



PSHE Long Term Plan

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	Aut 1 (1)	Aut 2 (2)	Spr 1 (3)	Spr 2 (4)	Sum 1 (5)	Sum 2 (6)
Topics	It's good to be me!		Once upon a time...		It's a wonderful world!	
Reception	Me and My Relationships Children will develop a good understanding of what makes them, and their friends and family, special. They will learn strategies for dealing with positive and negative emotions.	Valuing Difference Children will learn about similarities and differences between families, homes, themselves and their peers. They will understand the characteristics of a good friend.	Keeping Myself Safe The children will learn about keeping safe indoors and outdoor, people who keep them safe and how to keep safe online. The children will learn about medicine safety.	Rights and Responsibilities Children will learn how to take care of their friends, special people, their world around them. They will learn about looking after money and keeping things safe.	Being My Best Children will develop and learn about strategies for when things go wrong, and how to develop Growth Mindset. Children will learn about the benefits of sleep.	Growing and Changing Children will learn about life stages of some animals and humans. They will learn about labelling body parts.
Topics	Long, Long, Ago		Paddington meets the King		Rumble in the jungle	
Year 1	Me and My Relationships Children will develop a good understanding of and build on strategies to help cope with: feelings/emotions conflict resolution/friendships	Valuing Difference Children will develop a good understanding and appreciation of differences, including a focus on British Values	Keeping Myself Safe Children will develop a good understanding of how our feelings can keep us safe and healthy – including medicine safety	Rights and Responsibilities Children will learn how to take care of things including: Myself My money My environment	Being My Best Children will develop a good Growth Mind set and understanding of how to keep our bodies healthy	Growing and Changing Children will develop a good understanding of growing and changing including : getting help, becoming independent and labelling body parts
Topics	Great fire of London		Fire and Ice		Through the eyes of a painter	
Year 2	Me and My Relationships Understand and build on strategies to help cope with: Bullying and teasing, being a good friend and recognising feelings/self-regulation.	Valuing Difference Children will develop a good understand of what it means to be kind and help others. Recognise the importance of, and develop listening skills.	Keeping Myself Safe Develop a good understanding of safe and unsafe secrets; appropriate touch and medicine safety	Rights and Responsibilities Recognise and develop strategies to feel calm, including co-operation and self-regulation.	Being My Best Develop a good Growth Mind set and know how to keep our bodies healthy	Growing and Changing Develop a good understanding of growing and changing including: Life cycles; dealing with loss and how to be supportive to others.
Topics	UK & Stone Age		Saxons & Vikings		Rivers & York	
Cycle A 3/4	Yr 3 scheme - Me and My Relationships Children will develop a good understanding of and build on strategies to help cope with co-operating with others and dealing with friendships.	Valuing Difference Understand what it means to recognise and respect diversity by being respectful and tolerant to others.	Keeping Myself Safe Understand how to manage risk; understand that medicines (drugs) can be helpful and harmful and know how to keep personal details safe online.	Rights and Responsibilities Children will learn to recognise skills needed to develop as they grow up; how to help others and how to be helped.	Being My Best Children will be able to say how they can help the people who help them.	Growing and Changing Children will identify positive relationships, and be aware of personal safety including body space.
Topics	Egyptians		Volcanoes, Earthquakes and Italy		Romans	
Cycle B 3/4	Me and My Relationships Children will recognise different feelings; develop a good understanding of what bullying is and know strategies to deal with it. Know the difference between assertive, aggressive and passive behaviours.	Valuing Difference Children will recognise and celebrate differences (including religions and cultural difference) as well as understanding and challenging stereotypes	Keeping Myself Safe Develop an understanding of how to manage risk; understand the norms of drug use (cigarette and alcohol use) and how these things can be influenced by others.	Rights and Responsibilities Children know how they can make a difference (different ways of helping others or the environment) and develop an understanding of the way in which media can influence	Being My Best Children will understand that they can make decisions and choices to keep their bodies healthy. Children will be able to give examples of how to look after the environment.	Growing and Changing Children will develop an understanding of how to manage difficult feelings and identify different types of relationships (including marriage)

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				decisions including spending money.		
Topics	Benin		The Americas		Noble Northamptonshire	
Cycle A 5/6	Me and My Relationships Recognise different feelings; build on skills needed to maintain good friendships including being assertive and compromising. <i>Y5 Girls to learn about menstruation learn how access to products in school.</i>	Valuing Difference Recognise and celebrate differences, including religions and cultural influence, and pressure of social media.	Keeping Myself Safe Children will continue to develop an understanding of how to manage risk, including staying safe online and the norms around the use of legal drugs (tobacco, alcohol).	Rights and Responsibilities Children will recognise that they have rights and responsibilities relating to their health and decisions about lending, borrowing and spending.	Being My Best Children understand that as they get older they have a growing independence and with that comes responsibility; Including media awareness and safety.	Growing and Changing Identify how to manage difficult feelings including change and knowing when to get help. <i>Y5 – Children will identify body changes (moved from the year 4 unit) and menstruation – all children (moved from y3) and body changes during puberty (from y4) plans can be found in the growing and changing sections of the year groups.</i> <i>Y6 – Children will learn about reproduction, including ways the sperm can fertilise the egg and the legal age of consent.</i>
Topics	Ancient Greece		Las Montañas		Crime and Punishment	
Cycle B 5/6	Me and My Relationships Build on relationship and friendship skills; knowing how to work with others and use co-operation skills. Recognise safe and unsafe touches and know when and how or be assertive. <i>Y5 Girls to learn about menstruation learn how access to products in school.</i>	Valuing Difference Recognise and reflect on prejudice-based bullying behaviours and develop an understanding of bystander behaviours.	Keeping Myself Safe Develop an understanding of emotional needs including staying safe online. Children build on their understanding of drugs and alcohol: norms and risks (including the law).	Rights and Responsibilities Children will recognise media bias, including social media and develop skills needed for a caring community and environment. Children develop an understanding of earning and saving money.	Being My Best Children understand the importance of having aspirations and goal setting, alongside managing risk.	Growing and Changing Build on skills on how to keep safe, including when it is safe to keep a secret and when you should tell. Identify emotional changes associated with puberty and know how our bodies change and know how to build self esteem and feel good about ourselves. Know how viruses can affect health – including HIV. <i>Y5 – Children will identify body changes (moved from the year 4 unit) and menstruation – all children (moved from y3) and body changes during puberty (from y4) plans can be found in the growing and changing sections of the year groups.</i> <i>Y6 – Children will learn about reproduction, including ways the sperm can fertilise the egg and the legal age of consent.</i>