

ST ANNE'S C.E. PRIMARY SCHOOL LONG TERM PLAN- PSHE

PSHE	Autumn		Spring		Summer	
YEAR 6	<u>Introduction lesson</u> <u>Family and relationships</u> Introduction Respect Respectful relationships Stereotypes: Attitudes Challenging stereotypes Resolving conflict Change and loss	<u>Health and wellbeing</u> What can I be? Relaxation: mindfulness Taking responsibility for my health The impact technology on health Resilience toolbox Immunisation	<u>Health and wellbeing</u> <u>Safety and the changing body</u> Good and bad habits Physical health concerns Alcohol Critical digital consumers Social media Physical and emotional changes of puberty	<u>Safety and the changing body</u> <u>Citizenship</u> Conception Pregnancy and birth First aid: choking First aid: basic life support Human rights Food choices and the environment	<u>Citizenship</u> <u>Economic wellbeing</u> Caring for others Prejudice and discrimination Valuing diversity National democracy Navigating feelings about money Keeping money safe	<u>Economic wellbeing</u> <u>Identity</u> <u>Transition: Dealing with change</u> Imagining our financial future The risks of gambling Workplace environments Career routes What is identity? Identity and body image Transition: Dealing with change
YEAR 5	<u>Introduction lesson</u> <u>Family and relationships</u> Introduction Build a friend Friendship skills Marriage Respecting myself Family life	<u>Family and relationships</u> <u>Health and wellbeing</u> Bullying Stereotyping: Gender Stereotyping: Race and religion Relaxation: yoga The importance of rest Embracing failure	<u>Health and wellbeing</u> <u>Safety and the changing body</u> Going for goals Taking responsibility for my feelings Healthy meals Sun safety Online friendships Staying safe online	<u>Safety and the changing body</u> <u>Citizenship</u> Puberty Menstruation Emotional changes in puberty First aid: bleeding and head injuries Alcohol, drugs and tobacco: making decisions Breaking the law	<u>Citizenship</u> <u>Economic wellbeing</u> Rights and responsibilities Protecting the planet Contributing to the community Pressure groups Parliament How can we make our money stretch further?	<u>Economic wellbeing</u> <u>Transition: Roles and responsibilities</u> How should I budget for the week? Borrowing and loaning Risks and handling money online Why challenge workplace stereotypes? Finding a suitable career Transition: roles and responsibilities
YEAR 4	<u>Introduction lesson</u> <u>Family and relationships</u> Introduction Respect and manners Healthy friendships How my behaviour affects others Bullying Stereotypes: Gender Stereotypes: Disability	<u>Family and relationships</u> <u>Health and wellbeing</u> Families in the wider world Change and loss Looking after our teeth Relaxation: Visualisation Celebrating mistakes Meaning and purpose: my role	<u>Health and wellbeing</u> <u>Safety and the changing body</u> My happiness Emotions Mental health Internet safety: age restrictions Share aware First aid: asthma	<u>Safety and the changing body</u> Privacy and secrecy Consuming information online Growing up Introducing puberty Tobacco	<u>Citizenship</u> What are human rights? Caring for the environment Community Contributing Diverse communities Local councillors	<u>Citizenship</u> <u>Economic wellbeing</u> <u>Transition</u> Navigating feelings about money Keeping money safe Imagining our financial future The risks of gambling Workplace environments Career routes Transition: setting goals
YEAR 3	<u>Introduction lesson</u> <u>Family and relationships</u> Introduction Healthy families Friendship conflict Friendship conflict vs bullying Effective communication Learning who to trust	<u>Family and relationships</u> <u>Health and wellbeing</u> Respecting differences in others Stereotyping gender Stereotyping age My healthy diary Relaxation Wonderful me	<u>Health and wellbeing</u> <u>Safety and the changing body</u> My superpowers Resilience breaking down barriers Communicating my feelings Diet and dental health First aid: emergencies and calling for help First aid: bites and stings	<u>Safety and the changing body</u> <u>Citizenship</u> Be kind online Cyberbullying Fake emails Making choices Influences Keeping safe out and about	<u>Citizenship</u> Rights of the child Rights and responsibilities Recycling Local community groups Charity Local democracy Rules	<u>Economic wellbeing</u> <u>Transition</u> How can we pay for something? Budgeting Understanding our feelings about money Impact of spending Career quest Can anyone be anything? Transition: coping strategies

<p>YEAR 2</p>	<p><u>Introduction lesson</u> <u>Family and relationships</u> Introduction lesson Families offer stability and love Families are all different Other peoples' feelings Unhappy friendships Introduction to manners and courtesy</p>	<p><u>Family and relationships</u> <u>Health and wellbeing</u> Change and loss Gender stereotypes Experiencing different emotions Being active Relaxation Steps to success Developing a growth mindset</p>	<p><u>Health and wellbeing</u> <u>Safety and the changing body</u> Healthy diet Looking after our teeth Introduction to the internet Communicating online Secrets and surprises Appropriate contact x 2</p>	<p><u>Safety and the changing body</u> <u>Citizenship</u> My personal boundaries Road safety Crossing roads safely Staying safe with medicine Rules beyond school Our school environment</p>	<p><u>Citizenship</u> <u>Economic wellbeing</u> Our local environment Job roles in our local community Similar yet different – my local community School council Giving my opinion Where does money come from?</p>	<p><u>Economic wellbeing</u> <u>Transition</u> Exploring wants Exploring needs Bank cards and accounts My skills and talents Everyone is welcome Transition: Change</p>
<p>YEAR 1</p>	<p><u>Introduction lesson</u> <u>Family and relationships</u> What is family What are friendships Recognising emotions Working with others Friendship problems Healthy friendships</p>	<p><u>Family and relationships</u> <u>Health and wellbeing</u> Gender stereotypes Understanding my emotions What am I like? Ready for bed Relaxation Hand washing and personal hygiene</p>	<p><u>Health and wellbeing</u> <u>Safety and the changing body</u> Sun safety Allergies People who keep us healthy Adults in school Adults outside school</p>	<p><u>Safety and the changing body</u> <u>Citizenship</u> Getting lost Making an emergency phone call Appropriate contact Safety with substances Safety at home People who keep us safe Rules</p>	<p><u>Citizenship</u> <u>Economic wellbeing</u> Caring for others: Animals The needs of others Similar, yet different Belonging Democratic decisions What is money?</p>	<p><u>Economic wellbeing</u> <u>Transition</u> Keeping money safe What is a bank? Saving and spending Jobs in school Jobs out of school Transition lesson</p>