



PSHE Long Term Plan

Year 1	Autumn		Spring		Summer	
Theme	We're all stars!	Be friendly, be wise	Living long, living strong	Daring to be different	Dear Diary	Joining in and joining up
	Class charter Getting to know each other Working together	Making and sustaining friendships Keeping safe at home and outdoors Anti-bullying	SRE: Growing & caring for ourselves; Valuing difference & keeping safe; Keeping Healthy Personal goals	Identity and self esteem Positive and negative feelings Assertiveness	Comfortable and uncomfortable feelings Managing behaviour Help and support	Needs and responsibilities Listening and giving opinions Right and wrong
National Curriculum links	Children can Identify and name some feelings and express some of their positive qualities Explain different ways that family and friends should care for one another (e.g. telling a friend they like them, showing concern for unwell family member I think about myself, learn from my experiences and recognise what I am good at.	Children can... Recognise that bullying is wrong and can list some ways to get help in dealing with it Describe ways of keeping safe in familiar situations Recognise the effect of their behaviour on other people, and can cooperate with others (e.g. by playing & working with friends & classmates).	Children can... Make simple choices about some aspects of health and well-being and know what keeps them healthy Explain ways of keeping themselves clean and can name main parts of the body Know how some diseases spread and can be controlled Explain that people grow from young to old.	Children can... Identify and name some feelings and express some of their positive qualities Identify and respect differences and similarities between people Show that they can manage their feelings in a positive way I share my opinions on things that matter to them and explain their views.	Children can... Explain different ways that family and friends should care for one another (e.g. telling a friend they like them, showing concern for unwell family member Show that they can manage some feelings in a positive and effective way.	Children can... Begin to share their views and opinions Identify and respect differences and similarities between people. That people and other living things have needs and that they have a responsibility to meet them. Contribute positively to the life of the class and school.

Year 2	Autumn		Spring		Summer	
Theme	It's our world	People around us	Growing Up	Who likes chocolate	Say no!	Money matters
	Class charter Belonging Environmental issues	Special people, help and support Different families, different identities around the world Anti-bullying week	SRE: differences: boys and girls, males and females Naming the body parts Being unique Changing our behaviour	Fair Trade Foods from around the world Customs and rituals	Drug Education Medicines, household substances Managing feelings and relationships Feeling safe: real and imaginary hazards	Understanding money Why do we have money? Keeping money safe Want and needs. Do I have enough money? Setting a simple goal
National Curriculum links	Children can... Identify what improves and harms their local, natural and built environment and talk about ways people look after them Know that they belong to various groups and communities, such as family and school. I agree and follow rules for my group and classroom.	Children can... Identify and respect some of the differences and similarities between people Identify their special people (family, friends, and carers), what makes them social and how people should care for one another. Recognise that bullying is wrong and can list some ways to get help in dealing with it.	Children can... Name main parts of the body Identify and respect the differences and similarities between people Recognise choices they make, and recognise the difference between right and wrong.	Children can... Say what they like and dislike, what is fair and unfair, and what is right and wrong. Identify and respect the differences and similarities between people Recognise what is fair and unfair, kind and unkind, right and wrong.	Children can... Understand that all household products, including medicines, can be harmful if not used properly. I recognise, name and deal with my feelings in a positive way. To listen to other people and play and work cooperatively (including strategies to resolve simple arguments).	Children can... Realise that money comes from different sources and can be used for different purposes. Set simple goals.

Year 3	Autumn		Spring		Summer	
Theme	We're all stars	Be friendly, be wise	Living long, living strong	Daring to be different	Dear diary	Joining in and joining up
	Class charter Gifts and talents Working cooperatively Having opinions	The importance of friends + Falling out with a friend Managing anger Safety Anti-bullying	SRE: Difference & comfortable/uncomfortable touch Healthy eating and exercise	Self esteem Difference and diversity Standing up for yourself Hiding and showing feelings	Responsibility Right choices Managing uncomfortable Help and support	Needs and responsibilities Participation Local democracy Voluntary groups Fund-raising activities
National Curriculum links	Children can... Express their views confidently, listen to and show respect for the views of others Work collaboratively towards a shared goal Reflect on and celebrate achievements.	Children can... Describe the nature & consequences of bullying, & express ways of dealing with it Identify some factors that affect emotional health & wellbeing (e.g. exercise or emotions) responding to it Identify how to manage risks in different situations.	Children can... Identify different relationships Judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them) Make choices about how to develop healthy lifestyles.	Children can... Demonstrate that they recognise their own worth and that of others Listen to and show respect for the views of others. Identify some factors that affect emotional health and wellbeing (dealing with emotions).	Children can... Make judgements and decisions Identify some factors that affect emotional health and wellbeing.	Children can... Talk about a range of jobs and explain how they will develop skills to work in the future Recognise the role of voluntary, community and pressure groups Resolve difference by looking at alternative, seeing and respecting others' points of view, making decision and explaining choices.

