

PSHE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<u>Me and my relationships</u> N1.1 Marvellous me! N1.2 I'm special	<u>Valuing differences</u> N2.1 Me and my friends N2.2 Friends and family N2.3 Including everyone	<u>Keeping myself safe</u> People who help to keep me safe (including Listening to my feelings) N3.2 Safety Indoors and Outdoors N3.3 What's safe to go into my body	<u>Rights and responsibilities</u> N4.1 Looking after myself N4.2 Looking after others N4.3 Looking after my environment	<u>Being my best</u> What does my body need? I can keep trying I can do it!	<u>Growing and changing</u>
Reception	<u>Me and my relationships</u> All about me What makes me special Me and my special people Who can help me? My feelings My feelings (2)	<u>Valuing differences</u> I'm special, you're special Same and different Same and different families Same and different homes Kind and caring (1) Kind and caring (2)	<u>Keeping myself safe</u> What's safe to go onto my body Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings (1) Keeping safe online	<u>Rights and responsibilities</u> Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money (1):	<u>Being my best</u> Bouncing back when things go wrong Yes, I can! Healthy eating (1) Healthy eating (2) Move your body A good night's sleep	<u>Growing and changing</u> Seasons Life stages - plants, animals, humans Life Stages: Human life stage - who will I be? Where do babies come from? Getting bigger Me and my body - girls and boys

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			People who help to keep me safe	recognising, spending, using		
				Looking after money (2): saving money and keeping it safe		
Year 1	<p><u>Me and my relationships</u></p> <p>Why we have classroom rules</p> <p>Thinking about feelings</p> <p>Our feelings</p> <p>Feelings and bodies</p> <p>Our special people balloons</p> <p>Good friends</p> <p>How are you listening?</p>	<p><u>Valuing differences</u></p> <p>Same or different?</p> <p>Unkind, tease or bully?</p> <p>Harold's school rules</p> <p>Who are our special people?</p> <p>It's not fair!</p>	<p><u>Keeping myself safe</u></p> <p>Healthy me</p> <p>Super sleep</p> <p>Who can help? (1)</p> <p>Harold loses Geoffrey</p> <p>What could Harold do?</p> <p>Good or bad touches?</p>	<p><u>Rights and responsibilities</u></p> <p>Harold's wash and brush up</p> <p>Around and about the school</p> <p>Taking care of something</p> <p>Harold's money</p> <p>How should we look after our money?</p> <p>Basic first aid</p>	<p><u>Being my best</u></p> <p>I can eat a rainbow</p> <p>Eat well</p> <p>Catch it! Bin it! Kill it!</p> <p>Harold learns to ride his bike</p> <p>Pass on the praise!</p> <p>Harold has a bad day</p>	<p><u>Growing and changing</u></p> <p>Inside my wonderful body!</p> <p>Taking care of a baby</p> <p>Then and now</p> <p>Who can help? (2)</p> <p>Surprises and secrets</p> <p>Keeping privates private</p>
Year 2	<p><u>Me and my relationships</u></p> <p>Our ideal classroom (1)</p> <p>Our ideal classroom (2)</p> <p>How are you feeling today?</p>	<p><u>Valuing differences</u></p> <p>What makes us who we are?</p> <p>How do we make others feel?</p> <p>My special people</p>	<p><u>Keeping myself safe</u></p> <p>Harold's picnic</p> <p>How safe would you feel?</p> <p>What should Harold say?</p>	<p><u>Rights and responsibilities</u></p> <p>Getting on with others</p> <p>When I feel like erupting</p> <p>Feeling safe</p>	<p><u>Being my best</u></p> <p>You can do it!</p> <p>My day</p> <p>Harold's postcard - helping us to keep clean and healthy</p>	<p><u>Growing and changing</u></p> <p>A helping hand</p> <p>Sam moves away</p> <p>Haven't you grown!</p>

