

PSHE Long Term Plan

Nursery
<p>Communication and Language</p> <ul style="list-style-type: none">Be able to express a point of view and to debate when they disagree with an adult or friend, using words as well as actions.Start a conversation with an adult or a friend and continue it for many turns. <p>Personal, Social and Emotional Development</p> <ul style="list-style-type: none">Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to themDevelop their sense of responsibility and membership of a communityBecome more outgoing with unfamiliar people, in the safe context of their settingShow more confidence in new social situationsPlay with one or more other children, extending and elaborating play ideasHelp to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideasIncreasingly follow rules, understanding why they are importantRemember rules without needing an adult to remind themDevelop appropriate ways of being assertiveTalk with others to solve conflictsTalk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’Understand gradually how others might be feelingBe increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughlyMake healthy choices about food, drink, activity and tooth brushing <p>Physical Development</p> <ul style="list-style-type: none">Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips. <p>Understanding the World</p> <ul style="list-style-type: none">Begin to make sense of their own life-story and family’s history.Show interest in different occupations.Continue developing positive attitudes about the differences between people.Know that there are different countries in the world and talk about the differences they have experienced or seen in photos.

PSHE Long Term Plan

Reception
<div>Communication and Language<ul style="list-style-type: none">Use talk to help work out problems and organise thinking and activities, and to explain how things work and why they might happen.Develop social phrases.</div> <div>Personal, Social and Emotional Development<ul style="list-style-type: none">See themselves as a valuable individualBuild constructive and respectful relationshipsExpress their feelings and consider the feelings of othersShow resilience and perseverance in the face of challengeIdentify and moderate their own feelings socially and emotionallyThink about the perspectives of othersManage their own needs: personal hygieneKnow and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, tooth brushing, sensible amounts of ‘screen time’, having a good sleep routine, being a safe pedestrian</div> <div>Physical Development<ul style="list-style-type: none">Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes.</div> <div>Understanding the World<ul style="list-style-type: none">Talk about members of their immediate family and communityName and describe people who are familiar to themRecognise that people have different beliefs and celebrate special times in different ways.</div>

PSHE Long Term Plan

Autumn I	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic	Braving the Weather Road Safety Understanding difficult feelings	Forest Survival Happiness It's Okay to not be Okay	Relationships with Others Helping Others to Get Help Growth Mind-set Mindfulness	Respect, Problem Solving & Resourcefulness Leadership	Learning, Resilience Teamwork Laws & Parliament	Tax, Entrepreneurship Banks First Aid
Skills	Weather <ul style="list-style-type: none"> Can I identify different types of weather? Can I differentiate between standard and extreme weather? explaining why some types of weather are dangerous Explaining (or role-playing) how to protect yourself from extreme weather. Identifying if certain weathers are “hot”, “cold”, “wet” or “dry” To compare and contrast different types of weather and recognise which types can hurt us. To explain why we need to wear sunscreen. To identify the danger of being under a tree in a thunderstorm and explain why this should be avoided. Road Safety <ul style="list-style-type: none"> To understand why holding an adult's hand when we cross the road is important. To identify different road signs and explain their meaning. Understanding difficult feelings <ul style="list-style-type: none"> To describe a time when they felt angry. 	Forest Survival <ul style="list-style-type: none"> A child can identify the 7 important things they would need to survive - should they become lost in a forest Shelter building Emergency kit packing Happiness <ul style="list-style-type: none"> Recognizing emotions Recognizing triggers Self-soothing strategies It's Okay to not be Okay <ul style="list-style-type: none"> Pupils know what it feels like to be ok. Pupils know what it feels like to not be ok. Pupils know how to begin to make themselves feel better. Pupils know how to support or help others to feel ok. Pupils know what to do if they don't feel ok and they need help 	Relationships with Others <ul style="list-style-type: none"> Defining different types of relationship Recognising healthy and unhealthy relationships Recognising respect Recognising loyalty Helping Others to Get Help <ul style="list-style-type: none"> Recognising when someone needs help Calling for help when needed Remaining calm when someone is injured Growth Mind-set <ul style="list-style-type: none"> Accepting failure Reframing negative thoughts Mindfulness <ul style="list-style-type: none"> Meditation Mindfulness 	Respect <ul style="list-style-type: none"> Identifying what respect is and what it means to be respectful. Explaining why you should be respectful in a school environment Relating his/her experiences and understand others may give another account Problem Solving & Resourcefulness <ul style="list-style-type: none"> Understanding what the law is and why we have them Identifying what problem solving is Discussing problem solving and understanding how to be a problem solver Identifying what resourcefulness is and why it might improve your learning Discussing the qualities of being a good problem solver and bad problem solver and why. To know where you would you go to find an answer to a question Is resourcefulness about knowing everything or about knowing where to look to find the answer to everything? Leadership <ul style="list-style-type: none"> Understanding what a leader is, if you can have more than one leader in and what qualities they have Children discussing the qualities of a good leader and why these qualities are important 	Learning <ul style="list-style-type: none"> To know different learning strategies and tools. To recognise why learning is important. Resilience <ul style="list-style-type: none"> Know and understand about the different forms of bullying around difference. Recognise and challenge stereotypes. Respect other people's views and beliefs. Teamwork <ul style="list-style-type: none"> To value teamwork and be able to communicate as part of a team. Laws & Parliament <ul style="list-style-type: none"> Have a confident understanding of rights and responsibilities. Understand that other people have different viewpoints. Develop a global awareness of environmental issues. 	Tax <ul style="list-style-type: none"> Understanding what tax is, how it works and why we have to pay it. Understanding what national insurance is and what it is for. Entrepreneurship <ul style="list-style-type: none"> Understanding what it takes to become an entrepreneur. For children to know what they might need for their own business. Discussing the advantages and disadvantages to owning your own business. Understanding the difficulties and benefits of business growth and entrepreneurship. Banks <ul style="list-style-type: none"> Understanding how banks work and how they help people in life Identifying and recognising different bank logos They can consider the impact of personal economic decisions on the world and other people. First Aid <ul style="list-style-type: none"> Recognise potential dangers such as those on the road, in water,

PSHE Long Term Plan

	<ul style="list-style-type: none"> To identify what triggered their anger and explain how to avoid it in the future. To explain how others can calm down when angry (using own experiences as examples) To suggest calming activities. 			<ul style="list-style-type: none"> Children identify if good leaders work harder than others or leaders make others work harder. Discussing if leaders need to continue learning and feedback from others 		<p>with fire and develop strategies for harm reduction in these situations. Understand where help can be obtained if it is needed.</p> <ul style="list-style-type: none"> Understand what the term safeguarding means. Identify organisations who can help children.
Suggested Outcomes	<ul style="list-style-type: none"> To discuss a scenario of extreme weather and identify why it may cause issues for some. To role play an extreme weather scenario and model what could be done to avoid becoming hurt. Draw and label maps of crossing the road with instructions. Cross the road in the local area with the class. Create a poster suggesting activities to stay calm. Use “Zones of regulation” to express feelings. 	<ul style="list-style-type: none"> Suggesting solutions to scenarios where people are stuck in the forest Building shelters A quiz on the 7 important things Respond to a scenario where someone is unhappy Role play of cheering your friend up Whole class role play Exploring different scenarios 	<ul style="list-style-type: none"> Write instructions on how to be a good friend Draw someone who you think is a good friend and label their qualities Information poster telling you how to spot if someone needs help Class discussion Role-play Investigating research on growth mind-set Class mindfulness walk 	<ul style="list-style-type: none"> To draw/write about experiences To role-play problem solving scenarios Discussions To complete team challenge games with leaders (children to identify which points were good and bad) Hot seating and interviewing 	<ul style="list-style-type: none"> Play team games Role play Class discussion Research independently 	<ul style="list-style-type: none"> Creating an information leaflet about tax Creating a poster Role-play scenarios (first aid, bank transactions) Creating a business idea Class discussion Visitors Classroom workshop (money sense NatWest) Information videos
Key Vocabulary	<p>Weather: extreme, weather, flood, drought, hurricane, rain, tornado, snow, hailstones, fog, wind, danger, protect, high tide, drown, lightning, thunder protect, forecast, symbol, sun cream, shade.</p> <p>Road Safety: school patrol crossing officer, lollipop person, dangerous, adult, zebra crossing, toucan crossing, pelican crossing, puffin crossing, sign, symbol, red, green, amber, traffic light, parked, beeping</p> <p>Understanding Difficult Feelings:</p>	<p>Forest Survival survival, forest, survive, conditions, safety, rescue, equipment, waterproof</p> <p>Happiness emotion, happiness, happy, positive, negative, feelings, overwhelming, sadness, anger, jealousy, shyness, confidence, worried, anxious, scared, unhappy, bored, unsure, miserable, excitement, surprise, fear</p> <p>It’s Okay to not be Okay emotions, feelings, ok, constructive feedback, support, unkind, teasing, bullying,</p>	<p>Relationships with Others positive, health, family, relationship, unhealthy, support, relatives, committed, married, civil partnership, marriage, commitment, connected, opposite, trust, understanding, caring</p> <p>Helping Others to Get Help emotions, feelings, support, advice, help, problem, injury, tearful, nervous, appetite, confidence, behave, danger, worry</p> <p>Growth Mind-set growth mind-set, positive, negative, determined, willing, resilient, challenge, open mind,</p>	<p>Respect respect, treat respectful, law, illegal, vulnerable, society, cultural, ethnic, racial, religious, gender identity, sexual orientation, disability, disrespect, rudeness, aggression, swearing, peer pressure, responsible, arrest, imprisonment, protect</p> <p>Problem Solving & Resourcefulness Problem, problem-solving, solution, analyse, dilemma, technology, online, social media, trolling, bullying, confident, independent, support, successful, solve, resourcefulness, sources, internet, research, independent, record, hormone, risk, danger, hazard, selective, question</p>	<p>Learning learn, learning, college, university, environment, school, home, knowledge, behaviour, skills, values, preferences, resilient, determined, school, home, knowledge, behaviour, skills, values, preferences, resilient, determined, GCSE, Diploma, A Level, BTech, Certificate, intelligences, apprentice, apprenticeship</p> <p>Resilience resilience, problem-solving, determination, failure, relationships, emotions, resilient, challenge, disappointed, bounce back, bullying, resolve differences, friendships, minor, incident, solution, scenario, solve</p> <p>Teamwork</p>	<p>Tax tax, income, wages, responsibility, rights, duty, community, money, support, interest, loan, debt, evasion, expenditure, government, National Health Service, income tax, pension, earnings, salary, benefit, State pension, National Health Service, medical, retire, pension, National Insurance, tax, salary, wages, calculated, earnings, contributions</p> <p>Entrepreneurship business, company, employee, employer, entrepreneur, enterprise, risk, profit, advice, success, decision, positive,</p>

