



Long Term PSHE Plan

		Year 1	Year 2	Year 3
Autumn	Title	Family and Relationships	Family and Relationships	Family and Relationships
	Unit Overview	<ul style="list-style-type: none"> Understand that families can include a range of people. Understand who their friends are and what people like to do with friends. Describe what people might look like if they are feeling: angry, scared, upset or worried. Identify ways of responding to this by either offering help or giving them space. Understand the skills needed to work together in a group. Understand that friendships can have problems and learn ways to overcome these problems. Understand how the actions of others can affect people. Explain what a stereotype is. 	<ul style="list-style-type: none"> Understand that families offer love and support and that different families may be made up of different people. Consider what friends may be thinking and feeling in different situations. Recognise some issues that may occur in friendships and which of these may need adult help to resolve. Understand that expectations of manners may change according to the situation. Know that remembering people who were important to them but are no longer here can cause a mixture of emotions. Explain what gender stereotypes are in relation to careers. 	<ul style="list-style-type: none"> Understand that families are all different. Know that families offer each other support but sometimes they can experience problems. Understand that problems occur in friendships and that violence is never right. Understand what bullying is and what to do if it happens. Describe what a good listener is and know how to show that they are listening. Say who they trust and why. Understand that people can have similarities and differences and explain how differences can be a positive thing. Understand how toys can reinforce gender stereotypes. Understand that stereotypes arise from a range of factors, including some of those associated with age.
	Title	Citizenship	Citizenship	Citizenship
Autumn	Unit Overview	<ul style="list-style-type: none"> Explain why the class and school rules are important. Discuss the different needs of a range of pets. Describe some of the needs of babies and young children. Recognise some similarities and differences between themselves and others. 	<ul style="list-style-type: none"> Recognise that different rules apply in different situations. Explain what makes a good school environment. Recognise that everyone in school has a responsibility to maintain the school environment. Identify some jobs that people do to keep the local area pleasant. 	<ul style="list-style-type: none"> Explain that children have rights and how these benefit them. Explain the responsibilities adults have for supporting children's rights. Discuss the benefits of recycling. Recognise some of the different groups within the local community and how they use local buildings.

		<ul style="list-style-type: none"> Identify some groups which they belong to. Recognise that different individuals belong to different groups. Explain why voting is a fair way to make a decision involving a lot of people. 	<ul style="list-style-type: none"> Recognise some local job roles that help the community. Recognise similarities and difference between people in the local community. Explain that differences should be respected. Explain how the school council works. Share their opinions on things that matter. 	<ul style="list-style-type: none"> Explain how charities support the local community. Describe how democracy works locally and how this affects us. Recognise the need for rules and the consequences of breaking rules.
Spring	Title	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing
	Unit Overview	<p>Describe how they feel using appropriate vocabulary, recognising what different emotions might look/feel like.</p> <ul style="list-style-type: none"> Describe situations which may provoke certain feelings. Describe their own qualities and strengths and recognise something they want to get better at. Describe their bedtime routine, explaining why sleep is important. Explain how rest and relaxation affects our bodies, including mental functions. Identify examples where they could use relaxation to help manage difficult emotions. Understand that germs can be spread via our hands. Know how to wash their hands properly. Know the three things they need to do when out in the sun to keep safe. Know people can be allergic to certain things and how to help with an allergic reaction. <p>Understand that there are a range of people who help to keep us healthy.</p>	<ul style="list-style-type: none"> Use multiple colours in a diagram to show how they can feel more than one emotion at a time. Describe how they would feel in a particular situation and understand that not everyone feels the same. Understand the effect of physical activity on their body and mind. Describe energetic physical activities that they enjoy. Describe the positive effects of relaxation and know there are different ways to relax. Know how to use breathing exercises to relax. Recognise and describe what they are good at and what skills they would like to develop. Create a complete ladder detailing achievable steps which work towards a goal. Explain what a growth mindset is. Use strategies to stay calm during trick challenges. Explain that a healthy diet is when we eat a balance of the right foods, describing some consequences that may arise from poor diet choices. State what ingredients they can see on a dish and compare them with the food pyramid. 	<ul style="list-style-type: none"> Create a healthy diary, where energetic activities and high-energy food are scheduled for the same day. Work in pairs so that one person can do a stretch while the other draws a stick figure to show the pose. Understand the different aspects of their identity. Identify their own strengths and that they can help other people. Describe how they would break a problem down into small, achievable goals. Understand the benefits of healthy eating and dental health.

