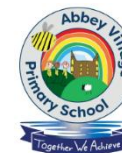


PSHE long-term plan

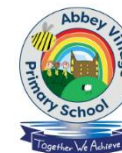
| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--------------------------------------|--|--|---|--|--|--|
| <u>Sunnyhurst</u> Cycle A | <u>Me and my relationships</u> | <u>Valuing difference</u> | <u>Keeping myself safe</u> | <u>Rights and responsibilities</u> | <u>Being my best</u> | <u>Growing and changing</u> |
| | Key Coverage All about me What makes me special My Special People Me and my special people Who can help me? My Feelings My feelings (2) | Key Coverage It's not fair! Good friends Same or different? | Key Coverage Keeping my Body Safe What's safe to go onto my body What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my Feelings People who Help Keep me Safe Keeping safe online | Key Coverage Rules, Rights and Responsibilities Why we have classroom rules Taking care of something Our special people Basic first aid | Key Coverage Bouncing Back (growth mindset) Bouncing back when things go wrong Yes, I can! Healthy eating (1) Healthy eating (2) Exercise and Sleep Move your body A good night's sleep | Key Coverage Harold learns to ride his bike Then and now Inside my wonderful body! Keeping privates private Taking care of a baby |
| <u>Sunnyhurst</u> Cycle B | <u>Me and my relationships</u> | <u>Valuing Difference</u> | <u>Keeping myself safe</u> | <u>Rights & Responsibilities</u> | <u>Being my best</u> | <u>Growing and changing</u> |
| | Key Coverage Healthy Relationships Surprises and secrets Good or bad touches? Unkind, tease or bully? Who can help? How are you listening? Pass on the praise! Sharing pictures Feelings and Emotions Thinking about feelings Harold has a bad day Who are our special people? Feelings and bodies | Key Coverage Same and Different I'm special, you're special Same and different families Same and different homes Kindness and Caring I am caring (formerly Kind and caring -1) Kind and caring (2) | Key Coverage Keeping Safe Harold loses Geoffrey Who can help? (1) Harold's school rules What could Harold do? | Key Coverage Looking after Myself and my Friends Looking after my special people Caring for my Environment Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using money. Looking after money (2): saving money and keeping it safe. | Key Coverage Healthy Lifestyles Eat well Our feelings Harold's wash and brush up Catch it! Bin it! Kill it! I can eat a rainbow Healthy me Super sleep | Key Coverage Seasons Life stages - plants, animals, humans Life Stages: Human life stage - who will I be? Where do babies come from? Changing bodies Getting bigger Me and my body - girls and boys |

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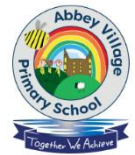
| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--------------------------------------|--|--|--|--|--|--|
| <u>Anglezarke</u> Cycle A | <u>Me and My Relationships</u> | <u>Valuing Difference</u> | <u>Keeping Myself Safe</u> | <u>Rights and Responsibilities</u> | <u>Being My Best</u> | <u>Growing and Changing</u> |
| | Healthy Relationships Should I tell? Solve the problem A helping hand I don't like that! Bullying or teasing? Don't do that! Some secrets should never be kept Feeling safe Playing games Feelings and Emotions How are you feeling today? How do we make others feel? My special people Being a good friend Let's all be happy! Fun or not? | Family and friends Respect and challenge Let's celebrate our differences | How safe would you feel? What should Harold say? Harold's picnic Respecting privacy | As a rule Our friends and neighbours For or against? Thanks Recount task Super Searcher Basic first aid Living in the Wider World Caring for the Environment Let's have a tidy up! My community Our helpful volunteers Harold's environment project Money Can Harold afford it? Earning money | My day Harold's bathroom Harold's postcard - helping us to keep clean and healthy My body needs... What does my body do? | My special pet Top talents I am fantastic! My changing body |
| <u>Anglezarke</u> Cycle B | <u>Me and My Relationships</u> | <u>Valuing Difference</u> | <u>Keeping Myself Safe</u> | <u>Rights and Responsibilities</u> | <u>Being My Best</u> | <u>Growing and Changing</u> |
| | Healthy Relationships Tangram team challenge Looking after our special people Danger or risk? Body space How can we solve this problem? Friends are special Zeb Relationship Tree Feelings and Emotions Secret or surprise? Dan's dare | An act of kindness What makes us who we are? | The Risk Robot Safe or unsafe? Helping each other to stay safe Getting on with your nerves! Alcohol and cigarettes: the facts Help or harm? None of your business! Raisin challenge (1) | Our ideal classroom (1) Our ideal classroom (2) When I feel like erupting When someone is feeling left out Getting on with others Basic first aid How can we look after our environment? Living in the Wider World Money Harold saves for something special Harold goes camping | Healthy Lifestyles Derek cooks dinner! (healthy eating) Poorly Harold Body team work | You can do it! Sam moves away Haven't you grown! My body, your body |

