

P.S.H.E. Long term plan including RSE and Health Education and the Wider World

Core themes:

- 1. Health and Wellbeing**
- 2. Relationships**
- 3. Wider World Includes:**
 - **British Values**
 - **Global Citizenship**
 - **Economic Awareness**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>Focus: Settling in to new school; building relationships and confidence.</p> <p>See themselves as a valuable individual.</p> <p>Build constructive and respectful relationships.</p>	<p>Focus: Showing respect and understanding for people with different beliefs and the way that people might celebrate the same events differently.</p> <p>Identify and moderate their own feelings socially and emotionally.</p>	<p>Focus: Keeping healthy and being a 'super' friend!</p> <p>Think about the perspective of others.</p>	<p>Focus: How to be a 'good learner'.</p> <p>Show resilience and perseverance in the face of challenge.</p>	<p>Focus: Looking after nature, thinking about our local environment and how to care for it.</p> <p>Manage their own needs.</p>	<p>Focus: Exploring feelings and preparing for moving up to Year 1.</p> <p>Express their feelings and consider the feelings of others.</p>
	<i>Rule Of Law: Following Rules and routines</i>		<i>Individual Liberty: Develop self-confidence and self-esteem in their</i>		<i>Democracy: Voting for stories, different animals to study etc. Pupil survey-</i>	

	<p>Tolerance of Different Faiths and beliefs: <i>Look at the features of the Hindu festival of Diwali, as well as Christmas.</i></p> <p>Mutual respect: <i>Sharing and turn taking</i></p>	<p><i>own ability through taking risks in PE and Forest School sessions etc.</i></p> <p>Tolerance of Different Faiths and beliefs: <i>Chinese New Year, Easter</i></p> <p>Democracy: <i>Vote for a person who has been the most helpful/supportive.</i></p> <p>Mutual respect: <i>Sharing and turn taking</i></p>	<p><i>understanding their voice and opinion counts.</i></p> <p>Individual Liberty: <i>Discuss why different people have different opinions.</i></p> <p>Mutual respect: <i>Sharing and turn taking</i></p>
Year 1	<p><u>Health & Wellbeing 1</u> * Healthy Lifestyles (Feelings) * Ourselves: Growing & Changing</p> <p><u>Relationships 1</u> * Friendships * Respecting Self & Others</p> <p><u>Living in the Wider World 1</u> * Media Literacy & Digital Resilience (Computing)</p>	<p><u>Health & Wellbeing 2</u> * Healthy Lifestyles * Keeping safe, inc. safe relationships</p> <p><u>Relationships 2</u> * Families * Roles of Different People</p> <p><u>Living in the Wider World 2</u> * Shared Responsibilities (Families & Friends)</p>	<p><u>Health & Wellbeing 3</u> * Healthy Lifestyles (Mental Wellbeing)</p> <p><u>Relationships 3</u> * Managing Hurtful Behaviour (and Bullying)</p> <p><u>Living in the Wider World 3</u> * Communities (RE) * Economic Wellbeing (money / aspirations)</p>
	<p><u>Rule of Law:</u> Following Rules, Fair / Unfair, Right / Wrong</p> <p><u>Democracy:</u> Agree class rules, school council votes</p>	<p><u>Tolerance / Mutual Respect:</u> * Different types of Families (similarities & differences) * Introduction to Islam (RE)</p>	<p><u>Individual Liberty:</u> * Making healthy choices</p> <p><u>Tolerance of Different Faiths and Beliefs:</u> Belonging to a Faith Community (RE)</p>
Year 2	<p>Staying Healthy Ourselves; Growing and Changing</p>	<p>Respecting One Another and Ourselves/It's My Body</p>	<p>Staying Safe at Home Safety in the home/fire safety</p>