			<ul style="list-style-type: none"> Understand what helps to keep teeth healthy. 	
Spring	Title	Economic Wellbeing	Economic Wellbeing	Economic Wellbeing
	Unit Overview	<ul style="list-style-type: none"> Explain how children might get money. Explain some different ways to keep money safe. Discuss the role of banks and building societies. Recognise that people may make different choices about spending or saving. Explain that a range of jobs exist in and out of school and that different skills are needed for jobs. 	<ul style="list-style-type: none"> Explain some ways adults get money. Discuss the role of bank account cards. Recognise wants and needs. Recognise the difference between a want and a need. Identify their skills and talents. Identify ways to develop their skills and talents. Explain why treating people equally and inclusively is important. 	<ul style="list-style-type: none"> Describe how different payment methods may be used in given scenarios. Suggest why specific payment methods might be more beneficial. Explain what a budget is and how we can benefit from budgeting. Identify how they would feel in a money scenario. Understand the impact our spending choices can have on others and the environment. Understand that a wide range of jobs are available. Know that skills and interests lead people to certain jobs. Know that job stereotypes sometimes exist but these should not limit anyone.
Summer	Title	Safety and Changing Bodies	Safety and Changing Bodies	Safety and Changing Bodies
	Unit Overview	<ul style="list-style-type: none"> Know a number of adults in school. Know that they should speak to an adult if they are ever worried or feel uncomfortable about another adult. Understand ways to keep safe and not get lost and know the steps to take if they do get lost. Know the number for the emergency services and their own address. Understand that some types of physical contact are never acceptable. 	<ul style="list-style-type: none"> Understand how the internet can be used to help us. Create a poster with clear information about how to remain safe online and what to do if something online makes them feel uncomfortable. Understand what a secret is and what a surprise is. Know the name of parts of the body, including those of the private parts for their gender. Explain the PANTS rule. Understand how to keep safe near roads. Explain the rules for crossing the road. 	<ul style="list-style-type: none"> Show an understanding that they must consider their own safety before helping others in an emergency situation. Understand how to help someone who has been bitten or stung. Write an email with instructions written using positive language. Create a decision tree showing how to deal with unkind online behaviour and cyberbullying. Send an email that describes some of the best ways to avoid being tricked by fake emails.

		<ul style="list-style-type: none"> • Know what can go into or onto the body and when they should check with an adult. • Understand that there are hazards in houses and know how to avoid them. • Understand and name jobs that people do to help keep us safe. 	<ul style="list-style-type: none"> • Understand when we should take medicines that can help us feel better when we are unwell. 	
Summer	Title	Safety and Changing Bodies - Including Transition and 2 Revisit and Revise	Safety and Changing Bodies - Including Transition and 1 Revisit and Revise	Safety and Changing Bodies - Including Transition and 2 Revisit and Revise
	Unit Overview	Revisit lessons: Family and relationships objectives; Citizenship objectives Transition <ul style="list-style-type: none"> • I know that everyone has different strengths • I can explain some of the skills I have developed in Year 1 • I can identify positives and challenges of moving to a new class 	Revisit lessons: Family and relationships objectives Transition <ul style="list-style-type: none"> • I know what change is and that it is part of life • I can explain some positive of change • I can explain some challenges which change brings • I know who can help us deal with change 	Revisit lessons: Family and relationships objectives; Citizenship objectives Transition <ul style="list-style-type: none"> • I know that there are different strategies I can use to deal with change • I can explain the opportunities and responsibilities that change might bring