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| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------------------------------|--|---|--|---|--|--|
| Roddlesworth Cycle A | <u>Being My Best</u> <u>Drugs, alcohol and Tobacco</u> | <u>Valuing Difference</u> <u>Identity, society and equality</u> | <u>Keeping Myself Safe</u> <u>Mental health and emotional well-being</u> | <u>Rights and Responsibilities</u> <u>Keeping safe and managing risk</u> | <u>Me and My Relationships</u> <u>SRE</u> | |
| | Weighing up risk Pupils learn about the risks associated with different drugs. Legal and illegal. | Rules and laws. What is the difference? Being a citizen Differences in our society Current affairs | What is mental health? Pupils learn about what can affect mental health and some ways of dealing with this. Understanding compassion, empathy. Developing strategies to build resilience. Self- affirmation. | Pupils learn about feelings of being out and about in local area. Pupils learn about recognising and responding to peer pressure. Pupils learn about the consequences of anti-social behaviour. | Different types of relationships Healthy relationships Resolving relationship problems Taking responsibility Who can help me? Puberty How is a baby made? What is love? | |
| Roddlesworth Cycle B | <u>Me and My Relationships</u> <u>Physical Health and Well-being</u> | <u>Valuing Difference</u> <u>Identity, society, and equality</u> | <u>Keeping Myself Safe</u> <u>Keeping safe and managing risks</u> | <u>Mental Health and emotional well- being</u> | <u>Being My Best</u> <u>Drug, Alcohol, and tobacco education</u> | <u>Rights and Responsibilities</u> <u>Living in the wider World (Economy)</u> |
| | In the media Learning about role models Pupils learn about how the media can manipulate images and this may not reflect reality. | Being different Stereotypes, discrimination and prejudice | Pupils learn about when things go wrong. Pupils learn about keeping safe online. What to do in an emergency | Pupils learn about a wide range of emotions and feelings and how these are experienced. Pupils learn about times of change and how this can make people feel. | Different Influences Pupils learn about the risks associated with smoking. Pupils learn strategies to resist pressure from others SRE | What do we value? Earning money Ambitions and life goals |

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| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------------------|---|---|--|--|--|--|
| Roddlesworth | <u>Me and My Relationships</u> | <u>Valuing Difference</u> | <u>Keeping Myself Safe</u> | <u>Rights and Responsibilities</u> | <u>Being My Best</u> | <u>Growing and changing</u> |
| Cycle C | | | | | | |
| | <p>Focuses on understanding feelings, emotions, conflicts, resolutions, and friendships and how we can deal with these, considering different strategies through discussion and role play</p> | <p>Pupils consider how people are different to each other, whether this be through ethnicity, gender, religious beliefs, customs, and festivals. They understand the definition and term 'respect' and learn how to demonstrate ways of showing respect to other's differences.</p> | <p>Pupils develop their understanding of safe internet use. They develop an understanding of drugs and how to be safe around these alongside relationship education.</p> | <p>Understand that humans have rights and also responsibilities. Identify some rights and also responsibilities that come with these.</p> <p>Pupils will begin to develop an understanding of money and what it is like living in the wider world and environment.</p> | <p>SRE</p> <p>Identify ways in which everyone is unique and appreciate their own uniqueness.</p> <p>They begin to develop an understanding of how to keep healthy, understanding a growth mindset, goal setting and achievement</p> | <p>Pupils develop an understanding of how change can happen both physically and emotional when getting older. They develop strategies on how to deal with these changes.</p> |