

PSHE Long Term Plan

Topic (jigsaw Piece)	Being me in My world	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Growing and Changing RoSIS
<b>FS1/FS2</b>	<ol style="list-style-type: none"> <li>1. Self-identity</li> <li>2. Understanding feelings.</li> <li>3. Being in a classroom</li> <li>4. Being gentle</li> <li>5. Rights and responsibilities</li> </ol>	<ol style="list-style-type: none"> <li>1. Identifying talents</li> <li>2. Being special</li> <li>3. Families</li> <li>4. Where we live</li> <li>5. Making friends</li> <li>6. Standing up for yourself</li> </ol>	<ol style="list-style-type: none"> <li>1. Challenges</li> <li>2. Perseverance</li> <li>3. Goal-setting</li> <li>4. Overcoming obstacles</li> <li>5. Seeking help</li> <li>6. Jobs</li> <li>7. Achieving goals</li> </ol>	<ol style="list-style-type: none"> <li>1. Exercising bodies</li> <li>2. Physical activity</li> <li>3. Healthy food</li> <li>4. Sleep</li> <li>5. Keeping clean</li> <li>6. Safety</li> </ol>	<ol style="list-style-type: none"> <li>1. Family life</li> <li>2. Friendships</li> <li>3. Breaking friendships</li> <li>4. Falling out</li> <li>5. Dealing with bullying</li> <li>6. Being a good friend</li> </ol>	
<b>Year 1</b>	<ol style="list-style-type: none"> <li>1. Feeling special and safe.</li> <li>2. Being part of a class.</li> <li>3. Rights and responsibilities.</li> <li>4. Rewards and feeling proud.</li> <li>5. Consequences</li> <li>6. Owning the Learning Charter.</li> </ol>	<ol style="list-style-type: none"> <li>1. Similarities and differences.</li> <li>2. Understanding bullying and knowing how to deal with it.</li> <li>3. Making new friends</li> <li>4. Celebrating the differences in everyone.</li> </ol>	<ol style="list-style-type: none"> <li>1. Setting goals</li> <li>2. Identifying successes and achievements.</li> <li>3. Learning styles</li> <li>4. Working well and celebrating achievement with a partner.</li> <li>5. Tackling new challenges.</li> <li>6. Identifying and overcoming obstacles.</li> <li>7. Feelings of success.</li> </ol>	<ol style="list-style-type: none"> <li>1. Keeping myself healthy.</li> <li>2. Healthier lifestyle choices.</li> <li>3. Keeping clean</li> <li>4. Being safe</li> <li>5. Medicine safety/safety with household items.</li> <li>6. Road safety</li> <li>7. Linking health and happiness.</li> </ol>	<ol style="list-style-type: none"> <li>1. Belonging to a family.</li> <li>2. Making friends/being a good friend.</li> <li>3. Physical contact preferences.</li> <li>4. People who help us.</li> <li>5. Qualities as a friend and person.</li> <li>6. Self-acknowledgement.</li> <li>7. Being a good friend to myself.</li> <li>8. Celebrating special relationships</li> </ol>	<ol style="list-style-type: none"> <li>1. Which parts of me are growing?</li> <li>2. Now I am growing up, what can I do?</li> <li>3. What made me grow/who helped me to grow?</li> </ol>

