

Early Years – PSHE and RSE Long Term Plan – 1Decision

Progression Statement: PSHE/RSE using 1Decision	We use 1Decision as explicit weekly PSHE/RSE sessions alongside our ongoing PSED provision to give children a structured, consistent approach to personal development across EYFS. In Nursery, children build early foundations in feelings, friendships, routines, independence and safety through themed stories that help them recognise emotions, build relationships, follow routines, look after themselves and begin understanding how their actions affect others. In Reception, these foundations are deepened through focused exploration of self-regulation, resilience, managing self-care, inclusion, responsibility, healthy choices and staying safe in a wider range of real-life contexts. Children learn to manage emotions more independently, understand differences, make responsible choices, stay safe inside and outside school, and prepare confidently for transition to Year 1.					
Nursery	Settling in and Big Feelings Focus: Early emotional literacy, separation, routines, and recognising feelings. 1Decision Stories: Pink Misses Mummy Pink Is Feeling Sad Blue Gets Lost Yellow's Bedtime	Keeping Healthy and Looking After Ourselves Focus: Hygiene, germs, toileting, and understanding how to stay healthy. 1Decision Stories: Yellow Learns About Germs Orange Brushes Her Teeth Red Needs the Toilet Purple is Poorly	Big Emotions and Calm Choices Focus: Managing anger, worry, behaviour indoors, and calming strategies. 1Decision Stories: Orange Feels Worried Rainbow Feels Angry Blue's Indoor Voice	Caring, Helping and New Experiences Focus: Caring for living things, helping at home, and confidence with change. 1Decision Stories: Purple's Pet Bird Green Gets Glasses Rainbow Helps at Home	Friends, Families and Working Together Focus: riendship skills, joining play, family changes, and cooperation. 1Decision Stories: Pink Has a New Brother Yellow Wants to Play With Orange Blue's Best Friend	Changes and New Adventures Focus: Preparing for transitions, moving house, and managing change confidently 1Decision Stories: Orange Moves House
Reception	New School, New Routines Focus: Settling, sharing, independence, helping. 1Decision Stories: Pink Goes to School Blue Learns to Share Orange Helps Out	Healthy Choices and Staying Safe Focus: Screen time, food, dentist, road safety. 1Decision Stories: Pink's Screen Time Rainbow's Food Journey Red Visits the Dentist Blue Explores Road Safety	Keeping Safe Inside Out Focus: Anger, news, allergies - emotional and physical wellbeing. 1Decision Stories: Yellow Play Fights Purple Watches the News Red's Nut Allergy	Inclusion, Kindess and Understanding Others Focus: Inclusion and empathy. 1Decision Stories: Why Does Purple Play Differently? Red's Hearing Aid Rainbow Visits the Seaside	Exploring Safely and Being Responsible Focus: Holiday safety, passenger safety, swimming. 1Decision Stories: Yellow Goes on Holiday Purple the Passenger Red Goes Swimming	Growing Up and Getting Ready for Year 1 Focus: Transition, family change, independence. 1Decision Stories: Green Moves Up a Year Green's Daddy Moves Out Orange Sleeps Over

Year 1 and Year 2 – PSHE and RSE Long Term Plan – 1Decison

YEAR GR.	AUTUMN	SPRING	SUMMER
1	KEEPING/STAYING SAFE UNIT	KEEPING/STAYING HEALTHY UNIT	HAZARD WATCH UNIT
	Baseline topic Road Safety Road Safety Extension	Baseline topic Washing Hands Washing Hands Extension	Baseline Topic/Hazard Watch
	BEING RESPONSIBLE UNIT	RELATIONSHIPS UNIT	OUR WORLD UNIT
	Baseline topic Water Spillage Water Spillage Extension	Baseline topic Friendship Friendship Extension	Baseline Topic Growing In Our World Growing In Our World Extension
	FEELINGS AND EMOTIONS UNIT	COMPUTER SAFETY UNIT	FIRE SAFETY UNIT
	Baseline Topic Jealousy Jealousy Extension	Baseline topic Online Bullying Online Bullying Extension	Baseline Topic Hoax Calling Hoax Calling Extension
2	KEEPING/STAYING SAFE UNIT	KEEPING/STAYING HEALTHY UNIT	HAZARD WATCH UNIT
	Tying Shoelaces Tying Shoelaces Extension Staying Safe Staying Safe Extension	Healthy Eating Healthy Eating Extension Brushing Teeth Brushing Teeth Extension	Baseline Topic/Hazard Watch
	BEING RESPONSIBLE UNIT	RELATIONSHIPS UNIT	OUR WORLD UNIT
	Practice Makes Perfect Practice Makes Perfect Extension Helping Someone in Need Helping Someone in Need Extension	Bullying Bullying Extension Body Language Body Language Extension	Living in Our World Living in Our World Extension Working in Our World Working in Our World Extension
	FEELINGS AND EMOTIONS UNIT	COMPUTER SAFETY UNIT	FIRE SAFETY UNIT
	Worry Worry Extension Anger Anger Extension	Image Sharing Image Sharing Extension Computer Safety Documentary Computer Safety Documentary Extension	Petty Arson Petty Arson Extension Texting Whilst Driving Texting Whilst Driving Extension

