



PSHE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Growing and Changing: Cycles Life stages Girls and boys – similarities and difference	Valuing Difference: Similarities and difference Celebrating difference Showing kindness	Keeping Safe: Keeping my body safe Safe secrets and touches People who help to keep us safe	Rights and Respect: Looking after things: friends, environment, money	Being my Best: Keeping by body healthy – food, exercise, sleep Growth Mindset	Me and My Relationships: What makes me special People close to me Getting help
Year 1	Me and My Relationships: Feelings Getting help Classroom rules Special people Being a good friend I can ... I can name a variety of different feelings and explain how these might make me behave. I can think of some different ways of dealing with 'not so good' feelings. I know when I need help and who to go to for help. I can tell you some different classroom rules.	Valuing Difference: Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help I can ... I can say ways in which people are similar as well as different. I can say why things sometimes seem unfair, even if they are not.	Keeping Safe: How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep I can ... I can say what I can do if I have strong, but not so good feelings, to help me stay safe (e.g. sad - talk to someone). I can give examples of how I keep myself healthy. I can say when medicines might be harmful (e.g. overdose, if not needed, another person's medicine, etc.)	Rights and Respect: Taking care of things: Myself My money My environment I can ... I can give some examples of how I look after myself and my environment - at school or at home. I can also say some ways that we look after money.	Being my Best: Growth Mindset Healthy eating Hygiene and health Cooperation I can ... I can name a few different ideas of what I can do if I find something difficult. I can say why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.	Growing and Changing: Getting help Becoming independent My body parts Taking care of self and others I can ... I can identify an adult I can talk to at both home and school. If I need help. I can tell you some things I can do now that I couldn't do when I was a toddler. I can tell you what some of my body parts do.
Year 2	Me and My Relationships: Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Valuing Difference: Being kind and helping others Celebrating difference People who help us Listening Skills I can ...	Keeping Safe: Safe and unsafe secrets Appropriate touch Medicine safety I can ...	Rights and Respect: Cooperation Self-regulation Online safety Looking after money – saving and spending	Being my Best: Growth Mindset Looking after my body Hygiene and health Exercise and sleep I can ...	Growing and Changing: Life cycles Dealing with loss Being supportive Growing and changing Privacy

	<p>I can ...</p> <p>I can tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me.</p> <p>I can suggest rules that will help to keep us happy and friendly and what will help me keep to these rules. I can also tell you about some classroom rules we have made together.</p> <p>I can give you lots of ideas about being what makes a good friend and also tell you how I try to be a good friend.</p> <p>Most of the time I can express my feelings in a safe, controlled way.</p>	<p>I can say how I could help myself if I was being left out.</p> <p>I can give a few examples of good listening skills and I can explain why listening skills help to understand a different point of view</p>	<p>I can give some examples of safe and unsafe secrets and I can think of safe people who can help if something feels wrong.</p> <p>I can give other examples of touches that are ok or not ok (even if they haven't happened to me) and I can identify a safe person to tell if I felt 'not OK' about something.</p> <p>I can explain that they can be helpful or harmful, and say some examples of how they can be used safely.</p>	<p>I can ...</p> <p>I can give examples of when I've used some of these ideas to help me when I am not settled.</p>	<p>I can name different parts of my body that are <i>inside</i> me and help to turn food into energy. I know what I need to get energy.</p> <p>I can explain how setting a goal or goals will help me to achieve what I want to be able to do.</p>	<p>I can ...</p> <p>I can tell you who helps us grow (people who look after us) and what things I can now do myself that I couldn't when I was younger.</p> <p>I can give examples of how it feels when you have to say goodbye to someone or something (e.g., move house).</p> <p>I can give examples of how to give feedback to someone.</p>
Year 3	<p>Me and My Relationships: Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss</p> <p>I can ...</p> <p>I can usually accept the views of others and understand that we don't always agree with each other.</p>	<p>Valuing Difference: Recognising and respecting diversity Being respectful and tolerant My community</p> <p>I can ...</p> <p>I can give examples of different community groups and what is good about having different groups.</p> <p>I can talk about examples in our classroom where respect</p>	<p>Keeping Safe: Managing risk Decision-making skills Drugs and their risks Staying safe online</p> <p>I can ...</p> <p>I can say what I could do to make a situation less risky or not risky at all.</p> <p>I can say why medicines can be helpful or harmful.</p>	<p>Rights and Respect: Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money</p> <p>I can ...</p> <p>I can say some ways of checking whether something is a fact or just an opinion.</p>	<p>Being my Best: Keeping myself healthy and well Celebrating and developing my skills Developing empathy</p> <p>I can ...</p> <p>I can give a few examples of things that I can take responsibility for in relation to my healthy and give an example of</p>	<p>Growing and Changing: Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets</p> <p>I can ...</p> <p>I can name a few things that make a positive relationship and some things that make a negative relationship.</p>