PSHE Long Term Plan

	Emotions, emotional state, feelings, anger, negative, positive, rules, angry, behaviour, triggers, control	unacceptable, problem, argument, advice, trust	effort, overcome, mistake, succeed Mindfulness Mindfulness, worry, stress, physical, mental, emotional, environment, sights, tastes, smells, feel, hear, improve, health, concentrate, focus, react, respond	Leadership: Leader, quality, manage, organise, team, goal, skill, achievements, emotion, opinion, view, consider, compromise, negotiation, negotiate, resilience, responsibility, confident, respect, challenge, relationship, collaborate, resolve, difference, decision, honest, committed, creative, inspiring, reliable, poster, advert	teamwork, team, members, business, importance, role, undertake, respectful, confident, concern, constructively challenge, collaboratively, strategies, resolve, disputes, conflict, negotiation, compromise, feedback, support, benefit, communication, problem solving, applicant, qualities, advertising, contribute Laws & Parliament by-election, general election, manifesto, constituent, opposition leader, legislation, minister, surgeries, Private Member’s Bill, lobby, petition violated, equality of law, transparency of law, judiciary, legal remedy, fair representation, breach, UN Convention on the Rights of the Child, just laws, enacted, administered, enforced, sentences	negative, opportunity, challenge, wealth, status, inspire, financial, commitment Banks bank, loan, debt, borrow, account, increase, charge, money, interest, savings, insurance, financial, First Aid unresponsive, alert, primary survey, respiratory, rate, heart rate, DRsABC, recovery, position, monitor, CPR (Cardiopulmonary Resuscitation) airway, breathing, circulation
Challenge	Weather: <ul style="list-style-type: none"> Go on a weather walk or set up your own weather station! Road Safety: <ul style="list-style-type: none"> To teach a friend the steps to cross a road safely. Understanding Difficult Feelings: <ul style="list-style-type: none"> To annotate a picture of a scenario with emotions. 	Forest Survival <ul style="list-style-type: none"> Forest packing list (Pairs) Forest survival tips leaflet Happiness <ul style="list-style-type: none"> If you’re happy and you know it! (Individual/Class) Create a recipe for happiness! Write a short story about happiness (Groups) It’s Okay to not be Okay <ul style="list-style-type: none"> How can I help? (Pairs/Class/Role Play) How can we overcome not feeling okay? (Group discussion) 	Relationships with Others <ul style="list-style-type: none"> Defining different types of relationship Recognising healthy and unhealthy relationships Recognising respect Recognising loyalty Helping Others to Get Help <ul style="list-style-type: none"> Recognising when someone needs help Calling for help when needed Remaining calm when someone is injured Growth Mind-set <ul style="list-style-type: none"> Accepting failure Reframing negative thoughts Mindfulness <ul style="list-style-type: none"> Meditation Mindfulness 	Respect <ul style="list-style-type: none"> To make a poster on respect and how we can show that to others The Respect Song (Pairs/(Class/Groups) Who do I respect? (Pairs/Class) Problem Solving & Resourcefulness <ul style="list-style-type: none"> To present problems solving scenarios to the class and have them use the skills they have learnt to solve them The Resourceful Frog Story (Groups/Class) Don't feed the monkeys (Play-Based Activity) Leadership: <ul style="list-style-type: none"> Making a good leader recipe Qualities of a Leader (Groups/Individual/Pairs/Class) Capture the flag (Play-Based Activity) 	Learning <ul style="list-style-type: none"> Skill square (Play-Based Activity) Create a film (Groups/Class) Catch 'em all (Play-Based Activity) Best Ways to learn (Groups/Class) Resilience <ul style="list-style-type: none"> Don’t give up! (Pairs/Role Play/Class) Teamwork <ul style="list-style-type: none"> Team qualities (Pairs/Class) Buckets and umbrellas (Play-Based Activity) Laws & Parliament <ul style="list-style-type: none"> Design a new law and research its implementation. 	Tax <ul style="list-style-type: none"> Spending taxes (Play-Based Activity) Entrepreneurship <ul style="list-style-type: none"> Making a business plan from business idea Banks <ul style="list-style-type: none"> A world without banks? (Pairs/Class Task/Group) Move your money (Play-Based Activity) First Aid CPR- challenge: Children in groups of three practising their decision making skills and CPR on each other

PSHE Long Term Plan

PSHE Long Term Plan

Autumn II	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic	Emergency Services Being Happy First Aid/CPR	Feeling sad Dealing with Loss Personal Goal Setting	Self-Image Anxiety Managing Anger Stress	Impact of Bullying & Discrimination, Screen Time Being Responsible	Dealing with Adversity Responsibility & Inspiration Body Language & Communication	Organisation of Life Pensions Power of Negotiation
Skills	Emergency Services <ul style="list-style-type: none"> Identifying the 3 main emergency services. understand that the emergency number is 999 and who to ask for when calling Being Happy <ul style="list-style-type: none"> To be able to identify the feeling of happiness To identify activities that will trigger happiness. First Aid/CPR <ul style="list-style-type: none"> To know what to do when we see someone who is injured. To know what to do when a person isn't breathing. To know how we might give first aid or CPR (cardiopulmonary resuscitation). 	Feeling sad <ul style="list-style-type: none"> Recognising sadness Differentiating between depression and sadness Explaining why sadness is temporary Dealing with Loss <ul style="list-style-type: none"> The ability to accept loss The ability to talk about loss Recognition that loss is a normal part of life Personal Goal Setting <ul style="list-style-type: none"> To identify personal goals The skill to differentiate between shared and personal goals 	Self-image <ul style="list-style-type: none"> Building a positive self-image Anxiety <ul style="list-style-type: none"> Recognising the feeling of anxiety Differentiating between normal and abnormal anxiety Managing Anger <ul style="list-style-type: none"> Recognising anger triggers Knowing who to go to for help if angry Self-soothing strategies Stress <ul style="list-style-type: none"> Recognise when stressed Strategies to relieve stress 	Impact of Bullying & Discrimination <ul style="list-style-type: none"> To understand the impact of bullying (offline and online) To know and understand the consequences of hurtful behaviour To know what strategies to use when responding to hurtful behaviour To know how to report concerns and get support To recognise discrimination and how to challenge it Screen Time <ul style="list-style-type: none"> To recognise that too much screen time is bad for us. Being Responsible <ul style="list-style-type: none"> To know that being responsible is important in life. To understand how responsibility can inspire others. To understand the importance of being responsible. 	Dealing with Adversity <ul style="list-style-type: none"> To understand the importance of overcoming a difficult situation Understand the meaning of confidentiality. Know where and how to get help. Recognise good and bad touches. Identify adults they feel they can trust. Know and understand about the different forms of bullying around difference. Recognise and challenge stereotypes. Respect other people's views and beliefs. Responsibility & Inspiration <ul style="list-style-type: none"> To recognise your own responsibility and the responsibilities of others. Body Language & Communication <ul style="list-style-type: none"> To recognise different forms of body language and how we can interpret a situation through them 	Organisation of Life <ul style="list-style-type: none"> They can with confidence identify factors that affect emotional health and well-being. They recognise and challenge stereotypes. They recognise positive things about themselves and their achievements. Pensions <ul style="list-style-type: none"> To understand what a pension is and when to start saving for one. To plan ahead. Power of Negotiation <ul style="list-style-type: none"> To be able to negotiate and compromise.
Suggested Outcomes	<ul style="list-style-type: none"> Emergency match (Groups) What do I do? (Pairs) Policeman/woman (Groups) 	<ul style="list-style-type: none"> Draw a picture of someone you have lost and label it with feelings Create a "memory" picture for someone you have lost Make "memory boxes" Create a class feelings box and all post something in 	<ul style="list-style-type: none"> Play positivity ball Write a nice comment about a random person in the class and pass them around anonymously write about a time you felt anxious and what made you feel better 	<ul style="list-style-type: none"> Now Press Play (Bullying) Role-play Make leaflets Create a list of alternative activities to screen time. 	<ul style="list-style-type: none"> Treasure hunt Haunted house Role play conversations 	<ul style="list-style-type: none"> Negotiate a deal (whole class role-play or in pairs) Plan a strategy to organise home and work environment Create an alternative pension plan offer.