Year 4	Autumn		Spring		Summer	
	Class charter Rules and laws Saving energy Climate change	Similarities, differences and connections Living and working cooperatively Challenging prejudice and stereotypes Jobs Anti-bullying Week	SRE: differences: male and female, personal space, family differences Physical, mental and emotional health Overcoming barriers to reaching goals	Fair trade Consumer power The media and information, advertising Recognising and challenging stereotypes	Drug Education Risk taking Legal and illegal drugs Smoking and alcohol Keeping safe in my local area: say no to gangs	Managing Money Paying for goods Planning and budgeting Charity work, fund-raising
National Curriculum links	Children can... Know why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules. Know that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment.	Children can... Think about the lives of people living in other places and times, and people with different values and customs. Recognise and challenge stereotypes. Realise the consequence of anti-social and aggressive behaviours such as bullying and discrimination Know about the range of jobs carried out by people Know, and understand how to develop skills to make their own contribution in the future.	Children can... Know that differences and similarities between people arise from a number of factors, Judging what kind of physical contact is acceptable or unacceptable Be aware of different types of relationships, Understand what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health and how to make informed choices.	Children can... Explore how the media present information. Research, discuss and debate topical issues, problems and events. Reflect on spiritual, moral, social, and cultural issues, using imagination to understand other people's experiences. Recognise and challenge stereotypes.	Children can... Know which commonly available substances and drugs are legal and illegal, there effects and risks. Recognise the different risks in different situations and then decide how to behave responsibly,	Children can... Look after my money and realise that future wants and needs may be met through saving. Recognise the role of voluntary, community and pressure groups.

Year 5	Autumn		Spring		Summer	
Theme	We're all stars!	Be friendly, be wise	Living long, living strong	Daring to be different	Dear diary	Joining in and joining up
	Class charter Cooperation Managing feelings Communication skills Role models	Types of friendships Conflict resolution First Aid Anti-bullying	SRE: Puberty, male and female changes, hygiene Well-being Being an effective learner	Peer influence and assertiveness Different opinions Risky choices	Where to get help and support Managing feelings Breaking friends Forgiveness	Anti-social behaviour and the consequences of crime Rules and laws Voting and debating
National Curriculum links	Children can... Work collaboratively towards a shared goal Reflect on and celebrate achievements Express their views confidently, listen to and show respect for the views of others Explain how their actions can have consequences for themselves and others Face new challenges positively by collecting information, looking for help, making responsible choices, and taking action.	Children can... Explain how their actions have consequences for themselves & others Recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them. Describe the nature & consequences of bullying, & express ways of dealing with it Know basic emergency aid procedures and where to get help.	Children can... Discuss some of the bodily and emotional changes of puberty Demonstrate some ways of dealing with these changes in a positive way Make judgements and decisions.	Children can... Express their views confidently, listen to and show respect for the views of others Identify and explain how to manage the risk of different situations.	Children can... Make judgements and decisions Explain how their actions have consequences for themselves and other Recognise ways in which a relationship can be unhealthy and who to talk to if they need support.	Children can... Understand why and how laws made and enforced Recognise the consequences of anti-social behaviour Express their views confidently, listen to and show respect for the views of others.

Year 6	Autumn		Spring		Summer	
	Class charter Democracy Environmental awareness and responsibility Climate change Sustainability issues	National, religious and ethnic identities in the UK Different types of relationships Stereotyping and judgement Anti-bullying	SRE: puberty and reproduction Relationships and reproduction Conception and pregnancy Being a parent	Fair Trade Rich and poor nations Trade across the world Global footprints Fairness and responsibility Reporting the news	Drug Education Risk taking and dealing with pressure Legal and illegal drugs Smoking and alcohol Keeping safe in my local area: say no to knives	Earning money Value for money Lending and borrowing money Achieving goals Poverty Transition and moving on (High school) Common responses to change
National Curriculum links	Children can... Understand what democracy is, and about the basic institutions that support it locally and nationally. Know that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment. Talk and write about my opinions, and explain my views, on issues that affect society and me.	Children can... Appreciate the range of national, regional, religious and ethnic identities in the UK. Understand that my actions affect myself and others, care about other people's feelings and to try to see things from their points of view. Be aware of different types of relationships, including marriage and those between friends and families, and to develop the skills to be effective in relationships.	Children can... Recognise, as I approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others' in a positive way. Learn about how the body changes as they approach puberty.	Children can... Know that differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability. Think about the lives of people living in other places and times, and people with different values and customs. Explore how the media present information.	Children can... Know which commonly available substances and drugs are legal and illegal, their effects and risks. Realise the consequences of anti-social and aggressive behaviours, such as bullying and racism, on individuals and communities. Recognise the different risks in different situations and then decide how to behave responsibly.	Children can... Look after my money and realise that future wants and needs may be met through saving. Talk and write about my opinions, and explain my views, on issues that affect society and me. Know that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment.