

# PSHE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 and 2	<u>My emotions</u> <ul style="list-style-type: none"> <li>Understanding and managing feelings</li> <li>Getting support</li> <li>The impact of feelings</li> </ul>	<u>Diversity and communities</u> <ul style="list-style-type: none"> <li>Exploring my identity</li> <li>Valuing difference</li> <li>Exploring my community</li> <li>Caring for the environment</li> <li></li> </ul> <p>Anti-bullying week</p>	<u>Year 1</u> <u>Family and friends</u> <ul style="list-style-type: none"> <li>Healthy friendships</li> <li>Developing friendship skills</li> <li>Families and other special people</li> </ul> <u>Year 2</u> <u>Drug education</u> <ul style="list-style-type: none"> <li>Drug types and effects</li> <li>Medicines</li> <li>Other substances</li> <li>Risks influences and support</li> </ul> <p>Internet safety week</p>	<u>Relationships education</u> <ul style="list-style-type: none"> <li>Body knowledge</li> <li>Body awareness (NSPCC PANTS)</li> <li>Personal hygiene</li> <li>Illness/disease prevention</li> <li>Growing up</li> <li>Personal responsibility</li> <li>Parents/carers families</li> </ul> <u>Year 2</u> One lesson extra – Human life cycle	<u>Managing safety and risk</u> <ul style="list-style-type: none"> <li>Reactions to risk</li> <li>Risky situations</li> <li>Safety contexts</li> <li>Basic first aid</li> </ul> <u>E safety</u> To recognise when something they see/ hear online makes them feel uncomfortable. (lesson 4)	<u>Managing change</u> <ul style="list-style-type: none"> <li>Recognising understanding change</li> <li>Coping with emotions and loss</li> </ul> <p>Transition to new classes</p> <p>Healthy Eating Week</p>
Year 3	<u>My emotions</u> <ul style="list-style-type: none"> <li>Understanding and managing feelings</li> <li>Getting support</li> </ul>	<u>Diversity and communities</u> <ul style="list-style-type: none"> <li>Exploring my identity</li> <li>Valuing difference</li> </ul> <p>Anti-bullying week</p>	<u>Family and Friends</u> <ul style="list-style-type: none"> <li>Healthy friendships</li> <li>Developing friendship skills</li> <li>Families and other</li> </ul>	<u>Relationships education</u> <ul style="list-style-type: none"> <li>Body knowledge</li> <li>Human life cycle</li> <li>Growing up</li> <li>Personal responsibilities</li> </ul>	<u>Managing safety and risk</u> <ul style="list-style-type: none"> <li>Reactions to risk</li> <li>Risky situations</li> <li>Safety contexts</li> </ul>	<u>Managing change</u> <ul style="list-style-type: none"> <li>Identifying changes</li> <li>Friendship changes</li> </ul> <p>Transition to new classes</p> <p>Healthy Eating Week</p>

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			special people  Internet safety week		<ul style="list-style-type: none"> <li>Basic first aid</li> </ul> <u>E safety</u> To know how to access help when something they see or hear online makes them feel uncomfortable. (Lesson 3)	
Year 4	<u>My emotions</u> <ul style="list-style-type: none"> <li>Strengths and qualities</li> <li>Calming and relaxing</li> <li>Being assertive</li> </ul>	<u>Diversity and communities</u> <ul style="list-style-type: none"> <li>Exploring my community</li> <li>What is the media?</li> <li>Caring for the environment</li> </ul> Anti-bullying week	<u>Drug Education</u> <ul style="list-style-type: none"> <li>Drug types and effects</li> <li>Medicines</li> <li>Other substances</li> <li>Risks influences and support</li> </ul> Internet safety week	<u>Relationships education</u> <ul style="list-style-type: none"> <li>Body knowledge</li> <li>Body functions and changes</li> <li>Body awareness and image</li> <li>Personal hygiene</li> <li>Illness/disease prevention</li> </ul>	<u>Personal safety</u> <ul style="list-style-type: none"> <li>Recognising if I am feeling safe or unsafe</li> <li>Asking for help</li> <li>How my actions affect others</li> <li>Bodily autonomy</li> <li>Safe and unsafe secrets</li> <li>Recognising and reporting abuse</li> </ul> <u>E safety</u> To be able to communicate rules and strategies for keeping safe online to others. (lesson 6)	<u>Managing change</u> <ul style="list-style-type: none"> <li>Separation and loss</li> <li>Managing feelings</li> <li>Planning for change</li> </ul> Transition to new classes  Healthy Eating Week
Year 5	<u>My emotions</u> <ul style="list-style-type: none"> <li>Understanding and managing emotions</li> <li>Mental wellbeing</li> </ul>	<u>Diversity and communities</u> <ul style="list-style-type: none"> <li>Exploring my identity</li> <li>Valuing difference</li> </ul>	<u>Family and Friends</u> <ul style="list-style-type: none"> <li>Healthy friendships</li> <li>Developing friendship skills</li> </ul>	<u>Relationships education</u> <ul style="list-style-type: none"> <li>Body knowledge</li> <li>Body functions and changes</li> </ul>	<u>Managing safety and risk</u> <ul style="list-style-type: none"> <li>Reactions to risk</li> <li>Risky situations</li> </ul>	<u>Managing change</u> <ul style="list-style-type: none"> <li>Identifying changes</li> <li>Family changes</li> </ul> Transition to new classes

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		Anti-bullying week	<ul style="list-style-type: none"> <li>Families and other special people</li> </ul> <p>Internet safety week</p>	<ul style="list-style-type: none"> <li>Body awareness and image</li> <li>Personal hygiene</li> <li>Illness/disease prevention</li> </ul>	<ul style="list-style-type: none"> <li>Safety contexts</li> <li>Basic First Aid</li> </ul> <p><u>E safety</u> To know the information which should/should not be shared online (lesson 2)</p>	Healthy Eating Week
Year 6	<u>My emotions</u> <ul style="list-style-type: none"> <li>Identity and self respect</li> <li>Getting support</li> </ul>	<u>Diversity and communities</u> <ul style="list-style-type: none"> <li>Exploring my community</li> <li>What is the media?</li> <li>Caring for the environment</li> </ul> <p>Anti-bullying week</p>	<u>Drug Education</u> <ul style="list-style-type: none"> <li>Drug types and effects</li> <li>Medicines</li> <li>Other substances</li> <li>Risks influences and support</li> </ul> <p>Internet safety week</p>	<u>Relationships and Sex Education</u> <ul style="list-style-type: none"> <li>What's all this about puberty?</li> <li>Becoming Men and Women</li> <li>Building good relationships</li> <li>Sexual relationships</li> <li>Conception and Pregnancy</li> <li>Being a Parent</li> </ul>	<u>Personal safety</u> <ul style="list-style-type: none"> <li>Recognising if I am feeling safe or unsafe</li> <li>Asking for help</li> <li>How my actions affect others</li> <li>Bodily autonomy</li> <li>Safe and unsafe secrets</li> <li>Recognising and reporting abuse</li> </ul> <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"> <li>Managing Emotions</li> <li>Ways to manage change</li> <li>Be Awesome Go Big workbook</li> </ul> <p>Transition to Charnwood</p> <p>Healthy Eating Week</p>

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