

# PSHE Long Term Plan 2023- 2024



(Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education)

## Enhancements throughout the year

Year/Half-termly unit titles	1 Me and my Relationships <i>Mental Health Day- Oct 9<sup>th</sup></i> <i>Anti Bullying Week- 13.11.23</i>	2 Valuing Difference <i>Chateau Beaumont Visit Y6 24.9.23- 30.9.23</i> <i>Charity Support chosen by the student Council</i>	3 Keeping Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
<b>EYFS</b>	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages <b>Visit from Eggucation</b> <b>Visits from family members</b> Girls and boys – similarities and difference
<b>Y1</b>	Feelings Getting help Classroom rules Special people Being a good friend <b>Compass Be- This is me and my emotions workshop-</b>	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene and health Cooperation	Getting help Becoming independent My body parts Taking care of self and others
<b>Y2</b>	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation <b>Compass Be- This is me and my emotions workshop-</b>	Being kind and helping others Celebrating difference People who help us Listening Skills	Safe and unsafe secrets  Appropriate touch  Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
<b>Y3</b>	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	<b>Road Safety Workshop</b> Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets

<p><b>Y4</b></p>	<p>Healthy relationships Listening to feelings Bullying Assertive skills</p>	<p>Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes</p>	<p>Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety</p>	<p>Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money</p>	<p>Having choices and making decisions about my health Taking care of my environment My skills and interests</p>	<p>Body changes during puberty Managing difficult feelings Relationships including marriage</p>
<p><b>Y5</b></p>	<p>Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs</p>	<p>Recognising and celebrating difference, including religions and cultural Influence and pressure of social media</p>	<p>Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills <b>Compass Be Workshops- Peer Pressure Online Harms</b></p>	<p>Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending</p>	<p>Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community</p>	<p>Managing difficult feelings Managing change How my feelings help keeping safe Getting help</p>
<p><b>Y6</b></p>	<p>Assertiveness Cooperation Safe/unsafe touches Positive relationships</p>	<p>Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping</p>	<p>Understanding emotional needs Staying safe online Drugs: norms and risks (including the law) <b>Compass Be Workshops- Peer Pressure Online Harms Crucial Crew visit</b></p>	<p>Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy</p>	<p>Aspirations and goal setting Managing risk Looking after my mental health</p>	<p>Coping with changes Keeping safe Body Image Sex education Self-esteem <b>Compass Be Workshop- Transition</b></p>