wellbeing** | **Responsive Units** | **Citizenship** | **Economic Wellbeing** | **Safety and the changing body** |
| **Year Two** | **Family and Relationships** | **Health and Wellbeing** | **Responsive Units** | **Citizenship** | **Economic Wellbeing** | **Safety and the changing body** |
| **Year Three** | **Family and Relationships** | **Health and Wellbeing** | **Responsive Units** | **Citizenship** | **Economic Wellbeing** | **Safety and the changing body** |
| **Year Four** | **Family and Relationships** | **Health and Wellbeing** | **Responsive Units** | **Citizenship** | **Economic Wellbeing** | **Safety and the changing body** |
| **Year Five** | **Family and Relationships** | **Health and Wellbeing** | **Responsive Units** | **Citizenship** | **Economic Wellbeing** | **Safety and the changing body** |