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		Year 4	Year 5	Year 6
Autumn	Title	Family and Relationships	Family and Relationships	Family and Relationships
	Unit Overview	<ul style="list-style-type: none"> Understand that manners vary in different situations. Understand boundaries in friendships, including physical boundaries and expectations. Understand that what they do and say affects other people. Understand the impact of bullying and the role bystanders can take. Recognise male and female stereotyped characters. Understand that stereotypes about disabilities are usually untrue. Understand that families are all different and they offer each other support but sometimes they can experience problems. Know what bereavement is and how to support someone who has experienced a bereavement. 	<ul style="list-style-type: none"> Describe what qualities a good friend should have and recognise which of these they have and which they could develop. Recognise that friendships have ups and downs and this is normal. Understand what marriage is and know that it is a choice people make. Understand that we all have a range of attributes that make us who we are and we should be proud of these. Understand that sometimes families can make children feel unhappy or unsafe. Understand why someone might bully others. Understand that attitudes and laws around gender equality have changed over time. Understand that stereotypes exist and these can lead to discrimination. 	<ul style="list-style-type: none"> Understand that everyone can expect a level of respect but this can be lost. Understand what respect is and how they should be respected. Understand how stereotypes influence our ideas and opinions. Understand a range of stereotypes and share this information effectively. Create a resolution guide that includes strategies to manage conflicts and describes situations where conflict is likely to arise. Understand the term grief and describe some of the associated emotions.
Autumn	Title	Citizenship	Citizenship	Citizenship
	Unit Overview	<ul style="list-style-type: none"> Understand what human rights are and why they are important. Understand how reusing items benefits the environment. Understand the range of groups that exist in the wider community. Understand how community groups can focus on different areas of interest. Understand that diversity supports a community to work effectively. 	<ul style="list-style-type: none"> Understand what happens when someone breaks the law. Understand what rights are and that freedom of expression is one of these rights. Understand how reducing the use of materials and energy helps the environment, and what individuals can do to support this. Understand how people contribute to society and how this is recognised. 	<ul style="list-style-type: none"> Understand that education is a human right and why education is important. Understand some environmental issues relating to food and food production. Understand the importance of caring for others and that we all have a responsibility to care for things and people around us.

		<ul style="list-style-type: none"> Understand the role of local councillors. 	<ul style="list-style-type: none"> Understand the role of pressure groups. Understand the basics of how parliament works including the parts of parliament. 	<ul style="list-style-type: none"> Understand what prejudice and discrimination are and why and how they should be challenged. Understand the value of diversity in society, including significant individuals. Understand the roles and responsibilities of people in government.
Spring	Title	Health and Wellbeing	Health and Wellbeing	Health and Wellbeing
	Unit Overview	<ul style="list-style-type: none"> Identify and share key facts about dental health. Describe a calm place that helps them to feel relaxed. Describe how they feel when they make a mistake and explain what can be learned from making mistakes. Write or describe their strengths and how they could use these in school. Describe what makes them happy, suggesting how they could work towards this as a goal. Explain that there are some things they can control and others they cannot. Understand the range of emotions we can experience. <p>Understand what mental health is and that sometimes people might need help.</p>	<ul style="list-style-type: none"> Perform some yoga poses, following the instructions from a video, and describe how yoga makes them feel. Describe how they can get a good night's sleep and explain why this is important. Describe why they should embrace failure. Describe a strategy to help manage feelings of failure and to help them to persevere. Set themselves goals and consider how they will achieve them. Describe a range of feelings and suggest two ways of dealing with a difficult situation. Demonstrate an understanding of what calories are and how to use them to help plan healthy meals. Recognise the food groups and acknowledge that having a variety of food is important for having a balanced and healthy diet. <p>Understand how to keep safe in the sun and some of the risks, now and in the future, if they don't.</p>	<ul style="list-style-type: none"> Describe qualities or values they want to develop and create achievable goals. Describe the importance of relaxation and suggest different strategies. Describe how they take care of their physical wellbeing. Understand that technology can have an impact on physical and mental health and know some strategies they can use to overcome this. Describe what resilience is, why it is important and some useful resilience strategies. Understand how vaccination works and why it is important to individuals. Understand that habits can be good or bad for health. Understand that changes in their body could indicate illness and know what to do if they notice them.

