



## PSHE – Long Term Plan



Year Group	<u>Being Me in My World (Autumn 1)</u>	<u>Celebrating Difference (Autumn 2)</u>	<u>Dreams and Goals (Spring 1)</u>	<u>Healthy Me (Spring 2)</u>	<u>Relationships (Summer 1)</u>	<u>Changing me (Summer 2)</u>
<b>EYFS</b>	Self – identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
<b>Year 1</b>	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the difference in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgements Being a good friend to myself	Life cycles – animal and human Changes in me Changes since being a baby Differences between male and female bodies Linking growing and learning Coping with change Transition

					Celebrating special relationships	
<b>Year 2</b>	<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 and others</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>Healthier eating and nutrition</p> <p>Healthier snacks and sharing food</p>	<p>Different types of families</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>
<b>Year 3</b>	<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 <i>why it's important</i> online and off line scenarios</p> <p>Respect for myself and others</p>	<p>Family roles and responsibilities</p> <p>Friendships and negotiation</p> <p>Keeping safe online and who to go to for help</p> <p>Being a global citizen</p> <p>Being aware of how my choices affect others</p>	<p>How babies grow</p> <p>Understanding a <i>baby's needs</i></p> <p>Outside body changes</p> <p>Inside body changes</p> <p>Challenging my ideas</p> <p>Preparing for transition</p>

				Healthy and safe choices	Awareness of how other children have different lives Expressing appreciation for family and friends	
<b>Year 4</b>	Being part of a class team Being a school citizen Rights, responsibilities and democracy Rewards and consequences Group decision making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new realistic dreams Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental changes
<b>Year 5</b>	Planning the fourth coming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in difference cultures	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online	Self and body image Influence of online media on body image Puberty for girls Puberty for boys Growing responsibilities Coping with change Preparing for transition

	Democracy, having a voice, participating	Enjoying and respecting other cultures	Supporting others (charity) Motivation	Healthy choices Motivation and behaviour	Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	
<b>Year 6</b>	Identifying goals for the year Global citizens <i>Children's universal rights</i> Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/ exclusion Differences as conflict, differences and celebration Empathy	Personal learning goals in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation including county lines and gang culture Emotional and mental health Managing strategies	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body image Puberty and feelings Conception to birth Reflections and change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition