

## Long Term Plan: PSHE

	Rec	Y1	Y2	Y3	Y4	Y5	Y6
<b>Autumn 1</b>	<b>Self Regulation:</b> My Feelings	<p><b>Introductory Lesson:</b> Set Ground Rules for Inclusion</p> <p><b>Family &amp; Relationships</b> Outlining Relationship Types</p>	<p><b>Introductory Lesson:</b> Set Ground Rules for Inclusion</p> <p><b>Family &amp; Relationships</b> Relationship Challenges</p>	<p><b>Introductory Lesson:</b> Set Ground Rules for Inclusion</p> <p><b>Family &amp; Relationships</b> Communication, Respect &amp; Stereotypes</p>	<p><b>Introductory Lesson:</b> Set Ground Rules for Inclusion</p> <p><b>Family &amp; Relationships</b> Behaviour in Friendships &amp; Differences</p>	<p><b>Introductory Lesson:</b> Set Ground Rules for Inclusion</p> <p><b>Family &amp; Relationships</b> Relationship Skills, Marriage &amp; Stereotypes</p>	<p><b>Introductory Lesson:</b> Set Ground Rules for Inclusion</p> <p><b>Family &amp; Relationships</b> Respect, Attitudes &amp; Solutions</p>
<b>Autumn 2</b>	<b>Building Relationships:</b> Special Relationships	<p><b>Health &amp; Wellbeing</b> Introduction to Emotions &amp; Hygiene Routines</p>	<p><b>Health &amp; Wellbeing</b> Reducing Stress, Growth Mindset &amp; Healthy Routines</p>	<p><b>Family &amp; Relationships</b> <i>(Finishing)</i></p> <p><b>Health &amp; Wellbeing</b> Self-Empowerment &amp; Resilience</p>	<p><b>Family &amp; Relationships</b> <i>(Finishing)</i></p> <p><b>Health &amp; Wellbeing</b> Mental Health &amp; Purpose</p>	<p><b>Family &amp; Relationships</b> <i>(Finishing)</i></p> <p><b>Health &amp; Wellbeing</b> Relaxation &amp; Responsibility</p>	<p><b>Health &amp; Wellbeing</b> Mindfulness &amp; Health Concerns</p>
<b>Spring 1</b>	<b>Managing Self:</b> Taking on Challenges	<p><b>Health &amp; Wellbeing</b> <i>(Finishing)</i></p> <p><b>Safety &amp; The Changing Body</b> Emergencies &amp; Safety</p>	<p><b>Health &amp; Wellbeing</b> <i>(Finishing)</i></p> <p><b>Safety &amp; The Changing Body</b> E-Safety, Body Boundaries &amp; Road Safety</p>	<p><b>Health &amp; Wellbeing</b> <i>(Finishing)</i></p> <p><b>Safety &amp; The Changing Body</b> E-Safety &amp; First Aid</p>	<p><b>Health &amp; Wellbeing</b> <i>(Finishing)</i></p> <p><b>Safety &amp; The Changing Body</b> E-Safety, Puberty &amp; Privacy</p>	<p><b>Health &amp; Wellbeing</b> <i>(Finishing)</i></p> <p><b>Economic Wellbeing</b> Loans &amp; Risks</p>	<p><b>Health &amp; Wellbeing</b> <i>(Finishing)</i></p> <p><b>Economic Wellbeing</b> Managing Money as an</p>

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							adolescent & Gambling
<b>Spring 2</b>	<b>Self-regulation:</b> Listening and Following Instructions	<b>Safety &amp; The Changing Body (Finishing)</b>  <b>Citizenship</b> The Needs of Others & Belonging	<b>Safety &amp; The Changing Body (Finishing)</b>  <b>Citizenship</b> Local Community	<b>Safety &amp; The Changing Body (Finishing)</b>  <b>Citizenship</b> My Rights, Charity & Local Democracy	<b>Safety &amp; The Changing Body (Finishing)</b> <i>Extend the unit, or allow children time to explore the Thinkuknow website about online safety as Citizenship is only 6 lessons.</i>  <b>Citizenship</b> Human Rights & Contributing to the Community	<b>Economic Wellbeing (Finishing)</b>  <b>Citizenship</b> The Law, Protecting the Planet & Parliament	<b>Economic Wellbeing (Finishing)</b>  <b>Citizenship</b> Diversity, Prejudice & National Democracy
<b>Summer 1</b>	<b>Building Relationships:</b> My Family & Friends	<b>Citizenship (Finishing)</b> <i>Optional: Extend the unit by visiting a farm or a different animal-centre to learn more about animal care as there are only 6 lessons from Cit. &amp; Economics.</i>  <b>Economic Wellbeing</b> Money & Jobs	<b>Citizenship (Finishing)</b> <i>Extend the unit, or put into practise some of the improvements to the school environment from Lesson 2 (eg plant flowers, litter picking, cleaning) as there are only 6 lessons from Economics.</i>  <b>Economic Wellbeing</b> Value of Money & Banks	<b>Citizenship (Finishing)</b> <i>Extend the unit, or set up a mock election to demonstrate how democracy works as there are only 6 lessons from Economics.</i>  <b>Economic Wellbeing</b> Budgeting & Careers	<b>Citizenship (Finishing)</b>  <b>Economic Wellbeing</b> Budgeting & Career Changes & Stereotypes	<b>Citizenship (Finishing)</b> <i>Optional: Extend the unit by spending time looking at the activities in the Parliament booklets available to order below as there are only 6 lessons from Economics</i> <a href="#"><u>Discover the UK Parliament, 7-11 book - Parliament UK Education</u></a>  <b>Safety &amp; The Changing Body</b> E-Safety, Puberty, Menstruation & Additions	<b>Citizenship (Finishing)</b>  <b>**Safety &amp; The Changing Body</b> Social Media & First Aid

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<b>Summer 2</b>	<b>Managing Self:</b> My Wellbeing	<b>Economic Wellbeing</b> <i>(Finishing)</i>  <b>Transition Lesson</b> Individual strengths and new skills	<b>Economic Wellbeing</b> <i>(Finishing)</i>  <b>Transition Lesson</b> Change	<b>Economic Wellbeing</b> <i>(Finishing)</i>  <b>Transition Lesson</b> Coping Strategies	<b>Economic Wellbeing</b> <i>(Finishing)</i>  <b>Transition Lesson</b> Setting Goals	<b>Safety &amp; The Changing Body</b> <i>(Finishing - key)</i>  <b>Transition Lesson</b> Roles & Responsibilities	<b>**Safety &amp; The Changing Body</b> Conception & Pregnancy  <b>Identity &amp; Transition Lesson (3 lessons)</b> Definition & Body Image  Dealing with Changes
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*\*Year 1 – 6 have 5 topics to cover over 6 terms. This is due to the length of each topic. Each topic stretches over the first approx. 2 weeks of the following term (see overview for detail). The structure enables teachers the time to teach and fulfill the curriculum outcomes.*

*\*\* Purple Text indicates RSE subject matter.*