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<p><b>Year 2</b></p>	<ol style="list-style-type: none"> <li>1. Hopes and fears for the year.</li> <li>2. Rights and responsibilities.</li> <li>3. Rewards and consequences</li> <li>4. Safe and fair learning Environment.</li> <li>5. Valuing contributions</li> <li>6. Choices</li> <li>7. Recognising feelings</li> </ol>	<ol style="list-style-type: none"> <li>1. Assumptions and stereotypes about gender.</li> <li>2. Understanding bullying.</li> <li>3. Standing up for self and others.</li> <li>4. Making new friends</li> <li>5. Gender diversity</li> <li>6. Celebrating difference and remaining friends .</li> </ol>	<ol style="list-style-type: none"> <li>1. Achieving realistic goals.</li> <li>2. Perseverance</li> <li>3. Learning strengths.</li> <li>4. Learning with others</li> <li>5. Group co-operation</li> <li>6. Contributing to and sharing success.</li> </ol>	<ol style="list-style-type: none"> <li>1. Motivation</li> <li>2. Healthier choices</li> <li>3. Relaxation</li> <li>4. Healthy eating and nutrition.</li> <li>5. Healthier snacks and sharing food.</li> </ol>	<ol style="list-style-type: none"> <li>1. Different types of family.</li> <li>2. Physical contact boundaries.</li> <li>3. Friendship and conflict.</li> <li>4. Secrets</li> <li>5. Trust and appreciation</li> <li>6. Expressing appreciation for special Relationships.</li> </ol>	<ol style="list-style-type: none"> <li>1.What do I remember about being born and growing?</li> <li>2.What makes things grow and what makes me grow?</li> <li>3.What new things can I do?</li> <li>4.How to recognise emotions and manage them?</li> </ol>
<p><b>Year 3</b></p>	<ol style="list-style-type: none"> <li>1. Setting personal goals.</li> <li>2. Self-identity and worth.</li> <li>3. Positivity in challenges.</li> <li>4. Rules, rights and Responsibilities.</li> <li>5. Rewards and consequences.</li> <li>6. Responsible choices</li> </ol>	<ol style="list-style-type: none"> <li>1. Families and their differences.</li> <li>2. Family conflict and how to manage it (child-centred).</li> <li>3. Witnessing bullying and how to solve it.</li> <li>4. Recognising how words can be hurtful.</li> <li>5. Giving and receiving Compliments.</li> </ol>	<ol style="list-style-type: none"> <li>1. Difficult challenges and achieving Success.</li> <li>2. Dreams and ambitions</li> <li>3. New challenges</li> <li>4. Motivation and enthusiasm.</li> <li>5. Recognising and trying to overcome obstacles.</li> <li>6. Evaluating learning processes.</li> </ol>	<ol style="list-style-type: none"> <li>1. Exercise</li> <li>2. Fitness challenges</li> <li>3. Food labelling and healthy swaps.</li> <li>4. Attitudes towards drugs.</li> <li>5. Keeping safe and why it's important online and off line scenarios.</li> <li>6. Respect for myself and others.</li> <li>7. Healthy and safe choices.</li> </ol>	<ol style="list-style-type: none"> <li>1. Family roles and responsibilities.</li> <li>2. Friendship and negotiation.</li> <li>3. Keeping safe online and who to go to for help.</li> <li>4. Being a global citizen</li> <li>5. Being aware of how my choices affect others.</li> <li>6. Awareness of how other children</li> </ol>	<ol style="list-style-type: none"> <li>1.When are you most at risk?</li> <li>2. Who are you and Where are you going?</li> <li>3.How to identify risks online.</li> <li>4. How to say no when you don't like something.</li> </ol>

