



# PSHCE Long Term Plan



	2021 – 2022					
	Autumn		Spring		Summer	
	7	7	6	5	7	7
	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
EYFS	<ul style="list-style-type: none"> <li>Self-identity</li> <li>Understanding feelings</li> <li>Being in a classroom</li> <li>Being gentle</li> <li>Rights and responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>Identifying talents</li> <li>Being special</li> <li>Families</li> <li>Where we live</li> <li>Making friends</li> <li>Standing up for yourself</li> </ul>	<ul style="list-style-type: none"> <li>Challenges</li> <li>Perseverance</li> <li>Goal-setting</li> <li>Overcoming obstacles</li> <li>Seeking help</li> <li>Jobs</li> <li>Achieving goals</li> </ul>	<ul style="list-style-type: none"> <li>Exercising bodies</li> <li>Physical activity</li> <li>Healthy food</li> <li>Sleep</li> <li>Keeping clean</li> <li>Safety</li> </ul>	<ul style="list-style-type: none"> <li>Family life</li> <li>Friendships</li> <li>Breaking friendships</li> <li>Falling out</li> <li>Dealing with bullying</li> <li>Being a good friend</li> </ul>	<ul style="list-style-type: none"> <li>Bodies</li> <li>Respecting my body</li> <li>Growing up</li> <li>Growth and change</li> <li>Fun and fears</li> <li>Celebrations</li> </ul>
Year 1	<ul style="list-style-type: none"> <li>Feeling special and safe</li> <li>Being part of a class</li> <li>Rights and responsibilities</li> <li>Rewards and feeling proud</li> <li>Consequences</li> <li>Owning the Learning Charter</li> </ul>	<ul style="list-style-type: none"> <li>Similarities and differences</li> <li>Understanding bullying and knowing how to deal with it</li> <li>Making new friends</li> <li>Celebrating the differences in everyone</li> </ul>	<ul style="list-style-type: none"> <li>Setting goals</li> <li>Identifying successes and achievements</li> <li>Learning styles</li> <li>Working well and celebrating achievement with a partner</li> <li>Tackling new challenges</li> <li>Identifying and overcoming obstacles</li> <li>Feelings of success</li> </ul>	<ul style="list-style-type: none"> <li>Keeping myself healthy</li> <li>Healthier lifestyle choices</li> <li>Keeping clean</li> <li>Being safe</li> <li>Medicine safety/safety with household items</li> <li>Road safety</li> <li>Linking health and happiness</li> </ul>	<ul style="list-style-type: none"> <li>Belonging to a family</li> <li>Making friends/being a good friend</li> <li>Physical contact preferences</li> <li>People who help us</li> <li>Qualities as a friend and person</li> <li>Self-acknowledgement</li> <li>Being a good friend to myself</li> <li>Celebrating special relationships</li> </ul>	<ul style="list-style-type: none"> <li>Life cycles – animal and human</li> <li>Changes in me</li> <li>Changes since being a baby</li> <li>Differences between female and male bodies (correct terminology)</li> <li>Linking growing and learning</li> <li>Coping with change Transition</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>Hopes and fears for the year</li> <li>Rights and responsibilities</li> <li>Rewards and consequences</li> <li>Safe and fair learning environment</li> <li>Valuing contributions</li> <li>Choices</li> <li>Recognising feelings</li> </ul>	<ul style="list-style-type: none"> <li>Assumptions and stereotypes about gender</li> <li>Understanding bullying</li> <li>Standing up for self and others</li> <li>Making new friends</li> <li>Gender diversity</li> <li>Celebrating difference and remaining friends</li> </ul>	<ul style="list-style-type: none"> <li>Achieving realistic goals</li> <li>Perseverance</li> <li>Learning strengths</li> <li>Learning with others</li> <li>Group co-operation</li> <li>Contributing to and sharing success</li> </ul>	<ul style="list-style-type: none"> <li>Motivation</li> <li>Healthier choices</li> <li>Relaxation</li> <li>Healthy eating and nutrition</li> <li>Healthier snacks and sharing food</li> </ul>	<ul style="list-style-type: none"> <li>Different types of family</li> <li>Physical contact boundaries</li> <li>Friendship and conflict</li> <li>Secrets Trust and appreciation</li> <li>Expressing appreciation for special relationships</li> </ul>	<ul style="list-style-type: none"> <li>Life cycles in nature</li> <li>Growing from young to old</li> <li>Increasing independence</li> <li>Differences in female and male bodies (correct terminology)</li> <li>Assertiveness Preparing for transition</li> </ul>