	<p>Healthy Lifestyles/ food/hygiene/exercise</p> <p>Digital Wellbeing Link to computing unit 'How do we communicate safely online, including sending emails? Rules to keep us safe when communicating online/personal information</p> <p>Economic Wellbeing Aspirations, work and career (Reach for the Stars!)</p>	<p>Respecting each other's privacy Keeping our bodies safe (medicine/drugs/household substances)</p> <p>Mental Well-Being: Dealing with Change and Loss Dealing with change and loss in our lives Coping with death and supporting each other</p>	<p>People who can help us/how to get help in an emergency</p> <p>Bullying/Mental Well-Being Managing hurtful behaviour and bullying/Resolving conflicts</p>
	<p>Individual Liberty: Making the correct choices while online and how to stay safe when sending emails</p> <p>Democracy: Election of School Council</p> <p>Tolerance of Different Beliefs and Faiths: What it means to belong to the Christian religion.</p> <p>Tolerance of Different Beliefs and Faiths: Religious celebrations.</p>	<p>Tolerance of Different Beliefs and Faiths: Religious stories and how they are reflected in the religion</p> <p>Mutual respect: Respect other people's feelings and reactions to change and loss.</p>	<p>Tolerance of Different Faiths and beliefs: Where do people of other faiths worship? Visiting a mosque.</p> <p>Rule of Law: Bullying is wrong</p> <p>Mutual Respect: Co-operation / Treat each other with respect, including those in authority (Mosque leaders)</p>
			<p>One World – Families, the Environment and Caring for our Planet</p>
Year 3	<p>Healthy Body/Healthy Mind Physical, mental and emotional health are all part normal daily life H6.1 H6.5 H8.1 H8.2 H8.3 Choices and consequences Balanced lifestyle including diet, safe sun, dental health H6.1 H9.1 H9.2 H9.3 H11.2 H11.3 H11.4</p>	<p>Staying Safe Online benefits H7.1 Physical, mental and emotional health are all part normal daily life H6.1 H8.3 Choices and consequences of online actions H7.3 Reporting concerns H7.7</p>	<p>Friendships/Relationships Acceptable / unacceptable physical contact Personal boundaries R5.3 Secrets / When it is right to break a confidence and seeking permission R3.8 R5.2</p>

		Balanced lifestyle including time spent online H7.2 H6.1 H11.3	Recognise peoples' feelings and realising that most friendships have ups and downs R2.4 Show, respect, constructively challenge different points of view R3.5
	<p>Rule of Law: How/why rules and laws are made and enforced, including school rules?</p> <p>Democracy: Election of School Council</p> <p>Individual Liberty: Making the correct, healthy choices</p> <p>Tolerance of Different Faiths and beliefs: <i>Jewish religion</i></p>	<p>Tolerance of Different Faiths and beliefs: Why do people pray?</p>	<p>Mutual Respect: Recognise peoples' feelings and realising that most friendships have ups and downs R2.4 Show, respect, constructively challenge different points of view R3.5 Personal boundaries R5.3</p> <p>Tolerance of Different Faiths and beliefs: Jewish festivals and family life and life as a Christian today.</p>
		<p>Money Matters – Where does money come from? Borrowing and Lending. Budgeting.</p>	
Year 4	<p>Respecting One Another/Bullying and Stereotypes <i>Discrimination, teasing, bullying and aggressive behaviours (inc. cyber-bullying, prejudice-based language and 'trolling')</i> R3.6 R4.2 H6.8 <i>Stereotypes</i> R3.7 <i>How to recognise bullying/abuse</i> R3.6 R7.5 <i>Consequences of bullying and harmful behaviours including discrimination</i> R3.6 H6.8 <i>Strategies for getting support</i> H6.9</p>	<p>Staying safe Health and Safety / E-Safety <i>School health and safety rules</i> <i>Basic emergency aid</i> H12.2 <i>Road / Cycle Safety (Bikeability) and safety in the environment (inc. rail, water and fire safety)</i> <i>Online safety, including how to keep personal information safe and how to report concerns</i> R4.4 H7.3 H7.7</p>	<p>Keeping Mentally Healthy <i>Personal feelings</i> R3.4 H6.2 H6.3 <i>Conflicting emotions</i> H6.2 H6.3 H6.4 <i>Strategies to resolve disputes / differences within friendships</i> R2.4</p>

	<p>Democracy: <i>Election of School Council</i></p> <p>Mutual Respect: <i>that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</i></p> <p>Tolerance of Different Faiths and beliefs: <i>Hinduism</i></p>	<p>Rule of Law: <i>How/why rules and laws are made and enforced, including health and Safety rules</i></p>	<p>Individual Liberty: <i>Debates on topical issues which allow children to reflect upon their differences and understand everyone is free to have different opinions.</i></p>
		<p>One World – Climate change Urban and Rural Inequality Organisations</p>	
Year 5	<p>Relationships <i>Different types of stable caring relationships R1.4</i> <i>Civil Partnerships / Marriage R1.5</i> <i>Forced marriage</i> <i>Cultural practices that are against British law and universal human rights</i> <i>Similarities and differences (family, culture, ethnicity, racial./religious diversity, age, sex, gender identity, sexual orientation and disability) R3.1 BV</i></p>	<p>Assessing Risk / Staying Safe <i>Difference between a risk, danger and hazard</i> <i>How to manage risks / dares</i> <i>Independence – Responsibility</i> <i>Safe mobile phone use and internet use to have strategies for keeping themselves safe e.g. not sharing images, passwords, personal information R4.5 H7.2</i> <i>Effect of actions on others including online H7.3</i></p>	<p>Healthy Body/Healthy Mind <i>How bodies change during puberty including personal hygiene H11.5 H13.1 H13.2</i> <i>Human reproduction H13.2</i></p>
	<p>Democracy: <i>Election of School Council</i> Mutual Respect <i>Similarities and differences (family, culture, ethnicity, racial./religious diversity, age, sex, gender identity, sexual orientation and disability)</i> Rule of Law: <i>link to Vikings topic</i></p>	<p>Individual Liberty: <i>choices we make to stay safe and taking risks when at Robinwood/Anderton Centre</i></p>	<p>Respect of Different Faiths and beliefs: <i>Keeping the 5 Pillars of Islam: How do Muslim beliefs make a difference to their way of living?</i></p>

	<p>Money Matters – Borrowing and Saving Value for Money Money in the Wider World/Profit and Loss</p>		
Year 6	<p>Mental Well-Being/Pressure of Media <i>Media images – effect on young people R4.1</i> <i>Sources of peer pressure R4.4 H7.5</i> <i>Resisting pressure / asking for help and having the vocab. to do so R5.1 R5.6 R5.7 R5.8</i> <i>Research/discuss/debate topical issues, problems and events</i> <i>How the media presents information</i> <i>Social Media and false information online and why age restrictions are applied R4.4 and why H7.6 H7.4 H7.7</i> <i>Where to find help if experiencing mental health issues H6.10</i> <i>Managing requests for images of ourselves/others R5.1</i></p>	<p>Physical Wellbeing <i>How to achieve a healthy lifestyle and who to speak to if they need support H8.3 H8.4</i> <i>How to spot early signs of physical illness and know the facts relating to allergies, immunisation and vaccination H11.1 H11.6</i> <i>Effect of drugs, alcohol, tobacco and ‘energy drinks’ on our health H9.3 H10.1</i> <i>Legal / illegal drugs</i> <i>Where to find help if experiencing mental health issues H6.10</i></p>	<p>Healthy Relationships <i>Taking care of our bodies R5.3</i> <i>Recognise unhealthy relationships, including within a family and a friendship and online, which makes us feel unhappy or unsafe and where to seek help R1.6 R2.5 R4.2 H7.3</i></p>
	<p>Democracy: <i>Election of School Council and House captains</i></p> <p>Individual Liberty: <i>Resisting pressure / asking for help and having the vocab. to do so</i></p> <p>Mutual Respect <i>Media images – effect on young people R4 Respecting ourselves and each other and our uniqueness</i> <i>Viewpoints - debate topical issues, problems and events</i></p>	<p>Mutual Respect: <i>for self and keeping a healthy lifestyle</i></p> <p>Rule of Law: <i>Age limits and restrictions.</i></p>	<p>Tolerance of Different Faiths and beliefs: <i>Islam</i></p> <p>Individual Liberty: <i>choices we make to stay safe when taking part in orienteering at Castleshaw and Dovestones.</i></p>

	Tolerance of Different Faiths and beliefs: <i>How do different religions worship?</i>		
			Our World- Global warming Use of water and energy Biodiversity