PSHE Long Term Plan

		<ul style="list-style-type: none"> Create a list of personal goals and keep in books Create a list of goals for entire class 	<ul style="list-style-type: none"> role play someone becoming angry and using the zones of regulation Create speech bubble display with “things that stress us out” 			
Key Vocabulary	<p>Emergency Services fire engine, fire brigade, emergency, police, policewoman, policeman, firefighter, ambulance, ambulance crew, hospital, police station, fire station, paramedic, flood, rescue, injury, accident, vehicle, medical, arrest, crime, criminal, laws</p> <p>Being Happy emotion, happiness, happy, positive, negative, feelings, overwhelming, sadness, anger, jealousy, shyness, confidence, worried, anxious, scared, unhappy, bored, unsure, miserable, excitement, surprise, fear etc., strength, improvement, depression</p> <p>Dealing with Loss alive, dead, living, dying, die, death, cope, loss, feelings, sadness, anger, fear, bereavement, grieve, lose</p> <p>Personal Goal Setting personal goal, setting, achieve, dream, specific, measurable, attainable, relevant, time, barrier</p>	<p>Feeling Sad emotion, happiness, happy, positive, negative, feelings, overwhelming, sadness, anger, jealousy, shyness, confidence, worried, anxious, scared, unhappy, bored, unsure, miserable, excitement, surprise, fear etc., strength, improvement, depression</p> <p>Dealing with Loss alive, dead, living, dying, die, death, cope, loss, feelings, sadness, anger, fear, bereavement, grieve, lose</p> <p>Personal Goal Setting personal goal, setting, achieve, dream, specific, measurable, attainable, relevant, time, barrier</p>	<p>Self-Image positive, negative, media, online, achievement, strength, improvement, self-image, personality, successful</p> <p>Anxiety worry, anxiety, concern, anxious, uncertain, emotions, feelings, fear, nervous, afraid, scared, fearful, appearance, measure, scale, ‘Handy Helper’</p> <p>Managing Anger emotions, feelings, anger, negative, positive, rules, angry, behaviour</p> <p>Stress alcohol, drugs, cigarettes, stress, worry, medicines, tablets, mental, health, physical, react, substances, reaction, environment, emotion, feeling, motivation, overwhelmed, concentration, reaction</p>	<p>Bullying cyberbullying, mental health, trolling, emotion, reaction, internet, posts, rules, digital, anti-social, characteristics, equality, equity, diversity, prejudice-based, disability, discrimination, racism, sexism, stereotypes, nationality, impaired mobility, prejudice-related incident,</p> <p>Being Responsible responsibility, responsible, community, environment, inspiration, inspiring, accountable, dependable, determined, inspire, consequence, duties, rights, school, home, persuade, accountable</p> <p>Screen Time exercise, screen, habit, positive, neutral, negative, consequence, balanced lifestyle, carbohydrate, moderation, balance, unhealthy, affect, vision, eye strain, sleep deprivation</p>	<p>Dealing with Adversity adversity, bullying, teasing, mental, physical, health, face-to-face, online, social media, respect, problem, overcome, dealing, tough, decision, reaction, situation, trust, bystander, acceptable, behaviour,</p> <p>Responsibility & Inspiration responsibility, responsible, community, environment, inspiration, inspiring, accountable, dependable, determined, inspire, consequence, duties, rights, school, home, persuade, accountable</p> <p>Body Language & Communication communication, talk, listen, listener, convey, message, interpret, effective, sign language, technology aids, conversation, facial expression, gesture, body language, signal, Autism, Asperger Syndrome, misinterpreting, exclude, frustrated, eye contact, uncomfortable</p>	<p>Organisation of Life organised, physical, mental, emotional health, hygiene, routine, habit, actions, responsibilities, duties, respect disorganised, stress, disease, strategies</p> <p>Pensions pension, retire, retirement, contribute, earnings, National Insurance, wages, salary, government, Pension Fund, State Pension, employer, transfer, Private Pension, retired</p> <p>Power of Negotiation disagree, opinion, view, outcome, responsibility, negotiate, negotiation, favour, request, persuade, compromise, accept, positive support, feedback, temper, calm, suggestion, tradition, sexual orientation, gender, disability, custom, religious belief, realistic, decision, dispute, conflict, result, seller, buyer, role play, bargaining</p>
Challenge	<p>Emergency Services</p> <ul style="list-style-type: none"> Role play an emergency and call the right service! <p>Being Happy</p> <ul style="list-style-type: none"> Create your own worry doll and tell it your worries. <p>First Aid/CPR</p> <ul style="list-style-type: none"> Practice CPR on model 	<p>Feeling sad</p> <ul style="list-style-type: none"> Play “Cheer me up!” (Individual/Teams of 3) When I am Feeling Sad I? (Group discussion) <p>Dealing with Loss</p> <ul style="list-style-type: none"> Let’s talk about loss (Individual/Class) <p>Personal Goal Setting</p> <ul style="list-style-type: none"> Write a goal for the future you to aspire to. Write a letter to future self 	<p>Self-image</p> <ul style="list-style-type: none"> Create “mirror portrait” of self and label it with positive comments <p>Anxiety</p> <ul style="list-style-type: none"> Write solutions for scenarios where people are anxious <p>Managing Anger</p> <ul style="list-style-type: none"> Debate the right thing to do when angry, does it ever change? <p>Stress</p>	<p>Impact of Bullying & Discrimination</p> <ul style="list-style-type: none"> Giraffes Can’t Dance – each student makes a list of characteristics that make them unique and individual for class display. Tourist trip to Mars (Children select five people from the class to go to Mars, they should give reasons for their choices – before they realise the connections – and discuss 	<p>Dealing with Adversity</p> <ul style="list-style-type: none"> Through Adversity (Class/Groups) Zombies treasure (Play-Based Activity) <p>Responsibility & Inspiration</p> <ul style="list-style-type: none"> Taking Responsibility (Class/Groups) Haunted house (Play-Based Activity) <p>Body Language & Communication</p> <ul style="list-style-type: none"> Say what you see! (Pairs/Individual/Class) 	<p>Organisation of Life</p> <ul style="list-style-type: none"> Identify an area of your life which requires organisation and seek advice from peers. Pensions <p>Power of Negotiation</p> <ul style="list-style-type: none"> Negotiate for a deal that you personally disagree with. <p>Pensions</p> <ul style="list-style-type: none"> Discuss why pensions are important or not.

