

PSHE Long Term Plan 2020 – 2021 – 2022

These are the key themes that our school will focus on each year. There is a Year A (2021-2022) and Year B (2020 – 2021) rotation.

Rights and responsibilities	Money	Health	Feelings and friendship	Safety and risk	Identity
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	Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 2	A	<p>How do we decide how to behave?</p> <p>Class rules; respecting others' needs; behaviour; listening; feelings and bodies can be hurt.</p>	<p>What can we do with money?</p> <p>Where money comes from; spending; saving; keeping money safe.</p>	<p>How do we keep safe?</p> <p>Keeping safe in familiar and unfamiliar situations; household products (including medicines) can be harmful; secrets and surprises; appropriate/inappropriate touch; who helps keep us safe; asking for help.</p>		<p>How do we feel?</p> <p>Different kinds of feelings; strategies to manage feelings; change and loss.</p>	<p>What makes us special?</p> <p>Respecting similarities and differences between people; special people; that everyone is unique; but that everyone has similarities</p>
	B	<p>How can we help?</p> <p>Group and class rules and why they are important; respecting own and others' rights and need; privacy; looking after the environment.</p>	<p>What is bullying?</p> <p>Hurtful teasing and bullying is wrong, what to do about bullying; unsafe secrets; inappropriate touch what to do if it happens</p>	<p>How can we be healthy?</p> <p>Things that keep bodies and minds healthy (activity, rest, food); hygiene routines; choices</p>	<p>What is the same and different about us?</p> <p>Recognise what they are good at; set simple goals; growing, changing and being more independent; naming body parts correctly (including external genitals); belonging to different groups.</p>	<p>How do we show our feelings?</p> <p>Different kinds of feelings; strategies to manage feelings; change and loss; recognise how others are feeling; sharing feelings</p>	<p>How can we keep safe in different places?</p> <p>Rules for keeping safe in different places; including online; people who work in the community who keep us safe</p>
Class 3	A	<p>What are the rules that keep us safe?</p> <p>Importance of school rules for health and safety; hygiene routines; difference between appropriate and inappropriate touch; how to respond; keeping safe in local environment; how to get help in an emergency; people who help them stay safe.</p>	<p>What can we do about bullying?</p> <p>Recognise bullying; how to respond and ask for help; people who help them stay healthy and safe.</p>	<p>What are we responsible for?</p> <p>Responsibilities; rights and duties at home, in school and the local environment; how actions affect self and others.</p>	<p>How can we describe our feelings?</p> <p>Wider range of feelings; conflicting feelings experiences at the same time; describing feelings; feelings associated with change; recognising wider range of feelings in others; responding to other's feelings.</p>	<p>How can we eat well?</p> <p>What makes a balanced lifestyle; balanced diet; making choices; what influences choices.</p>	<p>What jobs would we like?</p> <p>What is meant by stereotypes; what it means to be enterprising; working collaboratively to the shared goals; recognise achievements and set targets</p>

	B	What is diversity? Difference and diversity of people living in the UK; values and customs of people around the world; stereotypes.	How can we be a good friend? Recognise wider range of feelings in others; responding to feelings; strategies to resolve disputes; negotiation and compromise; resolving differences; feedback.	How do we grow and change? Changes that happen at puberty; keeping good hygiene; describing intensity of feelings to others; managing complex emotions; different types of relationships; what makes a healthy relationship (friendship); maintaining positive relationships; who is responsible for their health and wellbeing; to ask for advice.		How can we keep safe in our local area? Managing risk in familiar situations and the local environment; feeling negative pressure and managing this; recognising and managing dares; actions affect themselves and others; people who help them stay healthy and safe.	
Class 4	A	What makes us a community? What is means to be in a community; groups and individuals that support the local community; voluntary community and pressure groups; appreciating the range of identities in the UK; values and customs of people living around the world.	What does discrimination mean? Actions can affect self and others; discrimination, teasing and bullying; stereotypes; differences and similarities between people; equalities.	How can we manage our money? About the role of money; ways of managing money; being a critical consumer; that images in the media do not necessarily reflect reality.	What choices help health? What makes a balanced lifestyle; making choices; what is meant by a habit; drugs common to everyday life; who helps them stay healthy and safe.	How can we be safe online and using social media? Keeping safe and well using a mobile phone; strategies for managing personal safety online; managing requests for images; personal boundaries.	What makes us enterprising? Different ways of achieving and celebrating personal goals; high aspirations; growth mind-set; setting up an enterprise; what enterprise means for work and society.
	B	What makes a healthy and happy relationship? Different relationships; what makes positive, healthy relationships; recognise when relationships are unhealthy; committed; loving relationships (including marriage, civil partnerships); human reproduction.	What are human rights? Why and how the laws are made; taking part in making and changing rules; importance of human rights; rights of the child; right to protect their bodies (including FGM or forced marriage); confidentiality and when to break a confidence.	How can money affect us? Finance and its role in people's lives; being a critical consumer; what is mean by interest, loan, debt, tax; how this affects individuals, communities and the environment; research and debate health and wellbeing issues.	How can we stay healthy? What positively and negatively affects health; informed choices; balanced lifestyle; how drugs can affect health and safety; the law and drugs; who is responsible for their health and wellbeing.	How can we manage risk? Increased independence and responsibility; strategies for managing risk; different influences; unhelpful pressure; personal safety; managing requests for images; how anti-social behaviour affects wellbeing; how to handle this behaviour	