



P.S.H.E Long Term Plan 2023



Year Group	Autumn		Spring		Summer	
Reception	<p>Self Regulation</p> <ul style="list-style-type: none">• Identifying feelings• Express feelings• Coping strategies• Describing feelings• Facial expressions• Moderating behaviour socially and emotionally	<p>Building Relationships</p> <ul style="list-style-type: none">• My family• Special people• Sharing• Being unique• My interests• Similarities and differences	<p>Managing Relationships</p> <ul style="list-style-type: none">• Why do we have rules• Challenges and problem solving• Team building• Grounding• Perseverance• Resilience and perseverance	<p>Self Regulation</p> <ul style="list-style-type: none">• Listening• Listening to a story• Telling the truth• Following instructions• Listening and responding	<p>Building Relationships</p> <ul style="list-style-type: none">• Festivals• Sharing• What makes a good friend• Being a good friend• Teamwork• Celebrating friendships	<p>Managing Self</p> <ul style="list-style-type: none">• What is exercise• Yoga and relaxation• Looking after ourselves• Being a safe pedestrian• Eating healthily• Balanced diet

<p>Year 1</p>	<p>Family and Relationships</p> <ul style="list-style-type: none"> • What is family? • What are friendships? • Recognising emotions • Working with others • Friendship problems • Healthy friendships • Gender stereotypes 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Understanding my emotions • Strengths • Benefits of physical activity and rest • Relaxation • Hand washing and personal hygiene • Sun Safety • Allergies • People who keep us healthy 	<p>Safety and the changing body</p> <ul style="list-style-type: none"> • Adults in school • Adults outside of school • Getting lost • Making an emergency phone call • Appropriate contact • Safety with substances • Safety at home • People who help keep us safe 	<p>Citizenship</p> <ul style="list-style-type: none"> • Rules • Caring for others: animals • The needs of others • Similarities and differences • Belonging • Democratic decisions 	<p>Economic Wellbeing</p> <ul style="list-style-type: none"> • Introduction to money • Looking after money • Banks and building societies • Saving and spending • Jobs in school 	<p>Transition</p> <ul style="list-style-type: none"> • Strengths and transition
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<p>Year 2</p>	<p>Family and Relationships</p> <ul style="list-style-type: none"> • Families offer stability and love. • Families are different • Other peoples feelings • Unhappy friendships • Manners and courtesy • Change and loss • Gender stereotypes: jobs 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Experiencing different emotions • Being active • Relaxation: Breathing • Steps to success • Developing a growth mindset • Healthy diet • Looking after our teeth 	<p>Safety and the changing body</p> <ul style="list-style-type: none"> • Introduction to the internet • Communicating online • Secrets and surprises • Appropriate contact • Respecting personal boundaries • Road safety 	<p>Citizenship</p> <ul style="list-style-type: none"> • Rules beyond school • Our school environment • Our local environment • Jobs in our local community • My local community • School council • Giving my opinion 	<p>Economic Wellbeing</p> <ul style="list-style-type: none"> • Where money comes from • Needs and wants • Saving money • Looking after money • Jobs 	<p>Transition</p> <ul style="list-style-type: none"> • Changes
<p>Year 3</p>	<p>Family and Relationships</p> <ul style="list-style-type: none"> • Healthy families • Friendship conflict • Conflict verses bullying • Effective communication • Learning who to trust • Respecting differences • Stereotype: Gender 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Healthy lifestyle • Relaxation: Stretches • Wonderful me • Strengths • Resilience: Breaking down barriers • Communicating feelings • Diet and dental health 	<p>Safety and the changing body</p> <ul style="list-style-type: none"> • First Aid: Emergencies and calling for help • First Aid: Bites and stings • Being kind online • Cyberbullying • Fake emails • Making choices • Influences • Road Safety 	<p>Citizenship</p> <ul style="list-style-type: none"> • Rights of the child • Rights and responsibilities • Recycling • Local community groups • Charity • Local democracy • Rules 	<p>Economic Wellbeing</p> <ul style="list-style-type: none"> • Ways of paying • Budgeting • How spending affects others • Impact of spending • Jobs and careers • Gender and careers 	<p>Transition</p> <ul style="list-style-type: none"> • Coping strategies

<p>Year 4</p>	<p>Family and Relationships</p> <ul style="list-style-type: none"> • Respect and manners • Healthy friendships • How our behaviour affects others • Bullying • Stereotypes: Gender, disability • Families in the wider world • Change and loss 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Looking after our teeth • Relaxation: Visualisation • Celebrating mistakes • Identifying own strengths • My happiness • Emotions • Mental Health 	<p>Safety and the changing body</p> <ul style="list-style-type: none"> • Internet safety • Risks of sharing material online. • First Aid: Asthma • Privacy and secrecy • Consuming information online • Growing up • Introducing puberty • Tobacco 	<p>Citizenship</p> <ul style="list-style-type: none"> • What are human rights • Caring for the environment • Community • Contributing • Diverse communities • Local councillors 	<p>Economic Wellbeing</p> <ul style="list-style-type: none"> • Spending choices • Keeping track of money • Looking after money • Influences on career choices • Changing Job 	<p>Transition</p> <ul style="list-style-type: none"> • Setting goals
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<p>Year 5</p>	<p>Family and Relationships</p> <ul style="list-style-type: none"> • Forming and maintaining friendships • Friendship skills • Marriage • Respecting myself • Family life • Bullying • Stereotypes: Gender, Race and Religion 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Relaxation: yoga • The importance of rest • Embracing failure • Goals • Taking responsibility for own feelings • Healthy meals • Sun safety 	<p>Safety and the changing body</p> <ul style="list-style-type: none"> • Online friendships • Staying Safe online • Puberty • Menstration • Emotional changes in puberty • First Aid: Bleeding and head injuries • Alcohol, drugs and tobacco 	<p>Citizenship</p> <ul style="list-style-type: none"> • Breaking the law • Rights and responsibilities • Protecting the planet • Contributing to the community • Pressure groups • Parliament 	<p>Economic Wellbeing</p> <ul style="list-style-type: none"> • Borrowing • Income and expenditure • Risks with money • Prioritising spending • Stereotypes in the workplace • 	<p>Transition</p> <ul style="list-style-type: none"> • Roles and responsibilities
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Year 6

Family and Relationships

- Respect
- Respectful relationships
- Stereotypes: attitudes
- Challenging Stereotypes
- Resolving conflict
- Change and loss

Health and Wellbeing

- Long term goals and how to work towards them
- Relaxation: Mindfulness
- Taking responsibility for our own health
- The impact of technology on health
- Resilience
- Immunisation
- Good and bad habits
- Physical health concerns

Safety and the changing body

- Alcohol
- Critical digital consumers
- Social Media
- Physical and emotional changes of puberty
- Conception
- Pregnancy and birth
- First Aid: choking
- First Aid: Basic life support

Citizenship

- Human rights
- Food choices and the environment
- Caring for others
- Prejudice and discrimination
- Valuing diversity
- National democracy

Economic Wellbeing

- Attitudes to money
- Keeping money safe
- Gambling
- Jobs
- Career routes

Identity and Transition

- What is identity?
- Identity and body image.
- Dealing with change