

PSHE Long Term Plan 2021 – 2022

	Autumn: Relationships <i>(Minimum of 10 lessons)</i>			Spring: Living in the wider world <i>(Minimum of 10 lessons)</i>			Summer: Health and Wellbeing <i>(Minimum of 10 lessons)</i>		
	Families and Friendships	Safe Relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and Work	Physical health and Mental wellbeing	Growing and Changing	Keeping safe
Year 1	-Roles of different people -different families -feeling cared for - British Values: Individual liberty	-Recognising privacy - staying safe - seeking permission -CHIPS	-Growth mindset -How behaviour affects others - being polite and respectful - manners	-What rules are - caring for others' needs - looking after the environment	-Using the internet and digital devices - communicating online including messages and passwords	-Strengths and interest - jobs in the community	-Keeping healthy - food and exercise, hygiene routines - sun safety	-Recognising what makes them unique and special - feelings - managing when things go wrong -RSE surprises and secrets	-How rules and age restrictions help us - keeping safe online -- NSPCC Pantosaurus; -People who help us
Year 2	-Making friends -feeling lonely and getting help -British values: Individual Liberty -Managing emotions: happy and sad	-Managing secrets - resisting pressure and getting help - recognising hurtful behaviour -CHIPS	-Recognising things in common and difference - playing and working cooperatively - sharing opinions - NSPCC pants touching - belonging	-Belonging to groups - roles and responsibilities -being the same and different in the community	-The internet in everyday life - online content and information -Telling a trusted adult	-What money is - needs and wants - looking after money	- medicines and keeping healthy - keeping teeth healthy - managing feelings and asking for help	-RSE Growing older; naming body parts - moving class or year	-Safety in different environments - risk and safety at home emergencies
Year 3	-What makes a family including family types (LGBT) - features of family life -Democracy: fair decisions	-Personal boundaries - safely responding to others - the impact of hurtful behaviour -CHIPS	-Recognising respectful behaviour - the importance and self-respect - courtesy and being polite	-The value of rules and laws - rights and freedoms and responsibilities	-How internet is used - assessing information online -Effective and safe research -Stranger danger inc. online	-Different jobs and skills -job stereotypes- setting personal goals	-Healthy choice and habits - what affects feelings - expressing feelings	-Personal strengths and achievements - managing and reframing set backs -RSE good friends, friendship circles, bodies	-Risks and hazards - safety in the local environment and unfamiliar places

Year 4	<ul style="list-style-type: none"> -Positive friendships, including online - the difference between a stranger and someone who can help me. -What British Values looks like in our school 	<ul style="list-style-type: none"> -Responding to hurtful behaviour - managing confidentiality - recognising online risks 	<ul style="list-style-type: none"> -Respecting differences and similarities - discussing differences sensitively - belonging -managing frustration 	<ul style="list-style-type: none"> -What makes a community - shared responsibilities 	<ul style="list-style-type: none"> -How data is shared and used -antibullying -managing physical contact -research 	<ul style="list-style-type: none"> -Making decisions about money - using and keeping money safe 	<ul style="list-style-type: none"> -Maintaining a balanced lifestyle - oral hygiene and dental care -Why sleeping is important -dietary choice 	<ul style="list-style-type: none"> -Physical and emotional changes in puberty - external genitalia, personal hygiene routines - support with puberty -boundaries -RSE puberty emotions & feelings, personal hygiene 	<ul style="list-style-type: none"> -Medicines and household products - drugs common to everyday life
Year 5	<ul style="list-style-type: none"> -Managing friendships and peer influence -British values: Democracy -How laws are made in the UK 	<ul style="list-style-type: none"> -Physical contact and feeling safe -Growth mindset 	<ul style="list-style-type: none"> -Responding respectfully to a range of people - recognising prejudice and discrimination - belonging -Tolerance and respect -CHIPS 	<ul style="list-style-type: none"> -Protecting the environment - compassion towards others 	<ul style="list-style-type: none"> -How online information is targeted - different media types, roles & impact -Online safety when gaming & live streaming 	<ul style="list-style-type: none"> -Identifying job interests and aspirations - what influences career choices - workplace stereotypes 	<ul style="list-style-type: none"> Healthy sleep habits - sun safety - medicines - vaccinations - immunisations and allergies 	<ul style="list-style-type: none"> -Personal identity - recognising individuality and different qualities - mental wellbeing -RSE menstruation & wet dreams; changes during puberty 	<ul style="list-style-type: none"> Keeping safe in different situations, including responding in emergencies, first aid
Year 6	<ul style="list-style-type: none"> -Attraction to others - romantic relationships - civil partnership and marriage - LGBT, how families and relationship can differ. 	<ul style="list-style-type: none"> -Recognising and managing pressure - consent in different situations 	<ul style="list-style-type: none"> -Expressing opinions and respecting other points of view, including discussing topical issues 	<ul style="list-style-type: none"> -Valuing diversity - challenging discrimination and stereotypes 	<ul style="list-style-type: none"> -Evaluating media sources - sharing things online -understanding online profiles -social media 	<ul style="list-style-type: none"> -Influences and attitudes to money and financial risks 	<ul style="list-style-type: none"> -What affects mental health and ways to take care of it - managing change, loss and bereavement- managing time online 	<ul style="list-style-type: none"> -increasing independence - managing transition to secondary -RSE Positive healthy relationships, how babies are made, change and becoming independent 	<ul style="list-style-type: none"> -Keeping personal information safe - regulations and choices - drug use and the law - drug use and the media