

PSHE Long Term Plan

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Year 1 | <u>My emotions</u> <ul style="list-style-type: none"> Understanding and managing feelings Getting support | <u>Diversity and communities</u> <ul style="list-style-type: none"> Exploring my identity Valuing difference <p>Anti-bullying week</p> | <u>Family and friends</u> <ul style="list-style-type: none"> Healthy friendships Developing friendship skills Families and other special people <p>Internet safety week</p> | <u>Relationships education</u> <ul style="list-style-type: none"> Body knowledge Body awareness (NSPCC PANTS) Personal hygiene Illness/disease prevention | <u>Managing safety and risk</u> <ul style="list-style-type: none"> Reactions to risk Risky situations Safety contexts Basic first aid <p><u>E safety</u> To recognise when something they see/hear online makes them feel uncomfortable. (lesson 4)</p> | <u>Managing change</u> <ul style="list-style-type: none"> Recognising understanding change <p>Transition to new classes</p> <p>Healthy Eating Week</p> |
| Year 2 | <u>My emotions</u> <ul style="list-style-type: none"> The impact of feelings Calming and relaxing Being assertive | <u>Diversity and communities</u> <ul style="list-style-type: none"> Exploring my community Understanding the media Caring for the environment <p>Anti-bullying week</p> | <u>Drug education</u> <ul style="list-style-type: none"> Drug types and effects Medicines Other substances Risks influences and support <p>Internet safety week</p> | <u>Relationships Ed</u> <ul style="list-style-type: none"> Body knowledge Human life cycle Growing up Personal responsibility Parents/carers families | <u>Personal safety</u> <ul style="list-style-type: none"> Recognising if I am feeling safe or unsafe Asking for help How my actions affect others Bodily autonomy Safe and unsafe secrets Recognising and reporting abuse <p><u>E safety</u> To know what to do when something they see online makes them feel uncomfortable (Lesson 5)</p> | <u>Managing change</u> <ul style="list-style-type: none"> Coping with emotions and loss <p>Transition to new classes</p> <p>Healthy Eating Week</p> |

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| Year 3 | <u>My emotions</u> <ul style="list-style-type: none"> Understanding and managing feelings Getting support | <u>Diversity and communities</u> <ul style="list-style-type: none"> Exploring my identity Valuing difference <p>Anti-bullying week</p> | <u>Family and Friends</u> <ul style="list-style-type: none"> Healthy friendships Developing friendship skills Families and other special people <p>Internet safety week</p> | <u>Relationships education</u> <ul style="list-style-type: none"> Body knowledge Human life cycle) Growing up Personal responsibilities | <u>Managing safety and risk</u> <ul style="list-style-type: none"> Reactions to risk Risky situations Safety contexts Basic first aid <p><u>E safety</u> To know how to access help when something they see or hear online makes them feel uncomfortable. (Lesson 3)</p> | <u>Managing change</u> <ul style="list-style-type: none"> Identifying changes Friendship changes <p>Transition to new classes</p> <p>Healthy Eating Week</p> |
| Year 4 | <u>My emotions</u> <ul style="list-style-type: none"> Strengths and qualities Calming and relaxing Being assertive | <u>Diversity and communities</u> <ul style="list-style-type: none"> Exploring my community What is the media? Caring for the environment <p>Anti-bullying week</p> | <u>Drug Education</u> <ul style="list-style-type: none"> Drug types and effects Medicines Other substances Risks influences and support <p>Internet safety week</p> | <u>Relationships education</u> <ul style="list-style-type: none"> Body knowledge Body functions and changes Body awareness and image Personal hygiene Illness/disease prevention | <u>Personal safety</u> <ul style="list-style-type: none"> Recognising if I am feeling safe or unsafe Asking for help How my actions affect others Bodily autonomy Safe and unsafe secrets Recognising and reporting abuse <p><u>E safety</u> To be able to communicate rules and strategies for keeping safe online to others. (lesson 6)</p> | <u>Managing change</u> <ul style="list-style-type: none"> Separation and loss Managing feelings Planning for change <p>Transition to new classes</p> <p>Healthy Eating Week</p> |
| Year 5 | <u>My emotions</u> <ul style="list-style-type: none"> Understanding and managing emotions Mental wellbeing | <u>Diversity and communities</u> <ul style="list-style-type: none"> Exploring my identity Valuing difference <p>Anti-bullying week</p> | <u>Family and Friends</u> <ul style="list-style-type: none"> Healthy friendships Developing friendship skills Families and other special people <p>Internet safety week</p> | <u>Relationships education</u> <ul style="list-style-type: none"> Body knowledge Body functions and changes Body awareness and image Personal hygiene Illness/disease prevention | <u>Managing safety and risk</u> <ul style="list-style-type: none"> Reactions to risk Risky situations Safety contexts Basic First Aid <p><u>E safety</u> To know the information which should/should not be shared online (lesson 2)</p> | <u>Managing change</u> <ul style="list-style-type: none"> Identifying changes Family changes <p>Transition to new classes</p> <p>Healthy Eating Week</p> |

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| Year 6 | <u>My emotions</u> <ul style="list-style-type: none"> • Identity and self respect • Getting support | <u>Diversity and communities</u> <ul style="list-style-type: none"> • Exploring my community • What is the media? • Caring for the environment <p>Anti-bullying week</p> | <u>Drug Education</u> <ul style="list-style-type: none"> • Drug types and effects • Medicines • Other substances • Risks influences and support <p>Internet safety week</p> | <u>Relationships and Sex Education</u> <ul style="list-style-type: none"> • What's all this about puberty? • Becoming Men and Women • Building good relationships • Sexual relationships • Conception and Pregnancy • Being a Parent | <u>Personal safety</u> <ul style="list-style-type: none"> • Recognising if I am feeling safe or unsafe • Asking for help • How my actions affect others • Bodily autonomy • Safe and unsafe secrets • Recognising and reporting abuse <p><u>E safety</u> To understand the need to be careful about how they present themselves online. (lesson 1)</p> | <u>Managing change</u> <ul style="list-style-type: none"> • Managing Emotions • Ways to manage change • Be Awesome Go Big workbook <p>Transition to Charwood</p> <p>Healthy Eating Week</p> |
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