PSHE Long Term Plan

			<ul style="list-style-type: none">Explain to a friend what they can do when they experience their stress trigger	<div>the dangers of stereotyping)</div> Being Responsible <ul style="list-style-type: none">Organise their own class vote to decide on the roles and responsibilities within the classroom.	<ul style="list-style-type: none">Body language practice (Groups/Pairs/Class)	
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PSHE Long Term Plan

Spring I	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic	Being Mindful Communication A Problem Shared is a Problem Halved	Personal Goal Setting The Art of Failure Relaxation	Problem Solving and Time Management, Self-worth Sun Safety	A Balanced Diet Healthy Eating The Importance of Physical Activity	Respecting Others – Boundaries & Beliefs My, Nutritional Values The NHS	From Learning to Working How to Write a CV Self-perception
Skills	Being Mindful: <ul style="list-style-type: none"> To know what positively and negatively affects their physical, mental and emotional health. Communication <ul style="list-style-type: none"> To define communication To know how to communicate with those who do not speak your language To empathise with those who are learning a new language To understand how to communicate with body language To understand how communication can keep us calm. A Problem Shared is a Problem Halved: <ul style="list-style-type: none"> Verbalize what a problem is. Know who we can share our problems with. Understand why some people do not want to share their problems Understand who we may worry about and how this changes from person to person 	Personal goal setting <ul style="list-style-type: none"> how to set personal goals The Art of failure <ul style="list-style-type: none"> recognising when they have failed seeing failure as a positive Using failure to generate success Relaxation <ul style="list-style-type: none"> To identify relaxing activities To identify person styles of relaxation 	Problem Solving and Time Management <ul style="list-style-type: none"> Managing time Solving problems involving real time events Self-worth <ul style="list-style-type: none"> Recognising signs of low self-worth in others Understanding how low self-worth can lead to negative behaviour from self and others Sun Safety <ul style="list-style-type: none"> Protection strategies to avoid sun damage 	A Balanced Diet <ul style="list-style-type: none"> To know what a balanced diet is. To understand about how much of each nutrient, we should be eating To know and understand the effects that food has on our body. Healthy Eating <ul style="list-style-type: none"> To understand how exercise supports the function of the human body. To identify how a balanced diet supports the function of the human body. The Importance of Physical Activity <ul style="list-style-type: none"> To know what physical activity is To understand what physical activity involves To know and recognise the effects of physical activity 	Respecting Others - Boundaries & Beliefs <ul style="list-style-type: none"> Understand the meaning of confidentiality. Know where and how to get help. Recognise good and bad touches. Identify adults they feel they can trust. Nutritional Values <ul style="list-style-type: none"> Understand that they have responsibility for their own health. Understand that there are many influences and dilemmas that affect a healthy lifestyle. The NHS <ul style="list-style-type: none"> Understand that they have responsibility for their own health. Understand that there are many influences and dilemmas that affect a healthy lifestyle. They can list the commonly available substances and drugs that are legal and illegal and can describe some of the effects and risks of these. 	From Learning to Working <ul style="list-style-type: none"> They can identify positive ways to manage risks and face new challenges (for example the transition to secondary school). Make judgments about new situations or new activities and respond accordingly. Children have a greater involvement in the decision-making processes of the school. They can talk about a range of jobs and explain how they will develop skills to work in the future. How to Write a CV <ul style="list-style-type: none"> To know how to write a CV To know what to include on a CV. Self-Perception <ul style="list-style-type: none"> They can make judgements and decisions about bullying and can list some ways of resisting negative peer pressure. They can consider the feelings of both the bully and the victim.
Suggested Outcomes	<ul style="list-style-type: none"> 'Quiz Questions 1, 2 and 3' with feedback. 'Challenge 1, 2, and 3' – Use your senses, Stop, listen and think, Looking back on the day 'Play 	<ul style="list-style-type: none"> Write a letter to yourself about a time you failed and why it is ok. Role-play your “inner critic” criticising your failure and your “inner self” 	<ul style="list-style-type: none"> Solve problems involving time management In pairs list the 4 basic steps for time management 	<ul style="list-style-type: none"> Design healthy meal Create a healthy meal plan/diary to demonstrate understanding Healthy eating codebreaker (maths activity) 	<ul style="list-style-type: none"> Research project Role play Class discussion 	<ul style="list-style-type: none"> Write a CV Create a poster of a body with negative self-views inside. Leave the desk, circulate the room and all

PSHE Long Term Plan

	Activity' - Community match	<p>explaining why that is wrong to do.</p> <ul style="list-style-type: none"> Class discussion about times we have failed (create a giant poster of this to be displayed) Suggest ways to relax to classmates and create a class report on this Draw your favourite way to relax Take part in a class meditation session 	<ul style="list-style-type: none"> Pencil and pen activity (write negative though in pencil and positive in pen) Using the UV calculator, find your hometown and compare the UV index to Doha and a place where you or your teacher or a friend has been on holiday. Choose one and make a list of clothes and equipment that you would need for a day out, doing an outdoor activity of your choice. 	<ul style="list-style-type: none"> Healthy eating food pyramid explaining which foods should be eaten Create a class exercise routine Create class quiz on the importance of exercise 		write something positive on the outside.
Key Vocabulary	<p>Being Mindful emergency services, injured, unsafe, choking unconscious, first aid lifebelt, airways, breathing, circulation, recovery, swallow</p> <p>Communication language, speak, communication, understand, difference, similarity, unkind, signals, facial expressions, body language, sign language, greeting, important, useful</p> <p>A Problem Shared is a Problem Halved problem, worry, share, solved, advice, caring, encouraging, comfortable, secret, trouble, feelings, halved, trust</p>	<p>Personal Goal Setting achieve, feeling success, steps, next steps</p> <p>The Art of Failure achieve, win, lose, succeed, failure, failing, celebrate, achievement, strength, improvement, aspiration, goal, adjective, successful, learn</p> <p>Relaxation active, busy, rest, sleep, relaxation, activity, repair, reduce, stress, mood, relax, worried, problem, screen, mind, body</p>	<p>Problem Solving and Time Management problem-solving, time management, choice, respect, negotiate, decision, problem, solve, solution, answer, goal, decision, plan, determined, focused, succeed, dilemma, deadline</p> <p>Self-worth self-worth, self-esteem, positive, negative, neutral, good, healthy, achieve, low, high, boastful, over confident, bragging, fault</p> <p>Sun Safety body temperature, room temperature, Celsius, thermometer, SPF, ultraviolet radiation, transparent, opaque, melanin, pigment, cataracts, vital organs</p>	<p>A Balanced Diet balanced diet, healthy, intake, unhealthy, food group, choice, damage, dental health, tooth decay, obesity, carbohydrate, fat, vitamin, mineral, protein, water, ingredient, nutritional value, habit, calorie, immune system, energy</p> <p>Healthy Eating balanced diet, food group, nutrient, nutritional value, healthy, diet, habit, damage, obesity, tooth decay, culture, carbohydrate, protein, vitamin, mineral, fat, oil, active, healthier, traffic light system, fuel, weight, mental health, physical health, unhealthy</p> <p>The Importance of Physical Activity physical activity, habit, routine, illness, healthy, exercise, inactive, active, obesity, positive, negative, mental wellbeing, balanced, goal, screen, effect</p>	<p>Respecting Others – Boundaries & Beliefs culturally diverse, population, customs, beliefs, laws, values, influence, respect, opinion, views, relationship, different, similar, appreciate, feelings, rights, race, religion, ethnic identity, law abiding, tradition, safe, comfortable, marriage, appearance, sex, gender identity, stereotype, class, disability, considerate, intolerance, disrespect, aggression, damaging, label</p> <p>Nutritional Values balanced diet, food group, nutrient, nutritional value, healthy, diet, habit, energy drink, damage, obesity, tooth decay, culture, customs, nourishment, carbohydrate, protein, vitamin, mineral, fat, oil, breakfast, lunch, dinner, heart, bowel, stomach</p> <p>The NHS NHS, National Health Service, doctor, nurse, consultant, midwife, porter, surgeon, radiographer, support, condition, care, obesity, diet, addiction, disease, health, unhealthy, medicine, treatment, funding, responsibility, hospital, clinic, outpatient, medical, casualty, first aid, paramedic, dentist,</p>	<p>From Learning to Working learning, institutions, certificates, diplomas, achievement, goal, improvement, determination, success, responsibilities, skills, job, career, qualifications, subjects, study, knowledge, focus, concentration, transferred, research, effort, requirements, BTech, A Levels, GCSEs, impact</p> <p>How to Write a CV Curriculum Vitae, CV, successful, job, application, educational background, personal statement, experience, details, passwords, information, private, disability, sexual orientation, qualifications, interview, feedback, template, description, personality, character, right</p> <p>Self-Perception self, others, opinion, view, perception</p>

