

Year F1: 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	Who ... me?	How am I feeling today	Being at nursery	Gentle hands	Our rights	Our responsibility	What am I good at	I'm special, I'm me	Families	Homes	Making friends	Standing up for yourself
I Can	I understand how it feels to belong and that we are similar and different	I understand how feeling happy and sad can be expressed	I can work together and consider other people's feelings	I can use gentle hands and understand that it is good to be kind to people	I am starting to understand children's rights and this means we should all be allowed to learn and play	I am learning what being responsible means	I know how it feels to be proud of something I am good at.	I can tell you one way I am special and unique.	I know that all families are different.	I know there are lots of different homes.	I can tell you how I could make new friends.	I can use my words to stand up for myself.

	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	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
I Can	I will try new things	I can tell you about a time I didn't give up	I can set a goal and work towards it	I can use kind words to my peers	I understand that there are different jobs adults can do	I can say when I am proud	I understand that I need to exercise to keep my body healthy	I understand how moving and resting are good for my body	I know which foods are healthy and not so healthy	I know how to help myself go to sleep	I can wash my hands thoroughly and understand why this is important	I know who my safe adults are

	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	My family and me	Make friends, make friends	Falling out and bullying	Falling out and bullying	Being the best friends we can	My Body	Respecting my body	Growing up	Growth and change	Fun and fears	Celebration
I Can	I can tell you about my family	I understand how to make friends if I feel lonely	I know what to say and do if somebody is mean to me	I can use Calm Me time to manage my feelings	I can work together and enjoy being with my friends	I can name parts of my body and show respect for myself	I can tell you some things I can do and some food I can eat to be healthy	I understand that we all start as babies and grow into children and then adults	I know that I grow and change	I can talk about how I feel moving to School from Nursery	I can remember some fun things about Nursery this year