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	<p>Bullying or teasing? Don't do that! Types of bullying Being a good friend Let's all be happy!</p>	<p>When someone is feeling left out An act of kindness Solve the problem</p>	<p>I don't like that! Fun or not? Should I tell? Some secrets should never be kept</p>	<p>How can we look after our environment? Harold saves for something special Harold goes camping</p>	<p>Harold's bathroom My body needs... What does my body do?</p>	<p>My body, your body Respecting privacy Basic first aid</p>
Year 3	<p><u>Me and my relationships</u> As a rule My special pet Tangram team challenge Looking after our special people How can we solve this problem? Dan's dare Thunks Friends are special</p>	<p><u>Valuing differences</u> Family and friends My community Respect and challenge Our friends and neighbours Let's celebrate our differences Zeb</p>	<p><u>Keeping myself safe</u> Safe or unsafe? Danger or risk? The Risk Robot Alcohol and cigarettes: the facts Super Searcher None of your business! Raisin challenge (1) Help or harm?</p>	<p><u>Rights and responsibilities</u> Our helpful volunteers Helping each other to stay safe Recount task Harold's environment project Can Harold afford it? Earning money</p>	<p><u>Being my best</u> Derek cooks dinner! (healthy eating) Poorly Harold For or against? I am fantastic! Getting on with your nerves! Body team work Top talents</p>	<p><u>Growing and changing</u> Relationship Tree Body space Secret or surprise? My changing body Basic first aid</p>
Year 4	<p><u>Me and my relationships</u> An email from Harold! Ok or not ok? (part 1) Ok or not ok? (part 2)</p>	<p><u>Valuing differences</u> Can you sort it? Islands Friend or acquaintance?</p>	<p><u>Keeping myself safe</u> Danger, risk or hazard? Picture Wise</p>	<p><u>Rights and responsibilities</u> Who helps us stay healthy and safe? It's your right</p>	<p><u>Being my best</u> What makes me ME! Making choices (formerly Ed6)</p>	<p><u>Growing and Changing</u> Moving house My feelings are all over the place!</p>

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	<p>Human machines</p> <p>Different feelings</p> <p>When feelings change</p> <p>Under pressure</p>	<p>What would I do?</p> <p>The people we share our world with</p> <p>That is such a stereotype!</p>	<p>How dare you!</p> <p>Medicines: check the label</p> <p>Know the norms (formerly Tell Ed6)</p> <p>Keeping ourselves safe</p> <p>Raisin challenge (2)</p>	<p>How do we make a difference?</p> <p>In the news!</p> <p>Safety in numbers</p> <p>Logo quiz</p> <p>Harold's expenses</p> <p>Why pay taxes?</p>	<p>Learns to be human)</p> <p>SCARF Hotel</p> <p>Harold's Seven Rs</p> <p>My school community (1)</p> <p>Basic first aid</p>	<p>All change!</p> <p>Period positive</p> <p>Secret or surprise?</p> <p>Together</p>
Year 5	<p><u>Me and my relationships</u></p> <p>Collaboration Challenge!</p> <p>Give and take</p> <p>How good a friend are you?</p> <p>Relationship cake recipe</p> <p>Being assertive</p> <p>Our emotional needs</p> <p>Communication</p>	<p><u>Valuing differences</u></p> <p>Qualities of friendship</p> <p>Kind conversations</p> <p>Happy being me</p> <p>The land of the Red People</p> <p>Is it true?</p> <p>It could happen to anyone</p>	<p><u>Keeping myself safe</u></p> <p>'Thunking' about habits</p> <p>Jay's dilemma</p> <p>Spot bullying</p> <p>Ella's diary dilemma</p> <p>Decision dilemmas</p> <p>Play, like, share</p> <p>Drugs: true or false?</p> <p>Smoking: what is normal?</p> <p>Would you risk it?</p>	<p><u>Rights and responsibilities</u></p> <p>What's the story?</p> <p>Fact or opinion?</p> <p>Rights, responsibilities and duties</p> <p>Mo makes a difference</p> <p>Spending wisely</p> <p>Lend us a fiver!</p> <p>Local councils</p>	<p><u>Being my best</u></p> <p>Getting fit</p> <p>It all adds up!</p> <p>Different skills</p> <p>My school community (2)</p> <p>Independence and responsibility</p> <p>Star qualities?</p> <p>Basic first aid</p>	<p><u>Growing and Changing</u></p> <p>How are they feeling?</p> <p>Taking notice of our feelings</p> <p>Dear Hetty</p> <p>Changing bodies and feelings</p> <p>Growing up and changing bodies</p> <p>It could happen to anyone</p> <p>Help! I'm a teenager - get me out of here!</p> <p>Dear Ash</p>

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						Stop, start, stereotypes
Year 6	<p><u>Me and my relationships</u> Working together Let's negotiate Solve the friendship problem Assertiveness skills (formerly Behave yourself - 2) Behave yourself Dan's day Don't force me Acting appropriately It's a puzzle</p>	<p><u>Valuing differences</u> OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? - challenging gender stereotypes</p>	<p><u>Keeping myself safe</u> Think before you click! Traffic lights To share or not to share? Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal? Joe's story (part 1) Joe's story (part 2)</p>	<p><u>Rights and responsibilities</u> Two sides to every story Fakebook friends What's it worth? Jobs and taxes Action stations! Project Pitch (parts 1 & 2) Happy shoppers Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made</p>	<p><u>Being my best</u> Five Ways to Wellbeing project This will be your life! Our recommendations What's the risk? (1) What's the risk? (2) Basic first aid</p>	<p><u>Growing and Changing</u> Helpful or unhelpful? Managing change I look great! Media manipulation Pressure online Is this normal? Dear Ash Making babies What is HIV?</p>