

PSHE LONG TERM PLAN – 2023 2024

	Year 3		Year 4		Year 5		Year 6	
Autumn Health and wellbeing	Physical health and mental wellbeing	Learning about healthy and unhealthy choices that can affect us. How to make healthier choices and develop positive habits. Learning how exercise can affect mood and feelings.	Physical health and mental wellbeing	Learning about taking care of ourselves, including visits to the doctor and looking after oral health including visits to the dentist and brushing teeth.	Physical health and mental wellbeing	Learning about how sleep contributes to healthy living. Understanding both the benefits of the sun and sun safety steps that are important to take. Learning about bacteria and viruses and how vaccinations can help to prevent some serious diseases.	Physical health and mental wellbeing	Recognising that mental ill-health can affect anybody, and knowing the support available. Dealing with big life event, including loss, grief and bereavement. How a balance of activities and relaxation can help our mental health.
	Growing and changing	Personal strengths and achievements, and learning to deal with set-backs. Learning strategies to deal with set-backs.	Growing and changing	Discovering how personal hygiene is important as we grow older and become more independent with personal washing tasks.	Growing and changing	Learning about personal identity and ways to express our own identities and looking after our wellbeing. Summer term: leaning about changes during puberty, including names of body parts and maintaining hygiene with a changing body.	Growing and changing	Learning about growing up and independence. Considering changes as we move to secondary school and how our friendships and relationships with others may change.
	Keeping safe	Identifying hazards at a home and in the local environment. Learning about fire safety and how to keep safe in familiar and unfamiliar places.	Keeping safe	Learning the difference between drugs and medicines. Learning about common drug in everyday lives, including cigarettes, vapes and caffeine and how they can affect people's bodies.	Keeping safe	Learning about risky, unsafe and emergency situations, including how to give first aid and call for emergency help. Knowing the difference between positive risk taking (taking part in a new sport) and dangerous behaviour.	Keeping safe	Learning to keep our information safe online, with specific focus on images, and not sharing our data and information with strangers. Learning about the reasons for age restrictions with TV, films, online content and games. Learning about personal safety and illegal drugs, including mixed messages about illegal drugs in the media.
Spring Living in the wider world	Belonging to community	Learning about rules and laws that protect us. Rights and responsibilities, including the rights of a child, and that every right comes with a responsibility.	Belonging to a community	Learning about the value of being part of different communities. Finding out how volunteers and different community groups contribute to our local environment.	Belonging to a community	Learning about how resources and resource use affect the environment. Understanding their choices in interacting with the environment, and that looking after the environment is a shared responsibility.	Belonging to a community	Considering why prejudice exists and recognising acts of discrimination. Learning how to safely challenge prejudice and discrimination. How to recognise that stereotypes can be perpetuated in certain social groups due to lack of understanding and/or contact.
	Media Literacy and digital resilience	Learning about how the internet can be a useful tool, but that facts may not be absolute and images can be altered. Considering suitability of content and games and what to do if something is seen that is not suitable.	Media Literacy and digital resilience	Learning about digital footprints and how personal information is used online, including targeted advertising. Understanding that search terms are often listed in popularity order.	Media Literacy and digital resilience	Understanding that there are different types of media: for information, entertainment, persuasion or advertising. Knowing that some information in the media is based on fact while others are based on opinion. Have an understanding of how to assess reliable information.	Media Literacy and digital resilience	Learning how and why images online can and might be faked. Considering the benefits of online communication, and the risks of doing so. Understanding why online communication is not suitable for children. Understanding that online content can be designed to manipulate and reinforce people's interests. Recognising what is appropriate to share online, as well as how to report inappropriate or offensive content.
	Money and work	Learning about different work sectors and how jobs may change over a lifetime. Challenging stereotypes and learning that different jobs require different skillsets.	Money and work	Learning about how people budget money and why it is important to keep track of how much you spend. Learning how spending money can have positive and negative effects. i.e. charities and excess waste.	Money and work	Learning about jobs for the future, considering different roles, and understanding that there are different pathways to reaching jobs, through college, university and apprenticeships.	Money and work	Learning to judge if things are good value for money. Understanding that companies use tactics to encourage customers to buy, and how to be a 'savy customer'. Learning about risks with money, including gambling, debt and fraud.
Summer-Families and relationships	Families and friendships	Learning about different types of families and how people in families care for each other care for each other. What to do if something in your family makes you worried or upset.	Families and friendships	Learning how to include others and have positive friendships. Understanding the difference between knowing somebody online and face-to-face, and how to stay safe online.	Families and friendships	Understanding what makes a supportive friendship and how to be a supportive, positive friend. Dealing with peer pressure. Knowing that arguments and disagreements will happen and learning strategies for resolving difficulties and disagreements.	Families and friendships	What it means to 'be attracted to somebody' and that people can love each other regardless of gender, ethnicity and faith. Learning that healthy relationships allow individuals to still be individuals and to flourish. Learning what marriage and civil partnership mean and that people have the right to choose who they make a commitment, and can never be forced into a relationship. Learning that forced marriage is illegal and how to report it and get help if they know this is happening to anybody.

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Safe relationships	Learning the difference between personal and private matters and information, linked Online safety and anti-bullying. (Including Christopher Winters work on personal space and consent)	Safe relationships	Learning the difference between playful fun behaviour and unsafe dares and other risky behaviour. Learning how to deal with peer pressure and how to seek help if it is needed.	Safe relationships	Learning about acceptable and unacceptable touch, as well as the need for permission for physical contact. Learning the difference between secrets and surprises. How to get help.	Safe relationships	Considering the features of a healthy friendship. Learning about the responsibility of not putting others under pressure and how to respond to pressure upon themselves. How to assess the risk of challenges and dares. How to get advice and report to worries about safety online or in real life. What consent means and how to seek and give permission in different friendship situations.
Respecting ourselves and others	Learning about respectful behaviours, including self-respect and how we can show respect to others. Learning about treating others politely and how this can differ in other cultures.	Respecting ourselves and others.	Recognising differences in others such as gender, race and faith. Learning to recognise things we have in common and learning vocabulary to discuss differences sensitively.	Respecting ourselves and others.	Recognising that everyone should be treated equally and learning about different types of discrimination. Learning to identify online bullying and discrimination and what to do if they see it.	Respecting ourselves and others.	Considering the link between values and behaviour. How to discuss big issues respectfully and sensitively. How to challenge ideas without being disrespectful. How to effectively participate in online discussions and manage conflict and disagreement.
<p>During year:</p> <p>'Trusted adult' and safeguarding messages. Safety around dogs- Dog's Trust People who help us visits. E.g. police, food banks, local magistrate. Water safety NSPCC- Speak Out, Stay Safe assembly and follow up sessions (Y5&6 workshops on day 2)</p>							