

Queen Eleanor's Church of England Junior School
*An Academy in the Good Shepherd Trust**
 Queen Eleanor's Road, Onslow Village, Guildford, GU2 7SD
 E-mail: office@queen-eleanors.surrey.sch.uk
 Tel: 01483 561323

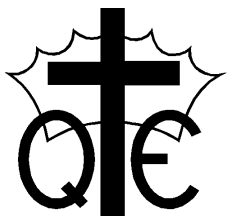


Headteacher: Mrs Joanne Davies

RSE and PSHE Long-term Plan

2026-2027

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	My healthy self: How can I take care of my mind and body? (6 lessons)	Connecting with others: What helps us feel safe and included? (6 lessons)	The online world: How should we communicate online? (6 lessons)	Citizenship: What rights and responsibilities do we have? (6 lessons)	Health protection: How can we prevent illness and injury and respond if they happen?	Citizenship: What careers do people choose and why?
Year 4	My healthy self: How can I make healthy choices? (6 lessons)	Connecting with others: How can we respect each other? (6 lessons)	The online world: How can we decide what to trust online? (6 lessons)	Citizenship: How can I spend money responsibly?	Growing up: How will my body and emotions change as I grow up? (6 lessons)	Staying safe: What signs help me recognise what is safe or unsafe? (6 lessons)
Year 5	My healthy self: How can I support my mind and body as I grow? (6 lessons)	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online? (6 lessons)	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	Citizenship: How can we be in control of our money?



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		(6 lessons)		(6 lessons)	(6 lessons)	
Year 6	My healthy self: How do my choices today shape my future health? (6 lessons)	Connecting with others: What does it mean to stand up for myself and others? (6 lessons)	The online world: How do I feel about the things I see online? (6 lessons)	Citizenship: How can we protect everyone's rights?	Staying safe: How can I stay safe as I grow up? (3 lessons)	Sex education: How do people become parents and carers? (6 lessons)