



Hetts Lane Infant and Nursery School

RSHE Long Term Learning Curriculum Plan

Term	Autumn		Spring		Summer	
Theme	There's No Place like home				Exploring the Wider World	
Half Term	1	2	1	2	1	2
RHSE Theme	Caring for myself and others		Being the Best I Can Be Aspirations and resilience	Respecting Myself & Others	Keeping Myself and Others Safe	Living in the Wider World
Values	Introduce 4 Key values	We are Kind & Caring	We always do our best	We respect everything & everyone	We keep ourselves & others safe	Review all 4 Key Values
Relationships	Feelings and emotions	Families and people who care for me Bullying	Caring friendships How to be a good friend	Respectful relationships Managing hurtful behaviour & bullying	Safe relationships	
Physical and Mental Well Being	What keeping healthy means		Healthy Eating Looking after our teeth	Sleep, rest and relaxation Regulating my feelings (things that make me happy and help me relax/ calm down)	Healthy Lifestyles	
	Basic hygiene (washing hands/ respiratory hygiene) Recognising and naming different feelings What makes me happy Breathing to help me calm down	Exercise & Physical Activity			Keeping safe in the sun Medicines	How to get help (accidents)
	Strategies and techniques to regulate and calm: Take 5 programme					
Keeping Safe	At home and school reasons for rules (fire safety) Rules to keep safe on line (as described in computing)	On my way to school		Ways to keep safe in unfamiliar environments (linked to areas of study including Beach)	Keeping safe Keeping safe online (as described in computing)	Children And Safety Education: revising, extending and applying learning in prep for moving on

Anti Bullying Week – November

Safer Internet Day

	Taking care of my environment (school & local)	Taking care of my environment (Uk: energy, pollution, beach)	Taking Care of my environment (World/ global eg: Rainforest.)
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