	<p>I can give you lots of ideas about what I do to be a good friend and tell you some different ideas for how I make up with a friend if we've fallen out.</p>	<p>and tolerance have helped to make it a happier, safer place.</p>	<p>I can tell you a few things about keeping my personal details safe online. I can explain why information I see online might not always be true.</p>	<p>I can say how I can help the people who help me, and how I can do this. I can give an example of this.</p>	<p>something that I've done which shows this.</p> <p>I can explain and give an example of a skill or talent that I've developed and the goal-setting that I've already done (or plan to do) in order to improve it.</p>	<p>I can tell you what happens to the woman's body when the egg isn't fertilised, recognising that it is the lining of the womb that comes away.</p> <p>I can identify when someone hasn't been invited into my body space and show how I can be assertive in asking them to leave it if I feel uncomfortable.</p>
Year 4	<p>Me and My Relationships: Healthy relationships Listening to feelings Bullying Assertive skills</p> <p>I can ...</p> <p>I can give a lot of examples of how I can tell a person is feeling worried just by their body language.</p> <p>I can say what I could do if someone was upsetting me or if I was being bullied.</p> <p>I can explain what being 'assertive' means and give a few examples of ways of being assertive.</p>	<p>Valuing Difference: Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes</p> <p>I can ...</p> <p>I can say a lot of ways that people are different, including religious or cultural differences.</p> <p>I can explain why it's important to challenge stereotypes that might be applied to me or others.</p>	<p>Keeping Safe: Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety</p> <p>I can ...</p> <p>I can give examples of people or things that might influence someone to take risks (e.g. friends, peers, media, celebrities), but that people have choices about whether they take risks.</p> <p>I can say a few of the risks of smoking or drinking alcohol on a person's body and give reasons for why most people choose not to smoke, or drink too much alcohol.</p> <p>I can give examples of positive and negative influences, including things that could</p>	<p>Rights and Respect: Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money</p> <p>I can ...</p> <p>I can explain how a 'bystander' I can have a positive effect on negative behaviour they witness (see happening) by working together to stop or change that behaviour.</p> <p>I can explain how these reports (TV, newspapers or their websites) can give messages that might influence how people think about things and why this might be a problem.</p>	<p>Being my Best: Having choices and making decisions about my health Taking care of my environment My skills and interests</p> <p>I can ...</p> <p>I can give a few examples of different things that I do already that help to me keep healthy.</p> <p>I can give different examples of some of the things that I do already to help look after my environment.</p>	<p>Growing and Changing: Body changes during puberty Managing difficult feelings Relationships including marriage</p> <p>I can ...</p> <p>I can label some parts of the body that only boys have and only girls have.</p> <p>I can list some of the reasons why a teenager might have these difficult feelings (e.g. conflict with parents).</p> <p>I can tell you why people get married.</p>

