

Year 1: PSHE Long Term Plan



THE PYTHON HILL ACADEMY

LABOR OMNIA VINCIT

*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	Who ... me? How am I feeling today Being at school Gentle hands Our rights Our responsibilities	What am I good at I'm special, I'm me Families Homes Making friends Standing up for yourself	Challenges Never give up Setting a goal Obstacles and support Flight to the future Footprint awards	Everybody's body We like to move it, move it Food glorious food Sweet dreams Keeping clean Safe adults	My family and me Make friends, make friends Falling out and bullying Being the best friends we can	My body Respecting my body Growing up Fun and fears Celebration
Y1	Feeling special and safe My class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	The same as... Different from ... What is bullying What so I do about bullying Making new friends Celebrating difference and me	My treasure chest of success Steps to success Achieving together Stretchy learning Overcoming obstacles Celebrating my success	Being healthy Healthy choices Clean and healthy Medicine safety Road safety Happy, healthy me	Families Making friends Greetings People who help us Being y own best friend Celebrate special relationships	Life cycles Changing me My Changing body Boys and girls bodies Learning and growing Coping with changes
Y2	Hopes and fears for the year Rights and responsibilities Rewards and Consequences Our learning charter Owning our learning charter	Boys and girls Why does bullying happen? Standing up for self/others Gender diversity Celebrating differences	Goals to success My learning strengths Learning with others A group challenge Celebrating our achievement	Being healthy Being relaxed Medicine safety Healthy eating Happy healthy me	Different types of family Exploring physical contact Friendship and conflict Secrets Trust and appreciation Special relationships	Life cycles in nature Growing young to old The changing me Boys and girls bodies Assertiveness Looking ahead
Y3	Getting to know each other Our nightmare school Our dream school Rewards and consequences Our learning charter Owning our learning charter	Families Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference	Dreams and goals My dreams and ambitions A new challenge Our new challenge Overcoming obstacles Clearing my learning	Being fit and healthy What do I know about drugs Being safe Safe and unsafe My amazing body	Family roles / responsibilities Friendships Keeping myself safe online Being a global citizen Celebrating web relationships	How babies grow Babies Outside body changes Inside body changes Family stereotypes Looking ahead
Y4	Becoming a class team Being a school citizen Rights, responsibilities, Rewards and consequences Our learning charter Owning our learning charter	Judging by appearance Understanding influences Understanding bullying Problem solving Special me Celebrating differences	Hopes and dreams Broken dreams Overcoming disappointment Creating new/realistic dreams Achieving goals We did it	My friends and me Group dynamics Smoking Alcohol Healthy relationships Celebrating my inner strength	Jealousy Love and loss Memories Getting on and falling out Girlfriends/boyfriends Celebrating my relationships	Unique me Having a baby Puberty and menstruation Circles of change Accepting change Looking ahead

Year	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y5	The year ahead Being a citizen Rights and responsibilities Rewards and consequences Our learning charter Owning our learning charter	Different cultures Racism Rumours and name calling Types of bullying Does money matter Celebrating differences of the world	When I grow up Investigating jobs and careers My dream job Dreams/goals in other cultures How can we support each other Rallying support	Smoking Alcohol Emergency aid Body image My relationship with food Healthy me	Recognising me Safety in online communities Being in an online community Online gaming Relationship with technology	Self and body image Puberty for girls Puberty for boys Conception Looking ahead
Y6	My year ahead Being a global citizen The learning charter Our learning charter Owning our learning charter	Am I normal Understanding differences Power struggles Why Bully Celebrating difference	Personal learning goals Steps to success My dream for the world Helping to make a difference Recognising our achievements	Taking personal responsibility Drugs Exploitation Gangs Emotional mental health Managing stress and pressure	What is mental health My mental health Love and loss Power and control Being online – real or fake Technology safety	My self image Puberty Babies conception to birth Boyfriends/girlfriends Adolescent friendships Real self and ideal self The year ahead

