

Long Term Plan Subject: PSHE

The purpose of a robust PSHE curriculum is that it prepares children for both life's opportunities and its challenges. PSHE education is a curriculum subject that helps children to stay healthy, safe and prepared for life in modern Britain. PSHE teaching at Holy Trinity is tailored to the needs of our children whilst giving every child an equal opportunity to develop the skills and knowledge they need to thrive now and in the future, both academically and mentally. Although Personal, Social, Health and Economic (PSHE) education is an important and necessary part of all pupils' education, it is a non-statutory subject. However, since September 2020, Relationships and Sex Education has been compulsory and a further strand, Health, has been introduced. Considered an essential part of the curriculum at Holy Trinity, PSHE is timetabled to be taught weekly, although the format is flexible, so that topics can be covered either as structured lessons, or by using drama and role play or as Circle Time.

Our PSHE curriculum is structured around three core themes, with an enquiry question for each term. Enquiries begin in EYFS and Key Stage 1 with 'What?' and 'Who?' before moving on to 'Why?' and 'How?' questions in Key Stage 2. The three core themes are:

Health and Wellbeing	Relationships	Living in the Wider World
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Teaching builds according to the age and needs of the children, with developmentally appropriate learning intentions given to respond to each enquiry question. The statutory requirements for Relationships and Sex Education (RSE) are embedded throughout.

PSHE teaching is exciting. It can foster lifelong aspirations, goals and values. It can give our children the confidence to ask questions, employ critical thinking and to make informed decisions, enabling them to become responsible, 21st century, global citizens.

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Term 1	Settling in and starting school: Do I need help?	Be Yourself: What is the same and what is different about us?	TEAM: What is a team and why are teams important?	Be Yourself: Can I recognise my qualities and be true to myself?	Think Positive: How can we manage our emotions?	Think Positive: How can our thoughts affect the way we behave?	Diverse Britain: How can I make a positive contribution to society?
Term 2	Christmas, Bonfire Night and Christmas: How do we celebrate?	VIPs: Who is special to us?	Digital Wellbeing: How can we balance our time online with other activities?	Safety first: What keeps us safe?	TEAM: How do we treat each other with respect?	Aiming High: What do I need to do to achieve my personal goals?	It's My Body: How can I develop healthy habits?

Term 3	<p>People who help us: Who are our real-life superheroes?</p>	<p>Aiming High: What jobs and roles do people have?</p>	<p>Diverse Britain: What does it mean to be British?</p>	<p>VIPs: How do we maintain our friendships?</p>	<p>Money Matters: Where does money come from and how can it be used?</p>	<p>Safety First: How could we help in an accident or emergency?</p>	<p>Digital Wellbeing: How can we protect our mental health while being online?</p>
Term 4	<p>Our World: What do we know about the world around us?</p>	<p>Safety First: Who helps us to keep safe?</p>	<p>Growing Up: How do we change as we grow?</p>	<p>Diverse Britain: What does it mean to live in a democracy?</p>	<p>Growing Up: How will we grow and change?</p>	<p>TEAM: How can I communicate effectively and respectfully?</p>	<p>Money Matters? What decisions can people make with money?</p>
Term 5	<p>Our World: How can we look after the world around us?</p>	<p>Think Positive: How do we recognise what we are feeling?</p>	<p>It's My Body: How do I keep my body healthy?</p>	<p>It's my body: How can I make safe choices about my body?</p>	<p>One World: How can our choices make a difference to others and the environment?</p>	<p>Be Yourself: What will change as we become more independent?</p>	<p>VIPs: How do we identify healthy and unhealthy relationships?</p>
Term 6	<p>Pirates and maps: How can we keep ourselves healthy?</p>	<p>Money Matters: What can we do with money?</p>	<p>One World: How does my life compare to other people's lives?</p>	<p>Aiming High: How can I use my skills to achieve my goals?</p>	<p>Digital Wellbeing: How can we manage risk in different environments?</p>	<p>One World: How can I be a responsible global citizen?</p>	<p>Growing Up: How do friendships change as we grow?</p>