Learning Area	Year 3 and 4		Year 4 and 5		Year 5 and 6	
	Topic	Extension	Topic	Extension	Topic	Extension
Block 1 Keeping/Staying Safe	Staying Safe Extension Leaning out of windows Personal Safety Yr3	Leaning out of Windows Extension What I've Learnt Yr3 Being Safe Yr4	What I Know Now Yr4 Cycle Safety Personal Safety Yr4	Cycle Safety Extension Peer pressure Being Safe Yr 5	Adults & Children's Views Peer Pressure Extension Personal Safety Y5	Water Safety Water Safety Extension What I've Learnt Being Safe Yr6
Block 2 A World Without Judgement	Individual Liberty Extension Tolerance Respectful, Kind relationships Yr3	Tolerance Extension What I've Learnt Yr3 Respectful, Kind relationships Yr4	What I Know Now Yr4 Breaking Down Barriers Breaking Down Barriers Extension	Inclusion & Acceptance Inclusion & Acceptance Extension Families & People who Look After me Yr5	Adults & Children's Views British Values Respectful, Kind relationships Yr5	British Values Extension What I've Learnt Respectful, Kind relationships Yr6
Block 3 Computer & Online Safety	Image Sharing Extension Making Friends Online Online Safety & Awareness Yr3	Making Friends Online Extension What I've Learnt Yr3 Wellbeing Online Yr4	What I Know Now Yr4 Online Bullying Online Safety & Awareness Yr4	Online Bullying Extension Image Sharing Wellbeing Online Yr5	Image Sharing Extension Adults and Children's Views Online Safety & Awareness Yr5	Making Friends Online Making Friends Online Extension What I've Learnt Wellbeing Online Yr6
Block 4 Keeping/ Staying Healthy	Brushing teeth Extension Medicine Physical Health Yr3	Medicine Extension What I've Learnt Yr3 Healthy Eating Yr4	What I Know Now Yr4 Healthy Living Healthy Living Extensions Pt1 & 3	Healthy Living Extensions Pt 2 Adults and Children's Views Physical Health Y5	Smoking Smoking Extensions 1 & 2 Healthy Eating Yr5	Alcohol Drug Extension What I've Learnt Physical Health Yr6
Block 5 Feelings & Emotions	Anger Extension Worry Extension Grief	Grief Extension Pt 2 What I've Learnt Yr3 General Wellbeing Yr3	What I Know Now Yr4 Jealousy General Wellbeing Yr4	Jealousy Extension Anger General Wellbeing Yr5	Anger Extension Adults and Pupil's Views General Wellbeing Yr6	Worry Worry Extension What I've Learnt
Block 6 Relationships/Growing and Changing	Friendship Extension Body Language Extension Touch Caring Friendships	Touch Extension Bullying extension What I've Learnt Yr3 Caring Friendships	What I Know Now Yr4 Relationships Families & People who Care for me	Relationships extension Pt 1 & 2 Caring Friendships Yr5 Developing Bodies	Puberty Adults & Children's Views Families & People who Care for Me	Developing Bodies Yr6 Conception What I've Learnt

	Yr3	Yr4	Yr4	Yr4	Yr6	
Block 7 Being Responsible	Practice Makes Perfect Extension Stealing Families and People Who Care for Me Yr3	Stealing Extension What I've Learnt Yr3 Health, Protection and Prevention Yr3	What I Know Now Yr4 Coming Home on Time Health, Protection and Prevention Yr 4	Coming Home on Time Extension Looking Out for Others Looking out for others Extension	Adults & Children's Views Stealing Health, Protection and Prevention Yr 5	Stealing Extension What I've Learnt Health, Protection and Prevention Yr 6
Block 8 Our World/A Working World	Living in Our World extension Working in Our World Extension Looking After Our World	Looking After Our World Extension What I've Learnt Yr3	What I Know Now Yr4 Chores at Home Chores at Home Extension Pt 1	Chores at Home Extension Pt 2 Enterprise	Enterprise Extension Adults & Children's Views	In-app purchases In-app purchases Extension What I've Learnt
Block 9 Fire Safety/ First Aid	Texting Whilst Driving Texting Whilst Driving Extension Basic First Aid Yr3	What I've Learnt Yr3 What I Know Now Yr4 Basic First Aid Yr4	Year 4 First Aid Year 4 First Aid Extension	Year 5 Pt 1 First Aid Year 5 Pt 1 First Aid Extension	Year 5 Pt 2 First Aid Year 5 Pt 2 First Aid Extension	Year 6 First Aid What I've Learnt

Key:

Black: Main/core topic being taught

Green: Extension/additional learning

Red: The statutory/RSHE or key curriculum outcome that the topic covers