	Autumn 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
Theme	Being Me in my World						Celebrating Differences					
Jigsaw	Feeling special and safe	My class	Rights and responsibility	Rewards and feeling proud	Consequences	Owning the Learning Charter	The same as...	Different from ...	What is bullying	What do I do about bullying	Making new friends	Celebrating difference and me
Vocab	Safe Special Calm	Belonging Special Rights Responsibility	Rights Responsibility Learning Charter	Rights and Responsibility Learning Charter Rewards Proud	Rights and responsibility Learning Charter Consequence Upset Disappointed	Rights Responsibility Learning Charter Illustration Rewards Consequences	Similarity similar Same as	Different from Difference Similarity	Bullying Bullying behaviour Deliberate On purpose Unfair	Included Bully Bullied	Different from Same as Included	Celebration Difference Special Unique
I Can	I know how to keep safe	I understand the rights and responsibilities as a member of my class	I understand the rights and responsibilities for being a member of my class	I know my views are valued and can contribute to the Learning Charter	I can recognise the choices I make and understand the consequences	I understand my rights and responsibilities within our Learning Charter	I can identify similarities between people in my class	I can identify differences between people in my class	I can tell you what bullying is	I know some people who I could talk to if I was feeling unhappy or being bullied	I know how to make new friends	I can tell you some ways I am different from my friends

	Spring 1						Spring 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Dreams and Goals						Healthy Me					
Jigsaw	My treasure chest of success	Steps to success	Achieving together	Stretchy learning	Overcoming obstacles	Celebrating my success	Being healthy	Healthy choices	Clean and healthy	Medicine safety	Road safety	Happy, healthy me
Vocab	Proud Success Achievement Goal Treasure Coins	Goal Learning Stepping stones Process Garden Dreams	Working together Team work Achievement Celebrate	Learning Stretchy Challenge Feelings	Challenge Obstacle Overcome Achieve Goal Stepping stones	Success Celebration Challenge Internal treasure chest Feelings Goals Dreams Garden	Healthy Unhealthy Balanced Exercise Sleep	Healthy Unhealthy Balanced Exercise Sleep Choices	Healthy Clean Body parts Toiletry items, e.g. toothbrush, shampoo, soap Hygienic Safe Germs Virus	Medicines Healthy Unhealthy Trust Safe	Safe Safety Green Cross Code Eyes Ears Look Listen Wait	Keeping clean Healthy
I Can	I can set simple goals	I can set a goal and work out how to achieve it	I understand how to work well with a partner	I can tackle a new challenge and understand this might stretch my learning	I can tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them	I can tell you how I felt when I succeeded in a new challenge and how I celebrated it	I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy	I know how to make healthy lifestyle choices	I know how to keep myself clean and healthy, and understand how germs cause disease/illness	I understand that medicines can help me if I feel poorly and I know how to use them safely	I know how to keep safe when crossing the road, and about people who can help me to stay safe	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy

	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
Theme	Relationships					Changing Me					
Jigsaw	Families	Making friends	Greetings	People who help us	Being my own best friend	Life cycles	Changing me	My Changing body	Boys and girls bodies	Learning and growing	Coping with changes
Vocab	Family Belong Different Same	Friends Friendship Qualities Caring Sharing Kind	Greeting Touch Feel Texture Like Dislike	Help Helpful Community Feelings	Confidence Praise Qualities Skills Self belief Incredible Proud	Changes Life cycle Baby Adulthood	Change Life cycle Baby Adult Grown up	Baby Growing up Adult Change	Male Female Penis Testicles Vulva Vagina Anus	Learn New Grow Change	Change Feelings Anxious Worried Excited Coping
I Can	I can identify the members of my family and understand that there are lots of different types of families	I can identify what being a good friend means to me	I know appropriate ways of physical contact to greet my friends and know which ways I prefer	I know who can help me in my school community	I can recognise my qualities as a person and a friend	I am starting to understand the life cycles of animals and humans	I can tell you some things about me that have changed and some things about me that have stayed the same	I can tell you how my body has changed since I was a baby	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	I understand that every time I learn something new I change a little bit	I can tell you about changes that have happened in my life