			influence me when I am making decisions.	I can give examples of these decisions and how they might relate to me.		
Year 5	<p>Me and My Relationships: Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs</p> <p>I can ...</p> <p>I can give a range of examples of our emotional needs and explain why they are important.</p> <p>I can explain why these qualities are important.</p> <p>I can give a few examples of how to stand up for myself (be assertive) and say when I might need to use assertiveness skills.</p>	<p>Valuing Difference: Recognising and celebrating difference, including religions and cultural Influence and pressure of social media</p> <p>I can ...</p> <p>I can give examples of different faiths and cultures and positive things about having these differences.</p> <p>I can explain how people sometimes aim to create an impression of themselves in what they post online that is not real and what might make them do this.</p>	<p>Keeping Safe: Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills</p> <p>I can ...</p> <p>I can give examples of things that might influence a person to take risks online. I can explain that I have a choice.</p> <p>I can say the percentage of people aged 11-15 years old that smoke in the UK (3%) and I can give reasons why some people think it's a lot more than this.</p>	<p>Rights and Respect: Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending</p> <p>I can ...</p> <p>I can give examples of some of the rights and related responsibilities I have as I grow older, at home and school. I can also give real examples of each that relate to me.</p> <p>I can give a few different examples of things that I am responsible for to keep myself healthy.</p> <p>I can explain that local councils have to make decisions about how money is spent on things we need in the community. I can also give an example of some of the things they have to allocate money for.</p>	<p>Being my Best: Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community</p> <p>I can ...</p> <p>I can give an example of when I have had increased independence and how that has also helped me to show responsibility.</p> <p>I can name several qualities that make people attractive that are nothing to do with how they look, but about how they behave.</p>	<p>Growing and Changing: Managing difficult feelings Managing change How my feelings help keeping safe Getting help</p> <p>I can ...</p> <p>I can explain what resilience is and how it can be developed.</p> <p>I can list ways that I can prepare for changes (e.g. to get the facts, talk to someone).</p> <p>I am able to identify when I need help and can identify trusted adults in my life who can help me.</p>
Year 6	<p>Me and My Relationships: Assertiveness Cooperation Safe/unsafe touches Positive relationships</p> <p>I can ...</p>	<p>Valuing Difference: Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping</p>	<p>Keeping Safe: Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)</p>	<p>Rights and Respect: Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy</p>	<p>Being my Best: Aspirations and goal setting Managing risk Looking after my mental health</p>	<p>Growing and Changing: Coping with changes Keeping safe Body Image Sex education Self-esteem</p>

	<p>I can explain bystander behaviour by giving examples of what bystanders do when someone is being bullied.</p> <p>I can give examples of negotiation and compromise.</p> <p>I can explain what inappropriate touch is and give example.</p>	<p>I can ...</p> <p>I can reflect on and give reasons for why some people show prejudiced behaviour and sometimes bully for this reason.</p> <p>I can explain the difference between a passive bystander and an active bystander and give an example of how active bystanders can help in bullying situations.</p>	<p>I can ...</p> <p>I can explain why emotional needs are as important as physical needs and what might happen if a person doesn't get their emotional needs met.</p> <p>I can explain some ways of making sure that I keep myself safe when using a mobile phone, including safety around sharing personal information or images, and that there are laws relating to this.</p> <p>I can explain why some people believe that more young people drink alcohol than actually do (misperceive the norm).</p>	<p>I can ...</p> <p>I can explain why people might do this (why they are showing certain aspects of themselves) and how social media can affect how a person feels about themselves.</p> <p>I can explain that what 'environmentally sustainable' living means and give an example of how we can live in a more 'sustainable' way.</p> <p>I can explain the advantages and disadvantages of different ways of saving money.</p>	<p>I can ...</p> <p>I can tell you how I can overcome problems and challenges on the way to achieving my goals.</p> <p>I can give examples of an emotional risk and a physical risk.</p>	<p>I can ...</p> <p>I can give an example of a secret that should be shared with a trusted adult.</p> <p>I can tell you some emotional changes associated with 'puberty' and how people may feel when their bodies change.</p> <p>I can give examples of other ways in which the way a person feels about themselves can be affected (e.g. images of celebrities).</p>
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