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	7. Seeing things from others' perspectives		7. Managing feelings 8. Simple budgeting		have different lives. 7. Expressing appreciation for family and friends	
<b>Year 4</b>	<ol style="list-style-type: none"> <li>1. Being part of a class team.</li> <li>2. Being a school citizen</li> <li>3. Rights, responsibilities and democracy (school council)</li> <li>4. Rewards and consequences.</li> <li>5. Group decision-making.</li> <li>6. Having a voice</li> <li>7. What motivates behaviour.</li> </ol>	<ol style="list-style-type: none"> <li>1. Challenging assumptions.</li> <li>2. Judging by appearance.</li> <li>3. Accepting self and others.</li> <li>4. Understanding influences.</li> <li>5. Understanding bullying.</li> <li>6. Problem-solving</li> <li>7. Identifying how special and unique everyone is.</li> <li>8. First impressions</li> </ol>	<ol style="list-style-type: none"> <li>1. Hopes and dreams</li> <li>2. Overcoming disappointment.</li> <li>3. Creating new, realistic dreams.</li> <li>4. Achieving goals</li> <li>5. Working in a group</li> <li>6. Celebrating contributions.</li> <li>7. Resilience</li> <li>8. Positive attitudes</li> </ol>	<ol style="list-style-type: none"> <li>1. Healthier friendships</li> <li>2. Group dynamics</li> <li>3. Smoking</li> <li>4. Alcohol</li> <li>5. Assertiveness</li> <li>6. Peer pressure</li> <li>7. Celebrating inner strength.</li> </ol>	<ol style="list-style-type: none"> <li>1. Jealousy</li> <li>2. Love and loss</li> <li>3. Memories of loved ones.</li> <li>4. Getting on and Falling Out.</li> <li>5. Girlfriends and boyfriends.</li> <li>6. Showing appreciation to people and Animals.</li> </ol>	<ol style="list-style-type: none"> <li>1. What do you know about caring for your body?</li> <li>2. How is my body changing?</li> <li>3. How can you look after your teeth?</li> <li>4. What are viruses and how can you minimise the risk to yourself?</li> <li>5. Why is sleep important?</li> <li>6. Why do we need to have daily exercise?</li> <li>7. What do we mean by "self-care?"</li> </ol>
<b>Year 5</b>	<ol style="list-style-type: none"> <li>1. Planning the forthcoming year.</li> <li>2. Being a citizen</li> <li>3. Rights and responsibilities.</li> <li>4. Rewards and consequences.</li> </ol>	<ol style="list-style-type: none"> <li>1. Cultural differences and how they can cause conflict.</li> <li>2. Racism</li> <li>3. Rumours and name-calling.</li> </ol>	<ol style="list-style-type: none"> <li>1. Future dreams</li> <li>2. The importance of money.</li> <li>3. Jobs and careers</li> <li>4. Dream job and how to get there.</li> </ol>	<ol style="list-style-type: none"> <li>1. Smoking, including vaping.</li> <li>2. Alcohol and anti-social behaviour.</li> <li>3. Emergency aid</li> <li>4. Body image</li> </ol>	<ol style="list-style-type: none"> <li>1. Self-recognition and self-worth.</li> <li>2. Building self-esteem</li> <li>3. Safer online communities.</li> </ol>	<ol style="list-style-type: none"> <li>1. How do we change?</li> <li>2. Which changes can we control?</li> <li>3. Emotions and feelings during puberty</li> </ol>

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	<p>5. How behaviour affects groups. 6. Democracy, having a voice, participating.</p>	<p>4. Types of bullying 5. Material wealth and Happiness. 6. Enjoying and respecting other cultures.</p>	<p>5. Goals in different cultures 6. Supporting others (charity). 7. Motivation</p>	<p>5. Relationships with food. 6. Healthy choices 7. Motivation and behaviour</p>	<p>4. Rights and responsibilities online. 5. Online gaming and gambling. 6. Reducing screen time, 7. Dangers of online grooming. SMARRT internet 8. safety rules.</p>	<p>4.Periods - what do I know? 5.How do boys change?</p>
<b>Year 6</b>	<p>1. Identifying goals for the year. 2. Global citizenship 3. Children's universal rights. 4. Feeling welcome and valued. 5. Choices, consequences and rewards. 6. Group dynamics 7. Democracy, having a voice. 8. Anti-social behaviour 9. Role-modelling</p>	<p>1. Perceptions of normality. 2. Understanding disability. 3. Power struggles 4. Understanding bullying. 5. Inclusion/exclusion 6. Differences as conflict, difference as celebration. 7. Empathy</p>	<p>1. Personal learning goals, in and out of school. 2. Success criteria Emotions in success. 3. Making a difference in the world. 4. Motivation 5. Recognising achievements 6. Compliments</p>	<p>1. Taking personal responsibility. 2. How substances affect the body. 3. Exploitation, including 'county lines' and gang culture. 4. Emotional and mental health. 5. Managing stress</p>	<p>1. Mental health 2. Identifying mental health worries and sources of support. 3. Love and loss 4. Managing feelings 5. Power and control 6. Assertiveness 7. Technology safety 8. Take responsibility with technology use.</p>	<p>1. What does puberty mean? 2. What happens at puberty? 3. What happens to my feelings at puberty? 4. The social changes that occur at puberty 5. Who are my support network?</p>