PSHE Long Term Plan

					taxpayer, insurance, prescription universal, comprehensive, discounted, optician	
Challenge	Being Mindful <ul style="list-style-type: none">Learn a word in another person's language! Communication <ul style="list-style-type: none">What is the right way to communicate with an adult? A Problem Shared is a Problem Halved <ul style="list-style-type: none">Draw a problem you have.	Personal Goal Setting The Art of Failure <ul style="list-style-type: none">Write a letter to yourself about a time you failed and why it is ok.Role-play your “inner critic” criticising your failure and your “inner self” explaining why that is wrong to do. Relaxation <ul style="list-style-type: none">King and Queen dodgeball (Play-Based Activity)Debate if technology helps us to relax.	Problem Solving and Time Management <ul style="list-style-type: none">Suggest strategies to foster good time management Self-worth <ul style="list-style-type: none">Create own affirmation and decorate Sun Safety <ul style="list-style-type: none">Compare and contrast lives of two people - one who takes sun damage seriously and one who does not.	A Balanced Diet <ul style="list-style-type: none">Secret cabbage - play based activity Healthy Eating <ul style="list-style-type: none">Do you use the food traffic lights? (Class)Healthy/unhealthy food quiz (Groups/Pairs/Class)Food gates (Play-Based Activity) The Importance of Physical Activity <ul style="list-style-type: none">Amazing life (Class/Groups)Fitness frenzy (Play-Based Activity)	Respecting Others – Boundaries & Beliefs <ul style="list-style-type: none">Respect Role play (Pairs/Group)Safe strategy (Play-Based Activity) Nutritional Values <ul style="list-style-type: none">Clean out your kitchen (Play-Based Activity) The NHS <ul style="list-style-type: none">Research the NHS and produce an independent report on its foundation, pros and cons.	From Learning to Working <ul style="list-style-type: none">Pictionary, the work edition (Pairs/Class/Groups)Skill square (Play-Based Activity) How to Write a CV <ul style="list-style-type: none">Compare and contrast a good and bad CV. Self-Perception <ul style="list-style-type: none">Admit negative self-perception to class and discuss it as a whole classHow can we make others feel better about their own negative self-perception?

Spring II	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic	Trust Respecting Others My Body Belongs to Me	My Body is Growing Fire safety Medicines & Drugs	Vaccinations & Disease Personal Hygiene My Body, Your Body	Where does my food come from? Sleep Keeping My Body Safe	Junk food My Body Changes The Human Body	Drugs, Alcohol & Smoking My Amazing Body Transition

PSHE Long Term Plan

					Keeping My Body the Same	
Skills	Trust <ul style="list-style-type: none"> define trust recognise trust between friends and family know what broken trust is identify who we can trust to talk to if we are worried Respecting Others <ul style="list-style-type: none"> define respect to understand who we should respect and why to understand how we show respect to know how to show respect if someone is hurt My Body Belongs to Me <ul style="list-style-type: none"> recognising how and when to keep your body clean To know who can look at/ touch your body and what to do if you do not want someone to look at it. To identify who would you speak to if you were feeling unwell, uncomfortable, hurt or afraid? To recognise when it is ok to touch other people. To identify male and female private parts How can we stop people from touching our private parts? 	My body is growing <ul style="list-style-type: none"> identify different life stages in humans understand why humans grow understand changes to their body Fire safety <ul style="list-style-type: none"> To be able to prevent a fire as much as possible To be able to call 999 in case of a fire Medicines & Drugs <ul style="list-style-type: none"> To recognise the dangers of drugs an understanding of the difference between drugs and medicine 	Vaccinations & Disease <ul style="list-style-type: none"> How to take medicines Safely Personal Hygiene <ul style="list-style-type: none"> How to clean self My Body, Your Body <ul style="list-style-type: none"> Pupils can name and locate different parts of the body, including genitals. Pupils know that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food, they get nutrition from what they eat. Pupils can identify that humans and some other animals have skeletons and muscles for support, protection and movement. Pupils can identify and locate major organs inside the human body 	Where does my food come from? <ul style="list-style-type: none"> To identify where food comes from and how foods are sourced. To understand how food is produced. To know how and where we keep track of the food we eat. Sleep <ul style="list-style-type: none"> To recognise how much sleep, we should get. To understand how sleep affects our lifestyle To know how sleep supports our mind-set and our body function. Keeping My Body Safe <ul style="list-style-type: none"> To understand the NSPCC 'pants' rules To recognise and discuss which 'private parts' are covered and why To know the difference between 'good secrets' and 'bad secrets'. To know what to do about what we can and should do when someone makes us feel uncomfortable To understand how too much screen time can affect our daily life. To identify how screen time can affect us mentally To know how screen time can affect our relationships with others 	Junk food <ul style="list-style-type: none"> Understand that they have responsibility for their own health. Understand that there are many influences and dilemmas that affect a healthy lifestyle. My Body Changes <ul style="list-style-type: none"> They can discuss some of the bodily and emotional changes at puberty and can demonstrate some ways of dealing with these in a positive way. Understand and accept the diversity of family arrangements. The Human Body <ul style="list-style-type: none"> Understand that they have responsibility for their own health. Understand that there are many influences and dilemmas that affect a healthy lifestyle. Keeping My Body the Same <ul style="list-style-type: none"> They can discuss some of the bodily and emotional changes at puberty and can demonstrate some ways of dealing with these in a positive way. Understand and accept the diversity of family arrangements. 	Drugs, Alcohol & Smoking <ul style="list-style-type: none"> Identify drugs as being medicinal, prescription, recreational, legal and illegal. Understand the law in relation to drug use. Understand that drugs can be grouped as pain killers, stimulants, sedatives or hallucinogens. Children can make informed choices about how to develop healthy Lifestyles. They develop strategies for discriminating between the various influences. Understand about the effects on the human body of tobacco, alcohol and other drugs. My Amazing Body <ul style="list-style-type: none"> They can discuss most of the bodily and emotional changes at puberty and can demonstrate ways of dealing with these in a positive way. They can use the correct terminology to identify personal body parts. Understand the need for trust and love in established relationships. Transition <ul style="list-style-type: none"> To know that there is a normal range of emotions (e.g. Happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations To develop problem-solving strategies for dealing with emotions, challenges and

PSHE Long Term Plan

						change, including the transition to new schools <ul style="list-style-type: none"> To know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else’s mental wellbeing or ability to control their emotions (including issues arising online).
Suggested Outcomes	<ul style="list-style-type: none"> My body belongs to me video (Class) My body safety rules (Class) Safety network (Class) Protect The Crown (Play-Based Activity) 	<ul style="list-style-type: none"> Draw the human life cycle Take part in a quiz about growing up Create an information leaflet explaining what do in an emergency Create fire safety posters to be put up around school Write instructions explaining what to do in case of fire Write a safety warning for medicine bottles Sort medicines into adult and child categories 	<ul style="list-style-type: none"> Research different vaccines Write instructions on how to take medicine safely Create a poster of ways to stay clean Write a letter explaining why it is important to stay clean Label the body parts 	<ul style="list-style-type: none"> Create own farm shop Share bedtime routines Debate the ethics of farming 	<ul style="list-style-type: none"> Class games Class discussion Circle time Role-play 	<ul style="list-style-type: none"> Create a petition for shops to stop selling cigarettes. Create a short informational video on how to transition to secondary school.
Key Vocabulary	Trust trust, special, worried, safe, secret, pretend, protected, belonging, unkind, unsafe Respecting Others respect, treat respectful, law, illegal, vulnerable, society, cultural, ethnic, racial, religious, gender identity, sexual orientation, disability, disrespect, rudeness, aggression, swearing, peer pressure, responsible, arrest, imprisonment, protect My Body Belongs to Me head, ears, mouth, nose, eyes, hair, teeth, neck, shoulders, arms,	My Body is Growing growth, development, timeline, stage, baby, toddler, teenager, senior citizen, adult, child, offspring, species, mate, reproduce, female, male Fire safety prevent, plan, practise, fire, escape, panic, injury, safety, meeting point, belongings, fire fighter, fire brigade, fire engine, emergency, matches, smoke alarm Medicines & Drugs drug, medicine, smoking, alcohol, tobacco, addicted, addictive, disease, cancer, stroke, blood	Vaccinations & Disease, Side effects, smallpox, polio, tetanus, measles, diphtheria, immunisation, dose, dosage, GP, pharmacy, pharmacist, symptoms, over-the-counter medicine, antibiotic resistance, illegal/legal substance, disinfectant, antiseptic. Personal Hygiene Friction, grease, microbes, routine, bacteria, molars, incisors, carnivores, herbivores, enamel, oesophagus, plaque, cavities, pores, infection, genitals, vagina, vulva, penis, testicles, cough, bacteria,	Where Does my Food Come from? supermarket, grocers, greengrocers, butcher, vending machine, restaurant, influence, choice, habit, critical consumer, resources, journey, travel, fresh, sustainability, environment, bacteria, virus, disease, hygiene, convenience, range, availability, insecticide, chemical, curvature, appearance, waste Sleep sleep, rest, recovery, growth, development, repair, health, well-being, lifestyle, blood vessels, heart,	Junk food diet, junk food, unhealthy, balanced diet, positive, negative, choice, influence, pressure, benefit, risk, danger, manage, responsible, safe, independence, unacceptable, resist, advice, tooth decay, obesity, support, action, characteristic, occasional, carbohydrate, protein, sugar, fat, disease, stroke, habit, warn, protect My Body Changes nipples, anus, vagina, vulva, penis, testicles, puberty, reproduction, human life cycle, insecurity, embarrassment, responsibility,	Drugs, Alcohol & Smoking drug, medicine, dose, trusted adult, alcohol, tobacco, cannabis, smoking, solvents, prescription drugs, painkillers, consequences, diseases, addicted, dependent, inject, emergency services, overdose, unconscious, unwell, legal, illegal, substance, My Amazing Body relationship, love, trust, respect, partner, mental health, safety, intimate, sexual relationship, consent, criminal offence, protect, responsible, penis, vagina, sperm, ovary, fertilisation, divide, embryo,