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<b>Year 3</b>	<ul style="list-style-type: none"> <li>▪ Setting personal goals</li> <li>▪ Self-identity and worth</li> <li>▪ Positivity in challenges</li> <li>▪ Rules, rights and responsibilities</li> <li>▪ Rewards and consequences</li> <li>▪ Responsible choices</li> <li>▪ Seeing things from others' perspectives</li> </ul>	<ul style="list-style-type: none"> <li>▪ Families and their differences</li> <li>▪ Family conflict and how to manage it (child-centred)</li> <li>▪ Witnessing bullying and how to solve it</li> <li>▪ Recognising how words can be hurtful</li> <li>▪ Giving and receiving compliments</li> </ul>	<ul style="list-style-type: none"> <li>▪ Difficult challenges and achieving success</li> <li>▪ Dreams and ambitions</li> <li>▪ New challenges</li> <li>▪ Motivation and enthusiasm</li> <li>▪ Recognising and trying to overcome obstacles</li> <li>▪ Evaluating learning processes</li> <li>▪ Managing feelings</li> <li>▪ Simple budgeting</li> </ul>	<ul style="list-style-type: none"> <li>▪ Exercise</li> <li>▪ Fitness challenges</li> <li>▪ Food labelling and healthy swaps</li> <li>▪ Attitudes towards drugs</li> <li>▪ Keeping safe and why it's important online and off line scenarios</li> <li>▪ Respect for myself and others</li> <li>▪ Healthy and safe choices</li> </ul>	<ul style="list-style-type: none"> <li>▪ Family roles and responsibilities</li> <li>▪ Friendship and negotiation</li> <li>▪ Keeping safe online and who to go to for help</li> <li>▪ Being a global citizen</li> <li>▪ Being aware of how my choices affect others</li> <li>▪ Awareness of how other children have different lives</li> <li>▪ Expressing appreciation for family and friends</li> </ul>	<ul style="list-style-type: none"> <li>▪ How babies grow</li> <li>▪ Understanding a baby's needs</li> <li>▪ Outside body changes</li> <li>▪ Inside body changes</li> <li>▪ Family stereotypes</li> <li>▪ Challenging my ideas</li> <li>▪ Preparing for transition</li> </ul>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>▪ Being part of a class team</li> <li>▪ Being a school citizen Rights, responsibilities and democracy (school council)</li> <li>▪ Rewards and consequences Group decision-making</li> <li>▪ Having a voice What motivates behaviour</li> </ul>	<ul style="list-style-type: none"> <li>▪ Challenging assumptions</li> <li>▪ Judging by appearance</li> <li>▪ Accepting self and others</li> <li>▪ Understanding influences</li> <li>▪ Understanding bullying</li> <li>▪ Problem-solving</li> <li>▪ Identifying how special and unique everyone is</li> <li>▪ First impressions</li> </ul>	<ul style="list-style-type: none"> <li>▪ Hopes and dreams</li> <li>▪ Overcoming disappointment</li> <li>▪ Creating new, realistic dreams</li> <li>▪ Achieving goals</li> <li>▪ Working in a group</li> <li>▪ Celebrating contributions</li> <li>▪ Resilience</li> <li>▪ Positive attitudes</li> </ul>	<ul style="list-style-type: none"> <li>▪ Healthier friendships</li> <li>▪ Group dynamics</li> <li>▪ Smoking</li> <li>▪ Alcohol</li> <li>▪ Assertiveness</li> <li>▪ Peer pressure</li> <li>▪ Celebrating inner strength</li> </ul>	<ul style="list-style-type: none"> <li>▪ Jealousy</li> <li>▪ Love and loss</li> <li>▪ Memories of loved ones</li> <li>▪ Getting on and Falling Out</li> <li>▪ Girlfriends and boyfriends</li> <li>▪ Showing appreciation to people and animals</li> </ul>	<ul style="list-style-type: none"> <li>▪ Being unique</li> <li>▪ Having a baby Girls and puberty</li> <li>▪ Confidence in change</li> <li>▪ Accepting change</li> <li>▪ Preparing for transition</li> <li>▪ Environmental change</li> </ul>

