



PHSE - Long Term Plan

At Morpeth All Saints First School we use Jigsaw for our music curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
	<u>Y1-4</u>	<u>Y1-4</u>	<u>Y1-4</u>	<u>Y1-4</u>	<u>Y1-4</u>	<u>Y1-4</u>
Key Stage One Cycle A	<p>I understand the rights and responsibilities as a member of my class.</p> <p>I can recognise the choices I make and understand the consequences.</p> <p>I understand my rights and responsibilities within our</p>	<p>I can identify Similarities and differences between people in my class.</p> <p>I know some people who I could talk to if I was feeling unhappy or being bullied.</p> <p>I know how to make new friends.</p>	<p>I can set simple goals and work out how to achieve them.</p> <p>I can tackle a new challenge and understand this might stretch my Learning.</p> <p>I can identify obstacles which</p>	<p>I understand the difference between being healthy and unhealthy and know some ways to keep myself healthy.</p> <p>I understand how medicines can help me if I feel poorly and I know</p>	<p>I can identify what being a good friend means to me .</p> <p>I know who can help me in my school Community.</p> <p>I can tell you why I appreciate someone who is</p>	<p>I am starting to understand the life cycles of animals and Humans.</p> <p>I can tell you how my body has changed since I was a baby.</p> <p>I can identify the parts of the body that make boys</p>

	Learning Charter.		make it more difficult to achieve my new challenge and can work out how to overcome them.	how to use them Safely. I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.	special to me.	different to girls and can use the correct names for these: penis, testicles, vulva, anus. I can tell you about changes that have happened in my life.
Key Stage Two Cycle A	<p>I recognise my worth and can identify positive things about myself and my achievements.</p> <p>I understand why rules are needed and how they relate to rights and responsibilities.</p> <p>I understand my actions affect others and try to see things from their points of view.</p>	<p>I understand that everybody's family is different and important to them.</p> <p>I understand that differences and conflicts sometimes happen among family Members.</p> <p>I know that witnesses to bullying can make the situation better or worse by what they do.</p>	<p>I can tell you about a person who has faced difficult challenges and achieved Success.</p> <p>I enjoy facing new challenges. I'm working out the best ways need to achieve them.</p> <p>I can evaluate my own learning process and identify how it can be better next time.</p>	<p>I understand how exercise affects my body and know why my heart and lungs are such important Organs.</p> <p>I can tell you my knowledge and attitude towards drugs.</p> <p>I know some strategies for keeping myself safe, who to go to for help and how to call emergency services.</p>	<p>I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good Listener.</p> <p>I understand how people around the world help and influence my life and that media doesn't always show complete Information.</p> <p>I know how to express my appreciation to my friends and family.</p>	<p>I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby.</p> <p>Can identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>I know some simple ways of keeping clean</p>

						which can keep me healthy and protect me from some infections.
Key Stage One Cycle B	<p>I can identify some of my hopes and fears for this Year.</p> <p>I understand the rights and responsibilities for being a member of my class and the importance of making Contributions.</p> <p>I understand how following the Learning Charter will help me and others learn.</p>	<p>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes).</p> <p>I understand that bullying is sometimes about differences.</p> <p>I can recognise what is right and wrong and know how to look after myself.</p> <p>I can tell you some ways I am different from my friends.</p> <p>I can tell you about a time when my words affected someone's feelings and what the consequences were.</p>	<p>I know what I need to keep my body healthy.</p> <p>I can recognise who I work well with and who it is more difficult for me to work with.</p> <p>I know how to share success with other people.</p>	<p>I can sort foods into the correct food groups and know which foods my body needs to keep me healthy.</p> <p>I can make some healthy snacks and explain why they are good for my body and give me energy.</p> <p>I can recognise risks and know how to keep safe around roads, railways, and water, and can explain why safety rules help protect me.</p> <p>I can explain how to keep my body healthy and safe at home and when I'm out.</p>	<p>I can identify the members of my family, understand my relationship with each of them and know why it is important to share and Cooperate.</p> <p>I can identify some of the things that cause conflict with my friends.</p> <p>I recognise and appreciate people who can help me in my family, my school and my community.</p>	<p>I can recognise cycles of life in Nature.</p> <p>I can recognise how my body has changed since I was a baby and where I am on the continuum from young to Old.</p> <p>I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private.</p>
Key Stage Two	I understand	I understand that,	I understand that	I understand how	I can recognise	I understand that

<p>Cycle B</p>	<p>who is in my school community, the roles they play, how I fit in and how I can contribute.</p> <p>I understand how democracy and having a voice benefits the school community.</p>	<p>sometimes, we make assumptions based on what people look like.</p> <p>I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure.</p> <p>I can identify what is special about me and value the ways in which I am unique.</p>	<p>sometimes hopes and dreams do not come true and that this can hurt and recognise how resilience and support from others can help.</p> <p>I know how to make a new plan and set new goals even if I have been disappointed.</p> <p>I can identify the contributions made by myself and others to the group's achievement.</p>	<p>peer influence can lead to unsafe choices, including fire risks and risky behaviour, and know how to reduce risks and ask for help.</p> <p>I know some facts about the effects of smoking and vaping on health, and why some people might start to smoke or vape.</p> <p>I understand the facts about alcohol and its effects on health, particularly the liver, and some of the reasons some people drink alcohol.</p>	<p>situations which can cause jealousy in Relationships.</p> <p>I can identify someone I love and can express why they are special to me.</p> <p>I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older.</p> <p>I know how to show love and appreciation to the people and animals who are special to me.</p>	<p>lots of things make up a person's identity and this is what makes them Unique.</p> <p>I can describe how a girls' body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.</p> <p>I know how the circle of change works and can apply it to changes I want to make in my life.</p>
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