

Long Term Plan PSHE

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Introduction lesson Family and relationships Seven lessons exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.	Family and relationships cont. Health and wellbeing Eight lessons exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, dealing with allergic reactions and people in the community who keep us healthy.	Health and wellbeing Safety and the changing Body Eight lessons learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe.	Safety and the changing Body cont. Citizenship Six lessons learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.	Citizenship Economic wellbeing Five lessons learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of the jobs roles in schools.	Economic wellbeing cont. Transition lesson
Year 2	Introduction lesson Family and relationships Seven lessons learning: that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect.	Family and relationships Health and wellbeing Seven lessons learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals, developing a growth mindset and understanding dental hygiene.	Health and wellbeing cont. Safety and the changing Body Eight lessons developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.	Safety and the changing body Citizenship Seven lessons learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school councils work and voicing an opinion.	Citizenship cont.	Economic wellbeing Five lessons learning about where money comes from, how to look after money and why we use banks and building societies. Transition lesson
Year 3	Introduction lesson Family and relationships Eight lessons learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.	Family and relationships cont. Health and wellbeing Six lessons understanding that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.	Health and wellbeing cont. Safety and the changing Body Eight lessons learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.	Safety and the changing Body cont. Citizenship Seven lessons learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.	Citizenship cont.	Economic wellbeing Six lessons. An introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and careers. Transition lesson
Year 4	Introduction lesson Family and relationships Eight lessons learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in	Family and relationships Health and wellbeing Seven lessons developing emotional maturity; learning that we experience a range	Health and wellbeing Safety and the changing Body Eight lessons building awareness of online safety and benefits and risks of sharing information online; the	Safety and the changing Body cont.	Citizenship Six lessons learning about Human rights and caring for the environment; exploring the role of groups within the local community and	Economic wellbeing Five lessons exploring: choices associated with spending, what makes something good value for money, career aspirations and what influences career choices.

	friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.	of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.	difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma		appreciating community diversity; looking at the role of local government.	Transition lesson
Year 5	Introduction lesson Family and relationships Eight lessons developing an understanding: of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.	Family and relationships cont. Health and wellbeing Seven lessons learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.	Health and wellbeing cont. Safety and the changing Body Seven lessons exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.	Safety and the changing Body cont. Citizenship Six lessons. An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community.	Citizenship cont. Economic wellbeing Five lessons developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace.	Economic wellbeing cont. Transition lesson: Roles and responsibilities
Year 6	Introduction lesson Family and relationships Six lessons learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.	Health and wellbeing Eight lessons learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.	Health and wellbeing cont. Safety and the changing Body Eight lessons learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.	Safety and the changing Body cont. Citizenship six lessons learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.	Citizenship cont. Economic wellbeing Five lessons exploring: attitudes to money, how to keep money safe, career paths and the variety of different jobs available.	Economic wellbeing cont. Identity Three lessons on the theme of personal identity, gender identity and body image. Transition