Spring	Title	Economic Wellbeing	Economic Wellbeing	Economic Wellbeing
	Unit Overview	<ul style="list-style-type: none"> Identify and justify items they consider good value for money. Identify multiple factors that influence whether something is good value for money. Understand the importance of tracking spending. Identify different ways to keep money safe. Identify a range of influences on job choices. Suggest ways to respond to certain influences over career choices. Identify different reasons why people might change careers Suggest proactive steps that can be taken to challenge and overcome these stereotypes. 	<ul style="list-style-type: none"> Prioritise needs over wants. Manage a weekly budget. Understand the responsibilities and consequences of borrowing and loaning. Recognise the risks and considerations associated with spending money online. Explain why workplace stereotyping needs to be challenged. Describe how interests and skills align with future careers. 	<ul style="list-style-type: none"> Understand feelings about money and the impact they can have. Explain how to safeguard money in both digital and physical environments. Know the money changes when moving to secondary school. Understand the risks of gambling. Explain how careers function in different settings and what roles and responsibilities come with them. Explore different career routes and their requirements
Summer	Title	Safety and Changing Bodies	Safety and Changing Bodies	Safety and Changing Bodies
	Unit Overview	<ul style="list-style-type: none"> Understand the reasons for legal age restrictions. Understand how quickly information can spread on the internet and some of the risks associated with that. Assess and give first aid to a casualty who is having difficulty breathing due to an asthma attack. Understand the difference between private and public, and secrets and surprises. Understand how search engines work and whether information is useful. Understand the changes they have already gone through and aware of some changes to come. 	<ul style="list-style-type: none"> Understand what is safe to share online and what to do before sending a message. Identify possible dangers online, suggesting ways to stay safe, using the web to research relevant information. Accurately name all the relevant parts of the body. Understand the changes their own gender will go through during puberty. List the range of changes they will go through during puberty. Assess a casualty's condition; calmly, comfort and reassure a casualty who is bleeding; and seek medical help if required. Understand that other people can influence our decisions but we have the right to make our own choices. 	<ul style="list-style-type: none"> Understand some of the reasons adults decide to drink or not drink alcohol. Understand some ways to check that a news story is real. Understand how they should behave online and the impact negativity can have. Understand of changes that take place during puberty. Understand the menstrual cycle and that a male and a female are needed to conceive a baby. Understand that a baby changes in the womb and some of the baby's requirements during the first months of life. Recognise when someone is choking; administer first aid to a casualty that is choking; and seek

Summer		<ul style="list-style-type: none"> Understand that they will change physically as they develop into adults. Understand some of the risks of smoking and some of the benefits of being a non-smoker. 		<p>medical help if required for a choking casualty.</p> <ul style="list-style-type: none"> Conduct a primary survey; place a casualty who is unresponsive and breathing normally into the recovery position; and identify when it is necessary for CPR to be given.
	Title	Safety and Changing Bodies - Including Transition and 2 revisit and revise	Safety and Changing Bodies - Including Transition and 3 revisit and revise	Safety and Changing Bodies – Including identity and transition lesson
	Unit Overview	<p>Revisit lessons: Family and relationships objectives; Citizenship objectives Transition</p> <ul style="list-style-type: none"> I can identify my achievement this year I can set myself goals I know who I can talk to if I am worried about anything 	<p>Revisit lessons: Family and relationships objectives; Citizenship objectives; Health and Wellbeing objectives Transition</p> <ul style="list-style-type: none"> I know the skills needed to take on roles in school I can explain the skills I have and those I need to develop 	<p>Identity overview</p> <ul style="list-style-type: none"> Understand the factors which make up identity. Understand that images can be manipulated by the professional media but also by individuals and that they are not realistic. <p>Transition</p> <ul style="list-style-type: none"> Know that change can bring opportunity but also worry I can explain some ways I can deal with change I can explain some strategies I can use if I feel stressed or anxious