



PSHE

Long Term Plan



| | Early Years | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|----------|--|---|--|---|--|--|--|
| Autumn 1 | Me and My Relationships What makes me special? My feelings | Me and My Relationships Following classroom rules, identify feelings, qualities of friendship | Me and My Relationships Creating class rules, responding to feelings, bullying | Me and My Relationships Why do we have rules and consequences? Positive relationships Qualities of friendship | Me and My Relationships Positive, healthy relationships | Me and My Relationships Identify what makes a relationship unhealthy | Me and My Relationships Recognise peer influence and pressure Assertiveness skills |
| Autumn 2 | Valuing Difference Same and different – homes and people | Valuing Difference Difference and similarities between people | Valuing Difference Physical and non-physical differences and similarities between people | Valuing Differences Similarities and differences between diverse range of people | Valuing Difference Understand compromise and negotiation Recognise different types of relationship with different people | Valuing Difference Being respectful Knowing not everything online is always true | Valuing Difference Recognise bullying and discrimination can result from prejudice or disrespect Tolerance |
| Spring 1 | Keeping Myself Safe Keeping safe inside and outside | Keeping Myself Safe Recognise the importance of sleep, exercise and healthy eating | Keeping Myself Safe Talk about situations that are safe and unsafe | Keeping Myself Safe Identify situations that are safe or unsafe | Keeping Myself Safe Managing risk, identify situations which are dangerous, risky or hazardous | Keeping Myself Safe Recognise positive and negative risks Demonstrate strategies to deal with face to face and online bullying | Keeping Myself Safe Keeping personal info safe online Basic laws in relation to drugs and alcohol |
| Spring 2 | Rights and Responsibilities Caring for my friends and the world Money – role playing with money | Rights and Responsibilities Looking after myself and my things Money – recognising money, safe places to keep money | Rights and Responsibilities Looking after our environment Money – saving money for use at a future time | Rights and Responsibilities Helping others to look after themselves and their things Money – earning money | Rights and Responsibilities Understanding own and others’ rights and responsibilities Money - tax | Rights and Responsibilities Defining differences between rights, responsibilities and duties Money – local councils, loans, debt, credit | Rights and Responsibilities Democracy, elections, how laws are made Money – the benefits and ways of saving money |
| Summer 1 | Being my Best Being helpful and caring in school, the world and to people | Being My Best Positive relationships Caring, co-operation, teamwork | Being my Best Achievement, aspiration, growth mindset, resilience | Being My Best Develop skills in discussion and debate Identify own achievements and areas for development | Being My Best Identify ways in which we are unique Appreciate own uniqueness | Being my Best Identify own strengths and talents Know harmful effects of drinking and smoking | Being my Best Identify aspirational goals Wellbeing and healthy lifestyle Assessing risk |
| Summer 2 | Growing and Changing Life cycles | Growing and Changing Different stages of growing (humans) and basic needs | Growing and Changing Different stages of growth, what privacy means, body parts that are private | Growing and Changing Different types of relationships My changing body | Growing and Changing Understand different feelings Males and females body parts | Growing and Changing Take notice of and describe feelings Understand myths around puberty | Growing and Changing How babies are made Strategies to deal with change |