PSHE Long Term Plan

	<p>elbows, wrists, hands, fingers, chest, stomach, legs, knees, ankles, feet, toes, body, touch, trust, health, worry, nurse, doctor, dentist, belong, worried.</p>	<p>pressure, trusted adult, health, protect, decision, addiction, habit</p>	<p>anti-bac, virus, hand sanitizer, fungi. My Body, Your Body human, nutrition, food, skeleton, protection, movement, support, muscles, bones, organ, balanced diet, genitals, organ, waist, thigh, private, safe, protected, illegal, expose, penis, testicles, anus, nipples, vagina, vulva, brain, ankle, knee, wrist, hips, offspring, male, female</p>	<p>relaxed, sleepy, technology, prevent, learning, physical, mental, habit Keeping my body safe: pants, rules, message, acrostic, penis, vagina, testicles, vulva, anus, breasts, nipples, boundary, inappropriate, unwanted, negative, positive, affection, safe, ill, hurt, danger, examination, trusted, secret, forced, worried, uncomfortable, helpful, parent, sibling, teacher, police, confide, acrostic, private, report</p>	<p>maturity, support, commitment, health, mental well-being The Human Body influence, choice, decision, responsibility, positive, negative, healthy, unhealthy, human body, diet, support, function, exercise, activity, organ, nutrients, protein, carbohydrate, vitamin, presentation, research, online, consequence, damage, risk, habit, inactive, body, mind, well-being Keeping My Body The Same puberty, change, normal, rights, protect, law, enforce, police, prison, secret, comfortable, permission, effect, health, female Genital Mutilation, FGM, illegal, report, advice, support, trusted adult, organisation, female, vagina, vulva, private parts, woman, procedure, tradition, harmful, cut, stitch, ceremony</p>	<p>baby, human, offspring, generation, life cycle, consequences, emotions, reproduction, care consent, online relationship, naked Transition secondary, healthy, moving, friendships, positive, respect, help, qualities, peer pressure, support, services</p>
<p>Challenge</p>	<p>Trust</p> <ul style="list-style-type: none"> Create a poster about someone you trust. <p>Respecting Others</p> <ul style="list-style-type: none"> Role-play a disrespectful situation, how can the children get out of it? <p>My Body Belongs to Me</p> <ul style="list-style-type: none"> Label parts on a doll 	<p>My Body is Growing</p> <ul style="list-style-type: none"> Compare a human and frog life cycle. Match different animals and their offspring <p>Fire Safety</p> <ul style="list-style-type: none"> Interview an adult about fire safety (e.g. A fire marshal) Write a fire marshal job description <p>Medicines & Drugs</p> <ul style="list-style-type: none"> Create a medicine safety kit Make a smoking and alcohol safety poster 	<p>Vaccinations & Disease</p> <ul style="list-style-type: none"> Role play scenarios – five situations involving a pharmacist and a customer research challenge <p>Personal Hygiene</p> <ul style="list-style-type: none"> Create your own scenario where someone has not been keeping clean - what problems will they face? Get a partner to comment on the scenario. <p>My Body, Your Body</p> <ul style="list-style-type: none"> Create a video or news report explaining how to take care of your organs Answer the critical thinking question, “why is it not okay to touch other people?” 	<p>Where Does my Food Come From?</p> <ul style="list-style-type: none"> Investigate the farming process Write a diary entry - a day in the life of a farmer. <p>Sleep</p> <ul style="list-style-type: none"> Create a new bed-time routine for yourself. <p>Keeping My Body Safe</p> <ul style="list-style-type: none"> Create a poster/leaflet 	<p>Junk Food</p> <ul style="list-style-type: none"> Junk attack (Play-Based Activity) My Body Changes Capture The Flag (Play-Based Activity) <p>The Human Body</p> <ul style="list-style-type: none"> Crossover (Play-Based Activity) Community match (Play-Based Activity) <p>Keeping My Body The Same</p> <ul style="list-style-type: none"> Catch 'em all (Play-Based Activity) 	<p>Drugs, Alcohol & Smoking</p> <ul style="list-style-type: none"> Create an anti-drug poster. <p>My Amazing Body</p> <ul style="list-style-type: none"> Discuss fears about body changing. <p>Transition</p> <ul style="list-style-type: none"> All write a fear about transition on a post and discuss it as a class.

PSHE Long Term Plan

PSHE Long Term Plan

Summer I	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic	Food & What Not to Eat Water Safety My Body Belongs to Me	Desert Island Navigation Environment	Trusting Others, Exercise, Democracy & Law	Family Relationships, Government & Rules, Freedom in Beliefs	Supporting the Community, Freedom of Speech and Movement, Saving Money Borrowing Money	The Government, Law Lawmakers & Activists
Skills	<p>Food & What Not to Eat</p> <ul style="list-style-type: none"> To understand which foods could be dangerous to eat? To know where would you store food that is frozen? Which foods should you avoid eating? Which food that grows outside should you avoid? To know what a freezer is for <p>Water Safety</p> <ul style="list-style-type: none"> To understand how dangerous water can be To understand how to enter water safely To recognise flags on a beach and what they mean To identify some of the dangers that you could face in water? <p>Safety Symbols</p> <ul style="list-style-type: none"> Recognising safety symbols To recognise the “lion mark” safety symbol To understand why safety symbols, appear on objects To reason why safety symbols are important and how dangerous it would be without them. 	<p>Desert Island</p> <ul style="list-style-type: none"> Prioritise items by usefulness in an emergency. Identify which items in life are of sentimental value Recognise which food is available to eat on a desert island. <p>Navigation</p> <ul style="list-style-type: none"> Locate North, South, East and West Navigate back to the starting point if lost. <p>Environment</p> <ul style="list-style-type: none"> How to recycle How to reduce pollution How to prevent global warming 	<p>Trusting Others</p> <ul style="list-style-type: none"> Communication skills Building relationships Building trust <p>Exercise</p> <ul style="list-style-type: none"> How to do different types of exercise Recognising the need to exercise Using exercise to calm self <p>Democracy & Law</p> <ul style="list-style-type: none"> How to vote Recognise own responsibility to make informed choices when voting 	<p>Family Relationships</p> <ul style="list-style-type: none"> To recognise that families sometimes look different To understand that they should respect differences To know that families give love, security and stability Identifying the characteristics of healthy family (commitment to each other, even in times of difficult) To understand how to protect and care for others and the importance of sharing and spending time together. <p>Government & Rules</p> <ul style="list-style-type: none"> To understand the different forms of government To recognise how different countries governments work To articulate the differences between law and rules To know and understand why there are rules in school <p>Freedom in Beliefs</p> <ul style="list-style-type: none"> To know and understand individual liberty To understand that the liberties that people enjoy today have been fought for in the past 	<p>Supporting the Community</p> <ul style="list-style-type: none"> Have a confident understanding of rights and responsibilities. Understand that other people have different viewpoints. Develop a global awareness of environmental issues. <p>Freedom of Speech and Movement</p> <ul style="list-style-type: none"> Have a confident understanding of rights and responsibilities. Understand that other people have different viewpoints. Develop a global awareness of environmental issues. <p>Saving Money</p> <ul style="list-style-type: none"> They can demonstrate how to look after and save money. They develop an awareness of the ‘pressure to buy’ <p>Borrowing Money</p> <ul style="list-style-type: none"> They can demonstrate how to look after and save money They develop an awareness of the ‘pressure to buy’ 	<p>The Government,</p> <ul style="list-style-type: none"> To know who is involved in government To know how governments works To know how to influence government <p>Law</p> <ul style="list-style-type: none"> They can describe some of the different beliefs and values in society and can demonstrate respect and tolerance towards people different from themselves. Know that there is different legislation to protect people from discrimination. <p>Lawmakers & Activists</p> <ul style="list-style-type: none"> To recognise who makes the law and how activists influence the law.

