

PSHE Long Term Plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Me and my relationships N1.1 Marvellous me! N1.2 I'm special	Valuing differences N2.1 Me and my friends N2.2 Friends and family N2.3 Including everyone	Keeping myself safe People who help to keep me safe (including Listening to my feelings) N3.2 Safety Indoors and Outdoors N3.3 What's safe to go into my body	Rights and responsibilities N4.1 Looking after myself N4.2 Looking after others N4.3 Looking after my environment	Being my best What does my body need? I can keep trying I can do it!	Growing and changing
Reception	Me and my relationships All about me What makes me special Me and my special people Who can help me? My feelings My feelings (2)	Valuing differences I'm special, you're special Same and different Same and different families Same and different homes Kind and caring (1) Kind and caring (2)	Keeping myself safe What's safe to go onto my body Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings (1) Keeping safe online	Rights and responsibilities Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using	Being my best Bouncing back when things go wrong Yes, I can! Healthy eating (1) Healthy eating (2) Move your body A good night's sleep	Growing and changing Seasons Life stages - plants, animals, humans Life Stages: Human life stage - who will I be? Where do babies come from? Getting bigger Me and my body - girls and boys

Year 1	Me and my relationships Why we have classroom rules Thinking about feelings Our feelings Feelings and bodies Our special people balloons Good friends How are you listening?	Valuing differences Same or different? Unkind, tease or bully? Harold's school rules Who are our special people? It's not fair!	Reeping myself safe Healthy me Super sleep Who can help? (1) Harold loses Geoffrey What could Harold do? Good or bad touches?	Looking after money (2): saving money and keeping it safe Rights and responsibilities Harold's wash and brush up Around and about the school Taking care of something Harold's money How should we look after our money? Basic first aid	Being my best I can eat a rainbow Eat well Catch it! Bin it! Kill it! Harold learns to ride his bike Pass on the praise! Harold has a bad day	Growing and changing Inside my wonderful body! Taking care of a baby Then and now Who can help? (2) Surprises and secrets Keeping privates private
Year 2	Me and my relationships Our ideal classroom (1) Our ideal classroom (2) How are you feeling today? Bullying or teasing? Don't do that! Types of bullying Being a good friend	What makes us who we are? How do we make others feel? My special people When someone is feeling left out An act of kindness Solve the problem	Keeping myself safe Harold's picnic How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell?	Rights and responsibilities Getting on with others When I feel like erupting Feeling safe How can we look after our environment?	Being my best You can do it! My day Harold's postcard - helping us to keep clean and healthy Harold's bathroom My body needs What does my body do?	Growing and changing A helping hand Sam moves away Haven't you grown! My body, your body Respecting privacy Basic first aid

Year 3	Me and my relationships As a rule My special pet Tangram team challenge Looking after our special people How can we solve this problem? Dan's dare Thunks Friends are special	Valuing differences Family and friends My community Respect and challenge Our friends and neighbours Let's celebrate our differences Zeb	Some secrets should never be kept Keeping myself safe Safe or unsafe? Danger or risk? The Risk Robot Alcohol and cigarettes: the facts Super Searcher None of your business! Raisin challenge (1) Help or harm?	Harold saves for something special Harold goes camping Rights and responsibilities Our helpful volunteers Helping each other to stay safe Recount task Harold's environment project Can Harold afford it? Earning money	Being my best Derek cooks dinner! (healthy eating) Poorly Harold For or against? I am fantastic! Getting on with your nerves! Body team work Top talents	Growing and changing Relationship Tree Body space Secret or surprise? My changing body Basic first aid
Year 4	Me and my relationships An email from Harold! Ok or not ok? (part 1) Ok or not ok? (part 2) Human machines Different feelings When feelings change Under pressure	Valuing differences Can you sort it? Islands Friend or acquaintance? What would I do? The people we share our world with	Keeping myself safe Danger, risk or hazard? Picture Wise How dare you! Medicines: check the label Know the norms (formerly Tell Ed6)	Rights and responsibilities Who helps us stay healthy and safe? It's your right How do we make a difference? In the news! Safety in numbers Logo quiz	Being my best What makes me ME! Making choices (formerly Ed6 Learns to be human) SCARF Hotel Harold's Seven Rs	Growing and Changing Moving house My feelings are all over the place! All change! Period positive Secret or surprise? Together

Year 5	Me and my relationships Collaboration Challenge! Give and take How good a friend are you? Relationship cake recipe Being assertive Our emotional needs Communication	That is such a stereotype! Valuing differences Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true? It could happen to anyone	Keeping ourselves safe Raisin challenge (2) Keeping myself safe 'Thunking' about habits Jay's dilemma Spot bullying Ella's diary dilemma Decision dilemmas Play, like, share Drugs: true or false?	Harold's expenses Why pay taxes? Rights and responsibilities What's the story? Fact or opinion? Rights, responsibilities and duties Mo makes a difference Spending wisely Lend us a fiver! Local councils	My school community (1) Basic first aid Being my best Getting fit It all adds up! Different skills My school community (2) Independence and responsibility Star qualities? Basic first aid	Growing and Changing How are they feeling? Taking notice of our feelings Dear Hetty Changing bodies and feelings Growing up and changing bodies It could happen to anyone
Year 6	Me and my relationships Working together Let's negotiate	Valuing differences OK to be different We have more in common than not	Smoking: what is normal? Would you risk it? Keeping myself safe Think before you click!	Rights and responsibilities Two sides to every story	Being my best Five Ways to Wellbeing project	Help! I'm a teenager - get me out of here! Dear Ash Stop, start, stereotypes Growing and Changing

made		Solve the friendship problem Assertiveness skills (formerly Behave yourself - 2) Behave yourself Dan's day Don't force me Acting appropriately It's a puzzle	Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? - challenging gender stereotypes	Traffic lights To share or not to share? Rat Park What sort of drug is? Drugs: it's the law! Alcohol: what is normal? Joe's story (part 1) Joe's story (part 2)	Fakebook friends What's it worth? Jobs and taxes Action stations! Project Pitch (parts 1 & 2) Happy shoppers Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made	This will be your life! Our recommendations What's the risk? (1) What's the risk? (2) Basic first aid	Helpful or unhelpful? Managing change I look great! Media manipulation Pressure online Is this normal? Dear Ash Making babies What is HIV?
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