



PSHE Long Term Plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Feeling Special and Safe</p> <p>Being Part of a Class</p> <p>Rights and Responsibilities</p> <p>Rewards and Feeling Proud</p> <p>Consequences</p> <p>Owning the Learning Charter</p>	<p>Similarities and Differences</p> <p>Understanding Bullying and Knowing How to Deal With it</p> <p>Making New Friends</p> <p>Celebrating the Differences in Everyone</p>	<p>Setting Goals</p> <p>Identifying Successes and Achievements</p> <p>Learning styles</p> <p>Working Well and Celebrating Achievement</p> <p>Tackling New Challenges</p> <p>Identifying and Overcoming Obstacles</p> <p>Feelings of Success</p>	<p>Keeping Myself Healthy</p> <p>Healthier Lifestyle Choices</p> <p>Keeping Clean</p> <p>Being Safe</p> <p>Medicine Safety/Safety with Household Items</p> <p>Road Safety</p>	<p>Belonging to a Family</p> <p>Making Friends/Being a Good Friend</p> <p>Physical Contact Preferences</p> <p>People who Help Us</p> <p>Qualities as a Friend and Person</p> <p>Self-Acknowledgement</p> <p>Being a good Friend to Myself</p> <p>Celebrating Special Relationships</p>	<p>Life cycles – Animal and Human</p> <p>Changes in Me</p> <p>Changes Since Being a Baby</p> <p>Differences Between Female and Male Bodies</p> <p>Coping with Change</p> <p>Transition</p>

<p>Year 2</p>	<p>Hopes and Fears for the Year</p> <p>Rights and Responsibilities</p> <p>Rewards and Consequences</p> <p>Safe and Fair Learning Environment</p> <p>Valuing Contributions</p> <p>Choices</p> <p>Recognising Feelings</p>	<p>Assumptions and Stereotypes about Gender</p> <p>Understanding Bullying</p> <p>Standing Up for Self and Others</p> <p>Making New Friends</p> <p>Gender Diversity</p> <p>Celebrating Difference and Remaining Friends</p>	<p>Achieving Realistic Goals</p> <p>Perseverance</p> <p>Learning Strengths</p> <p>Learning with Others</p> <p>Group Co-operation</p> <p>Contributing to and Sharing Success</p>	<p>Motivation</p> <p>Healthier Choices</p> <p>Relaxation</p> <p>Healthy Eating and Nutrition</p> <p>Healthier Snacks and Sharing Food</p>	<p>Different Types of Family</p> <p>Physical Contact Boundaries</p> <p>Friendship and Conflict</p> <p>Secrets</p> <p>Trust and Appreciation</p> <p>Expressing Appreciation for Special Relationships</p>	<p>Life Cycles in Nature</p> <p>Growing From Young to Old</p> <p>Increasing Independence</p> <p>Differences in Female and Male Bodies</p> <p>Assertiveness</p> <p>Preparing for Transition</p>
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<p>Year 3</p>	<p>Setting Personal Goals</p> <p>Self-Identity and Worth</p> <p>Positivity in Challenges</p> <p>Rules, Rights and Responsibilities</p> <p>Rewards and Consequences</p> <p>Responsible Choices</p> <p>Seeing Things from Others' Perspectives</p>	<p>Families and their Differences</p> <p>Family Conflict and How to Manage it</p> <p>Witnessing Bullying and How to Solve it</p> <p>Recognising How Words can be Hurtful</p> <p>Giving and Receiving Compliments</p>	<p>Difficult Challenges and Achieving Success</p> <p>Dreams and Ambitions</p> <p>New Challenges</p> <p>Motivation and Enthusiasm</p> <p>Recognising and Trying to Overcome Obstacles</p> <p>Evaluating Learning Processes</p> <p>Managing Feelings</p> <p>Simple Budgeting</p>	<p>Exercise</p> <p>Fitness Challenges</p> <p>Food Labelling and Healthy Swaps</p> <p>Attitudes Towards Drugs</p> <p>Keeping Safe and Why it's Important Online and Offline Scenarios</p> <p>Respect for Myself and Others</p> <p>Healthy and Safe Choices</p>	<p>Family Roles and Responsibilities</p> <p>Friendship and Negotiation</p> <p>Keeping Safe Online</p> <p>Being a global citizen</p> <p>Being Aware of How My Choices Affect Others</p> <p>Awareness of How Other Children have Different Lives</p> <p>Expressing Appreciation for Family and Friends</p>	<p>How Babies Grow</p> <p>Understanding a Baby's Needs</p> <p>Outside Body Changes</p> <p>Inside Body Changes</p> <p>Family Stereotypes</p> <p>Challenging My Ideas</p> <p>Preparing for Transition</p>
