Year 1: PSHE Long Term Plan



Our Ambition: To be the highest performing MAT in the country Our Mission: To improve the communities we serve for the better

Vision:

Challenging educational orthodoxies so that every child makes good progress in all subjects; all teachers are committed to personal improvement and fulfil their responsibilities; all children receive an inspiring curriculum; all academies strive to be outstanding.

PSHE Curriculum Overview

Year	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me					
FS	Self-identity Understanding feelings Being in a classroom Being gentle	Identifying talents Being special Families Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help	Exercising bodies Healthy food Sleep Keeping clean Safety	Family Life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations					
	Caring Friendships Being King Families										
Y1	Feeling special and safe Being part of a class Rewards and feeling proud Consequences Owning the Learning Charter	Celkebrating differeces Understanding what bullying is Knowing how to deal with it Making new friends	Setting goals	Keeping clean Being safe Road safety	Making friends / a good friend Qualities as a friend / person Physical contact preferences	Life cycles – animal and human Changes in me Linking rowing and learning					
	Different Friends and families Growing and changing Families and care										
	Staying healthy Medicines Who gives us medicines										
Y2	Rights and responsibilities Rewards and Consequences Safe/fair learning environment Recognising feelings	Assumptions/stereotypes Understanding bullying Standing up for self/others Gender diversity Celebrating differences	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Healthier choices Relaxation	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Special relationships	Differences in female and male bodies					
	Differences Male and female animals Naming body parts										
	Risk Hazardous Substances Safety rules										

Year	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me					
Y3	Setting personal goals Positivity in challenges Rewards and consequences	Families and differences Managing family conflict Witnessing buying and resolving it Recognising harmful words	Difficult challenges Dreams and ambitions	Exercise Fitness challenges Attitudes to drugs Keeping safe	Family roles / responsibilities	Family stereotypes Challenginf my ideas					
	Body differences Personal space Help and support Why people smoke Physical effects of smoking No smoking										
Y4	Rights, responsibilities, democracy Rewards and consequences Having a voice	Judging by appearance Understanding influences Understanding bullying how special and unique I am	Overcoming disappointment Creating new/realistic dreams	Smoking Peer pressure Group dynamics Healthy relationships	Jealousy Love and loss Getting on and falling out Girlfriends/boyfriends	Being unique Puberty Accepting changes					
	Changes What is puberty? Healthy me Effects of alcohol										
	Alcohol and risk Limits to drinking alcohol										
Y5	Planning the year Being a citizen Rights and responsibilities Rewards and consequences Democracy	Racism Types of bullying Material wealth and happiness Enjoying/respecting other cultures	Future dreams Importance of money Jobs and careers	Emergency aid Body image Relationship with food Healthy me	Recognising me Safety in online communities Online gaming Relationship with technology	Self image Conception Looking ahead					
	Talking about puberty The reproductive system Puberty help and support DAaRT programs by Nottingham	shire Police									
Y6	My year ahead Being a global citizen Our learning charter	Perceptions of normality Prejudice and discrimination Power struggles Understanding bullying Differences-celebration/conflict	Personal learning goals Success criteria Making differences to the world	Taking personal responsibility Exploitation -gangs, county lines Emotional mental health Managing stress	Mental health Love and loss Power and control Technology safety	Boyfriends/girlfriends Sexting Transition					
	Puberty and reproduction Communication in relationships Conception and pregnancy Online relationships Cannabis										
	Volatile substance abuse Help, advice and support										

			Autun	nn 1		Autumn 2							
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6/7	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
Jigsaw	Dreams and Goals	Being Me in My World	Being Me in My World	Being Me in My World	Being Me in My World		Celebrating Difference		Celebrating Difference	Celebrating Difference	Celebrating Difference		
	1. Simple goals 2. Steps to reach our goals 3. Be a good team player 4. Overcome obstacles and challenges	1.Class Charter	2. How we learn best 3. Create a happy learning environment	4.How it feels to be proud	5.A learning charter		1/2. Similarities and differences between people in our class.		6.Understand what bullying is	4. To know what to do about bullying.	5. Understand how to make new friends and maintain friendships.		
RSE								LO: To understand that we are all different but can still be friends.					
Drugs and Alcohol								-3					

			Spring 1			Spring 2								
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
Jigsaw		Healthy Me			Healthy Me		Relationships	Relationships	Relationships					
		3. Understand the importance of staying clean.			5. Understand how to keep safe when crossing the road.		2. what being a good friend means to me.	5. recognize my qualities as a person and a friend.	3. To know appropriate ways of physical contact to greet my friends.					
RSE						LO: To explore different types of families and who to ask for help.								
Drugs and Alcohol	LO: To Identify how to stay healthy. (Jigsaw Piece 1 & 2 may be useful)		LO: To explore when and how to take medicine safely. (Piece 4 may be useful)	LO: To identify who should be able to give us medicine.		····								

			Summer 1			Summer 2								
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
Jigsaw						Changing me	Changing me		Changing me					
						To understand the life cycles of an animal and a human.	2.To understand things have changed about me.		5.To celebrate our achievements.					
RSE								LO: To discuss how children grow and change.						
Drugs and Alcohol														