**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** |