PSHE Long Term Plan

Suggested Outcomes	<ul style="list-style-type: none"> See the signs (Pairs) Make a sign (Individual) Safety Poster 2 (Groups/Class) 	<ul style="list-style-type: none"> Bring in a box from home with things you couldn't live without Role-play being lost on a desert island - what item would you bring? Play N, S, E and W Navigate your own way around the classroom using compass and following teacher guidance. Pollution Poster Role-play about how climate change is affecting the planet 	<ul style="list-style-type: none"> Activity based on the question “who do I trust?” Class discussion Take part in the whole class exercise and reflect on the end result. 	<ul style="list-style-type: none"> Circle time, sharing beliefs Bring in an object from home that you believe is important and share Investigate countries that have different freedoms and discuss 	<ul style="list-style-type: none"> Role play Respond to scenarios Research project Class discussion 	<ul style="list-style-type: none"> Research different governing bodies and discuss who has made positive and negative changes. Petition the other students in the school to create a change.
Key Vocabulary	<p>Food & What Not to Eat use by date, fridge, freezer, cupboard, mould, dangerous, month, mouldy, rotten, date,</p> <p>Water Safety dangerous, rules, safety, supervision, safely, protect, canal, paddling pool, lifeguard, flag, shock, deeper, polluted, depth, rescue, injure, harmful, disease, current, unconscious, life jacket, shock.</p> <p>Safety Symbols safety, symbol, environment, unsafe</p>	<p>Desert Island desert island, stranded, survive, safety, mental well-being, shelter, explore, activity, benefit, signal, rescue</p> <p>Navigation Satnav, vehicle, map, compass, point, destination, route, direction, navigation, quarter, half, straight, fraction, turn, navigate</p> <p>Environment pollution, recycle, recycling, environment, plastic, materials, improves, harms local, natural, waste, wildlife, landfills, endanger, injury, marine, protect, harmful</p>	<p>Who Can I Trust? trust, special, worried, safe, secret, pretend, protected, belonging, unkind, unsafe,</p> <p>Exercise exercise, physical activity, health, benefit, weight, obesity, control, increase, active, inactive, leaflet, enjoy</p> <p>Democracy & Law democracy, anarchy, monarchy, dictatorship, parliament, government, motion, election, candidates, debate, legislation</p>	<p>Family Relationships nuclear family, reconstituted family, cohabiting,</p> <p>Government & Rules democracy, election, Prime Minister, candidate, polling say, secret ballot, constituency, MP, charter, Commonwealth, dictator. Legal, reprimand</p> <p>Freedom in Beliefs civil rights, nature, nurture, cultural, privileges, abolition, dehumanised, commodity, physically constrained, child labour, holy, sacred, community, place of worship, worship, devotion, artefact. The language of shared human experience: Tolerance, sensitivity, respect; acceptance, awe, belonging, commitment, inspiration, sacred space</p>	<p>Supporting the Community community, features, support, local, national, voluntary, pressure group, residential home, community centre, social group, cultural, heritage, responsible, volunteering, petition,</p> <p>Freedom of Speech and Movement migration, descendent, Refugee, Asylum Seeker, Migrant, Immigrant, Alien, Expat, third culture, illegal immigrant</p> <p>Saving Money budget, money, save, pocket money, debt, homeless, government, calculate, responsibility, manage, value, afford, rely, independent, rent, mortgage, payment, income, earning, decision, purpose</p> <p>Borrowing Money loan, debt, mortgage, interest, borrow, income, interest rate, deposit, expensive, repay, owe, student loan, payday loan, employer, belongings</p>	<p>The Government Prime Minister, leader, political parties, General Election, Government, pressure, actions, respectfully, compromise, strategies, dispute, resolve, negotiation, represent, stereotype, rules, laws, community, decision, belief, idea, suggestion, Cabinet, Member of Parliament, MP, democratically, responsible, education, health, finance, trade</p> <p>Law Laws, consequences, responsibility, pressure, behave, dare, unacceptable, unhealthy, risky, trolling, bullying, harassment, dangerous, uncomfortable, anxious, advice, wrong, help, illegal, legal, substances, alcohol, drugs, harmful, respectful, conflict, violence, rights, anti-social, aggressive, consider, speeding, threaten, bystander, criminal record, afraid, prevent, protect, trusted, bothered, emergency, forced, arranged marriage, deterrent, rules, stolen, punishment</p> <p>Lawmakers & Activists First Past the Post, Single Transferable Vote, Proportional Representation, cabinet, minority,</p>

PSHE Long Term Plan

						constituencies, ballot, ruling dynasty, Secretary of State, Obesity, advocate, legislative change, parental consent, bill of rights, exploitation
Challenge	<p>Food and What Not to Eat</p> <ul style="list-style-type: none"> Create a child-friendly poster to remind people what to do to check for food that has gone off Promote not wasting foods with a new app <p>Water Safety</p> <ul style="list-style-type: none"> Why must we be safe near water? Create a water safety poster What happens if someone is struggling in the water? Role play <p>Safety Symbols</p> <ul style="list-style-type: none"> Create your own safety symbol, what is it for? 	<p>Desert Island</p> <ul style="list-style-type: none"> Make a list of items you would miss if you lost them. In groups create a giant poster of “Amazing Ways to Live in the Desert!” <p>Navigation</p> <ul style="list-style-type: none"> Create own compass out of magnets <p>Environment</p> <ul style="list-style-type: none"> Write a letter to MP about climate change (as a class or individually) 	<p>Trusting Others</p> <ul style="list-style-type: none"> What makes other people trustworthy? <p>Exercise</p> <ul style="list-style-type: none"> Plan weekly exercise routine <p>Democracy & Law</p> <ul style="list-style-type: none"> Class debate 	<p>Family Relationships</p> <ul style="list-style-type: none"> Pupils choose nine things – emotionally or materially – that families can give us and create a Diamond 9 In pairs list different combinations of people who could be a family <p>Government & Rules</p> <ul style="list-style-type: none"> Design campaign poster to change the world (using our UN rights) write a letter to your local MP explaining what you would like to see in a fair world <p>Freedom in Beliefs</p> <ul style="list-style-type: none"> Debate against and for freedom of beliefs. 	<p>Supporting the Community</p> <ul style="list-style-type: none"> Clean up crew (Play-Based Activity) Community match (Play-Based Activity) <p>Freedom of Speech and Movement</p> <ul style="list-style-type: none"> Write a speech to promote equality Create a care package for people migrating to London <p>Saving Money</p> <ul style="list-style-type: none"> Saving Zing! (Pairs/Class) Spidey’s (Play-Based Activity) <p>Borrowing Money</p> <ul style="list-style-type: none"> Who's the banker? (Pairs/Class Task/Group) Borrowing money (Play-Based Activity) 	<p>The Government</p> <ul style="list-style-type: none"> Research old and current governing bodies. <p>Law</p> <ul style="list-style-type: none"> Invent a class law and try to get others to vote for it. <p>Lawmakers & Activists</p> <ul style="list-style-type: none"> Create protest signs or petitions.