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<b>Year 5</b>	<ul style="list-style-type: none"> <li>▪ Planning the forthcoming year</li> <li>▪ Being a citizen</li> <li>▪ Rights and responsibilities</li> <li>▪ Rewards and consequences</li> <li>▪ How behaviour affects groups</li> <li>▪ Democracy, having a voice, participating</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cultural differences and how they can cause conflict</li> <li>▪ Racism Rumours and name-calling</li> <li>▪ Types of bullying</li> <li>▪ Material wealth and happiness</li> <li>▪ Enjoying and respecting other cultures</li> </ul>	<ul style="list-style-type: none"> <li>▪ Future dreams</li> <li>▪ The importance of money Jobs and careers</li> <li>▪ Dream job and how to get there Goals in different cultures</li> <li>▪ Supporting others (charity)</li> <li>▪ Motivation</li> </ul>	<ul style="list-style-type: none"> <li>▪ Smoking, including vaping</li> <li>▪ Alcohol</li> <li>▪ Alcohol and anti-social behaviour</li> <li>▪ Emergency aid</li> <li>▪ Body image</li> <li>▪ Relationships with food</li> <li>▪ Healthy choices</li> <li>▪ Motivation and behaviour</li> </ul>	<ul style="list-style-type: none"> <li>▪ Self-recognition and self-worth</li> <li>▪ Building self-esteem Safer online communities</li> <li>▪ Rights and responsibilities online</li> <li>▪ Online gaming and gambling Reducing screen time</li> <li>▪ Dangers of online grooming</li> <li>▪ SMARRT internet safety rules</li> </ul>	<ul style="list-style-type: none"> <li>▪ Self- and body image</li> <li>▪ Influence of online and media on body image</li> <li>▪ Puberty for girls</li> <li>▪ Puberty for boys</li> <li>▪ Conception (including IVF)</li> <li>▪ Growing responsibility</li> <li>▪ Coping with change</li> <li>▪ Preparing for transition</li> </ul>
<b>Year 6</b>	<ul style="list-style-type: none"> <li>▪ Identifying goals for the year</li> <li>▪ Global citizenship</li> <li>▪ Children’s universal rights</li> <li>▪ Feeling welcome and valued</li> <li>▪ Choices, consequences and rewards Group dynamics</li> <li>▪ Democracy, having a voice</li> <li>▪ Anti-social behaviour</li> <li>▪ Role-modelling</li> </ul>	<ul style="list-style-type: none"> <li>▪ Perceptions of normality</li> <li>▪ Understanding disability</li> <li>▪ Power struggles</li> <li>▪ Understanding bullying</li> <li>▪ Inclusion/exclusion</li> <li>▪ Differences as conflict, difference as celebration</li> <li>▪ Empathy</li> </ul>	<ul style="list-style-type: none"> <li>▪ Personal learning goals, in and out of school</li> <li>▪ Success criteria</li> <li>▪ Emotions in success</li> <li>▪ Making a difference in the world</li> <li>▪ Motivation</li> <li>▪ Recognising achievements</li> <li>▪ Compliments</li> </ul>	<ul style="list-style-type: none"> <li>▪ Taking personal responsibility</li> <li>▪ How substances affect the body</li> <li>▪ Exploitation, including ‘county lines’ and gang culture</li> <li>▪ Emotional and mental health</li> <li>▪ Managing stress</li> </ul>	<ul style="list-style-type: none"> <li>▪ Mental health</li> <li>▪ Identifying mental health worries and sources of support</li> <li>▪ Love and loss</li> <li>▪ Managing feelings</li> <li>▪ Power and control</li> <li>▪ Assertiveness</li> <li>▪ Technology safety</li> <li>▪ Take responsibility with technology use</li> </ul>	<ul style="list-style-type: none"> <li>▪ Self-image</li> <li>▪ Body image</li> <li>▪ Puberty and feelings</li> <li>▪ Conception to birth</li> <li>▪ Reflections about change</li> <li>▪ Physical attraction</li> <li>▪ Respect and consent</li> <li>▪ Boyfriends/girlfriends</li> <li>▪ Sexting Transition</li> </ul>