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<p>Year 4</p>	<p>Being Part of a Class Team</p> <p>Being a School Citizen</p> <p>Rights, Responsibilities and Democracy</p> <p>Rewards and Consequences</p> <p>Group Decision-Making</p> <p>Having a Voice</p> <p>What Motivates Behaviour</p>	<p>Challenging Assumptions</p> <p>Judging by Appearance</p> <p>Accepting Self and Others</p> <p>Understanding Influences</p> <p>Understanding Bullying</p> <p>Problem-Solving</p> <p>Identifying how Special and Unique Everyone is</p> <p>First Impressions</p>	<p>Hopes and Dreams</p> <p>Overcoming Disappointment</p> <p>Creating New, Realistic Dreams</p> <p>Achieving Goals</p> <p>Working in a Group</p> <p>Celebrating Contributions</p> <p>Resilience</p> <p>Positive Attitudes</p>	<p>Healthier Friendships</p> <p>Group Dynamics</p> <p>Smoking</p> <p>Alcohol</p> <p>Assertiveness</p> <p>Peer Pressure</p> <p>Celebrating Inner Strength</p>	<p>Jealousy</p> <p>Love and Loss</p> <p>Memories of Loved Ones</p> <p>Getting on and Falling Out</p> <p>Girlfriends and Boyfriends</p> <p>Showing Appreciation to People and Animals</p>	<p>Being Unique</p> <p>Having a Baby</p> <p>Girls and Puberty</p> <p>Confidence in Change</p> <p>Accepting Change</p> <p>Preparing for Transition</p> <p>Environmental Change</p>
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<p>Year 5</p>	<p>Planning the Forthcoming Year</p> <p>Being a Citizen</p> <p>Rights and Responsibilities</p> <p>Rewards and Consequences</p> <p>How Behaviour Affects Groups</p> <p>Democracy, Having a Voice, Participating</p>	<p>Cultural Differences and How They Can Cause Conflict</p> <p>Racism</p> <p>Rumours and Name-Calling</p> <p>Types of Bullying</p> <p>Material Wealth and Happiness</p> <p>Enjoying and Respecting Other Cultures</p>	<p>Future Dreams</p> <p>The Importance of Money</p> <p>Jobs and Careers</p> <p>Dream Job and How to Get There</p> <p>Goals in Different Cultures</p> <p>Supporting Others (charity)</p> <p>Motivation</p>	<p>Smoking, Including Vaping</p> <p>Alcohol and Anti-Social Behaviour</p> <p>Emergency Aid</p> <p>Body Image</p> <p>Relationships with Food</p> <p>Healthy Choices</p> <p>Motivation and Behaviour</p>	<p>Self-Recognition and Self-Worth</p> <p>Building Self-Esteem</p> <p>Safer Online Communities</p> <p>Rights and Responsibilities Online</p> <p>Online Gaming and Gambling</p> <p>Reducing Screen Time</p> <p>Dangers of Online Grooming</p> <p>SMARRT Internet Safety Rules</p>	<p>Self and Body Image</p> <p>Influence of Online and Media on Body Image</p> <p>Puberty for Girls</p> <p>Puberty for Boys</p> <p>Conception (including IVF)</p> <p>Growing Responsibility</p> <p>Coping with Change</p> <p>Preparing for Transition</p>
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<p>Year 6</p>	<p>Identifying Goals for the year</p> <p>Global Citizenship</p> <p>Children's Universal Rights</p> <p>Feeling Welcome and Valued</p> <p>Choices, Consequences and Rewards</p> <p>Group Dynamics</p> <p>Democracy, Having a Voice</p> <p>Anti-Social Behaviour</p> <p>Role-Modelling</p>	<p>Perceptions of Normality</p> <p>Understanding Disability</p> <p>Power Struggles</p> <p>Understanding Bullying</p> <p>Inclusion/Exclusion</p> <p>Differences as Conflict, Difference as Celebration</p> <p>Empathy</p>	<p>Personal Learning Goals, In and Out of School</p> <p>Success Criteria</p> <p>Emotions in Success</p> <p>Making a Difference in the World</p> <p>Motivation</p> <p>Recognising Achievements</p> <p>Compliments</p>	<p>Taking Personal Responsibility</p> <p>How Substances Affect the Body</p> <p>Exploitation, Including 'County Lines' and Gang Culture</p> <p>Emotional and Mental Health</p> <p>Managing Stress</p>	<p>Mental Health</p> <p>Identifying Mental Health Worries and Sources of Support</p> <p>Love and Loss</p> <p>Managing Feelings</p> <p>Power and Control</p> <p>Assertiveness</p> <p>Technology Safety</p> <p>Take Responsibility with Technology Use</p>	<p>Self-Image</p> <p>Body Image</p> <p>Puberty and Feelings</p> <p>Conception to Birth</p> <p>Reflections About Change</p> <p>Physical Attraction</p> <p>Respect and Consent</p> <p>Boyfriends/Girlfriends</p> <p>Sexting</p> <p>Transition</p>
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