PSHE Long Term Plan

Summer II	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic	Getting Your Sleep Hygiene & Me Signalling & Sign Language	Wildlife Protecting Our Planet Cyber Safety	Culture & Liberty Screen Time Staying Safe Online	It's Okay Not to be Okay. The Art of Failure Relaxing to Recharge	You Get Out What You Put into Life, Communicating Effectively, The Digital World	Rights & Radicalisation Feeling Anxious Managing Anger
Skills	Getting Your Sleep <ul style="list-style-type: none"> Recognise the term 'habit' and why habits can be hard to change. To know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. Hygiene & Me <ul style="list-style-type: none"> Hand washing Cleaning self Techniques to avoid germs Signalling & Sign Language <ul style="list-style-type: none"> Communicate without using words Recognise those that need to communicate without using words To recognise sign language and when to use it 	Wildlife <ul style="list-style-type: none"> Identifying local wildlife Strategies to save local wildlife How to approach wildlife-when appropriate Protecting Our Planet <ul style="list-style-type: none"> Ability to save electricity, water Awareness of the wider world and the problems caused by human consumption Cyber Safety <ul style="list-style-type: none"> How to stay safe online 	Culture & Liberty <ul style="list-style-type: none"> Comparing and contrasting different cultures Respect for differing cultures Screen Time <ul style="list-style-type: none"> Monitoring use of technology Limiting screen time Staying Safe Online <ul style="list-style-type: none"> Identifying dangerous online situations Staying safe online Choosing age appropriate apps and games 	It's Okay Not to be Okay. <ul style="list-style-type: none"> To identify why sometimes we don't feel okay To know what to do when we're or someone else is not feeling okay To understand why others might not be okay To know that it is okay not to feel okay sometimes The Art of Failure <ul style="list-style-type: none"> To recognise and understand why failure is important To understand how we can use failure to succeed To know how to use failure to help us Relaxing to Recharge <ul style="list-style-type: none"> To identify what it means to relax To express how relaxing can help us recharge Recognising the balance between relaxing and screen time 	You Get Out What You Put into Life <ul style="list-style-type: none"> That how we treat others affects how others treat us. To understand morals and how helping others can in turn help us. Communicating Effectively <ul style="list-style-type: none"> Keep themselves safer in risky situations. Recognise that some actions have greater consequences than others. Anticipate consequences and calculate risk. The Digital World <ul style="list-style-type: none"> Gain further understanding of the safety concerns relevant to them in school and at home. Identify possible dangers and risks on the internet. Understand the meaning of confidentiality. Know where and how to get help. Recognise good and bad touches. Identify adults they feel they can trust. 	Rights & Radicalisation <ul style="list-style-type: none"> To recognise own rights To recognise warning signs of radicalisation To know what to do if experiencing attempted radicalisation or witnessing radicalisation. Feeling Anxious <ul style="list-style-type: none"> To know that everyone experiences anxiety To know the difference between anxiety and an anxiety disorder To have coping strategies for when experiencing anxiety. Managing Anger <ul style="list-style-type: none"> To recognise when they are becoming angry To have coping strategies to tackle anger.
Suggested Outcomes	<ul style="list-style-type: none"> Create a step-by-step guide to support people with personal hygiene Film yourself sign to a famous song Create a tutorial 	<ul style="list-style-type: none"> Wildlife walk Play "endangered or not?" Build a bee house A guide to saving electricity A news report (filmed) on the causes of global warming. 	<ul style="list-style-type: none"> Compare own culture with a friends Circle time to discuss different backgrounds Individual posters Individual information leaflets 	<ul style="list-style-type: none"> Circle time discussion, Create a treasure chest of times things went wrong and read aloud 	<ul style="list-style-type: none"> Respond to scenarios Research project Role play Class discussion Make a blog 	<ul style="list-style-type: none"> Create an informational leaflet about radicalisation. Create a poster for strategies to remain calm Make glitter mindfulness jars.

PSHE Long Term Plan

		<ul style="list-style-type: none"> Create a e safety poster or leaflet Respond to e-safety scenarios 				
Key Vocabulary	<p>Getting Your Sleep sleep, rest, recovery, growth, development, repair, health, well-being, lifestyle, blood vessels, heart, relaxed, sleepy, technology, prevent, learning, physical, mental, habit.</p> <p>Hygiene & Me Friction, grease, microbes, routine, bacteria, molars, incisors, carnivores, herbivores, enamel, oesophagus, plaque, cavities.</p> <p>Signalling & Sign Language hear, speak, blind, deaf, communicate, speak, talk, difference, respect, signal, sign, sign language, nursery rhyme, facial expression, body language.</p>	<p>Wildlife endangered, animal, extinct, native, wildlife, habitat, encourage, food chain, species, protection</p> <p>Protecting Our Planet pollution, recycle, recycling, environment, plastic, materials, improves, harms local, natural, waste, wildlife, landfills, endanger, injury, marine, protect, harmful</p> <p>Cyber Safety password, log in, programme, website, online, parents, tablet, laptop, screen, safe, risk, strangers, harm, Internet, permission, e-mail, links, install, download, post, rules</p>	<p>Culture & Liberty culture, impose restrictions, thought, conscience, opinion, violate, moral code, oppression, anarchists</p> <p>Screen Time mentally, relationship, habit, positive, neutral, negative, consequence, balanced lifestyle, console, tablet, ailments, conditions, arthritis, repetitive strain injury (RSI), migraine, aggression, violent, protected, responsibility, recommendation, offensive, harmful, manage</p> <p>Staying Safe Online password, log in, programme, website, online, parents, tablet, laptop, screen, safe, risk, strangers, harm, Internet, permission, e-mail, links, install, download, post, rules</p>	<p>It's Okay Not to be Okay emotions, feelings, ok, constructive feedback, support, problem, argument, advice, trust, role play, solve, comfort, responsible, inspiration, inspire, responsibility, consequence, duties, rights, community, environment, school, home, persuade, accountable</p> <p>The Art of Failure achieve, win, lose, succeed, failure, failing, celebrate, achievement, strength, improvement, aspiration, goal, adjective, successful, learn, failure, failing, mistake, celebrate, success, successful, positive, challenge</p> <p>Relaxing to Recharge: active, busy, activity, repair, reduce, stress, mood, relax, worried, problem, screen, relaxation, body, minds, health, rest, sleep, screen, technology, rules, relax, negative</p>	<p>The Digital World mobile phone, computer, online, internet, gaming, Digital World, risk, dangerous, danger, personal information, netiquette, digital etiquette, social media, misrepresent, mislead, password, safety, pressure, behave, unacceptable, hazard, respectful, responsible, rules</p> <p>You Get Out What You Put into Life kind, kindness, volunteering, commitment, desire, responsibility, maturity, benefit, community, neighbourhood, appreciation, love, dispute, conflict, resolving, inspire, qualities, appropriate, behaviour, overcome, relationship</p> <p>Communicating Effectively communicate, digitally, online, unhappy, uncomfortable, unsafe, hurt, feelings, effectively, mental, physical, well-being, reality, unacceptable, unhealthy, risky, harassment, critically, dangerous, support, advice, passwords, personal information, addresses, images, effect, boundaries, permission, social media, internet, consumer, misinterpret, mislead, abuse, trolling, bullying, behaviour, verbal, written, non-verbal, visual</p>	<p>Rights & Radicalisation controversial, Bill of Rights, informed decisions, debate, communal rights, radicalisation, grievance, extremism, propaganda, vulnerable</p> <p>Feeling Anxious worry, anxiety, concern, anxious, uncertain, emotions, feelings, fear, nervous, afraid, scared, fearful, appearance, measure, secondary school</p> <p>Managing Anger emotions, feelings, anger, negative, positive, rules, angry, behaviour emotions, feelings, anger, angry, measure, scale, explode, heart rate</p>
Challenge	<p>Getting Your Sleep</p> <ul style="list-style-type: none"> Write a dream journal Practise reading before bed <p>Hygiene & Me</p> <ul style="list-style-type: none"> Write a step-by-step guide to washing <p>Signalling & Sign Language</p>	<p>Wildlife</p> <ul style="list-style-type: none"> Convince others to save the animals. Write an explanation as to why some animals are endangered and others are not. 	<p>Culture & Liberty</p> <ul style="list-style-type: none"> Write an auto-biography about own cultural identity Screen Time The right amount of screen time (Groups) 	<p>It's Okay Not to be Okay</p> <ul style="list-style-type: none"> Pupils write about a time they didn't feel ok and share it with their teacher Circle time discussing a time when we didn't feel ok <p>The Art of Failure</p>	<p>You Get Out What You Put into Life</p> <ul style="list-style-type: none"> Buckets and umbrellas (Play-Based Activity) <p>Communicating Effectively</p> <ul style="list-style-type: none"> Capture the flag (Play-Based Activity) <p>The Digital World</p>	<p>Rights & Radicalisation</p> <ul style="list-style-type: none"> Research the case of the girls who were radicalised and refused re-entry to the UK. <p>Feeling Anxious</p> <ul style="list-style-type: none"> Create a calm space at home or school (Plan can be done in lesson)

PSHE Long Term Plan

	<ul style="list-style-type: none">Can I have an extended conversation with a friend using sign language?	<ul style="list-style-type: none">Answer critical thinking questions, “are humans the main cause of animal endangerment, why?” Protecting Our Planet <ul style="list-style-type: none">Researching causes of global warming on iPad - with an adult. Cyber Safety <ul style="list-style-type: none">Cyber Safety Quiz	<ul style="list-style-type: none">Limit on screen time (Pairs)Positives and negatives of screens (Pairs/Class)The pyramid game (Play-Based Activity) Staying Safe Online <ul style="list-style-type: none">Stay safe! (Pairs)Computer rules (Pairs/Class)Staying safe (Individual/Class)Protect your information (Play-Based Activity)	<ul style="list-style-type: none">Write 5 sentences “I failed when I this was great because”. Can be stuck on the door. Relaxing to Recharge <ul style="list-style-type: none">Take part in class meditation, mindful colouring/drawing or an outdoor sensory walk and relax!	<ul style="list-style-type: none">Social Power! (Pairs/Group/Individual)	Managing Anger <ul style="list-style-type: none">Discuss a time when anger got the best of us, how did it make us feel?
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