**Long term planning overview – PSHE**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Nursery** | **SEAL: New beginnings**Making friends/Getting to know one another.Classroom routines and rules. | **SEAL: Getting on and falling out**How to deal with anger e.g. when someone has taken a toy.Bonfire night safety. | **SEAL: Going for Goals**Taking turns - playing games.Sharing toys/resources. | **SEAL: Good to be me**Feelings - looking at facial expression.Keeping safe and keeping healthy.Teeth week. | **SEAL: Relationships**Caring for animals particularly minibeasts. Kim’s game/ memory games. | **SEAL: Changes**Transition to Reception.Discuss what might be different/the same as Nursery.What are they looking forward to doing? |
| **Reception** | **SEAL: New beginnings**Classroom routines and rules. Support children in making friends.Adults support children to use the area/resources appropriately. | **SEAL: Getting on and falling out**How to deal with anger.Bonfire night safety. | **SEAL: Going for Goals**Board Games - taking turns - snakes and ladders/ supermarket game/ fishing for numbers. | **SEAL: Good to be me**Feelings - looking at facial expressionKeeping safe and keeping healthy.Teeth week.Key worker groups - P4C. | **SEAL: Relationships**Kim’s game/ memory gamesLooking after animals particularly minibeasts. | **SEAL: Changes**Transition to year 1. Discuss how they could help next year’s Reception class. |
| **Year 1** | **Feelings and emotions:** recognise feelings in self; special people;behaviour and how people’s bodies and feelings can be hurt | **Healthy lifestyles:**Keeping our bodies healthy; likes/dislikes and choices; recognising and managing different feelings; personal hygiene | **Growing and changing:** Change, loss and getting older; names of main body parts (including external genitalia); personal identity: likes; choices; strengths | **Valuing difference:** Attributes: kindness/fairness; sharing and respecting opinions;recognising and respecting similarities and differences | **Rights and responsibilities:** contributing to life in the classroom; constructing and following rules; awareness of needs of people and other living things; belonging to communities and groups | **Money matters:** sources of money; uses for money; spending and saving; role of money in their lives; managing money and keeping it safe; choices about spending; influences on spending choices |
| **Year 2** | **Healthy Relationships: s**ecrets and surprises; working together; boundaries and relationships;resolving conflict;teasing and bullying | **Healthy lifestyles:**Keeping our bodies healthy; likes/dislikes and choices; recognising and managing different feelings; personal hygiene | **Keeping safe:** What goes into our bodies; rules for keeping physically and emotionally safe; personal identity: family networks; people who are responsible for keeping us safe | **Valuing difference:** Attributes: kindness/fairness; sharing and respecting opinions;recognising and respecting similarities and differences | **Taking care of the environment:** improvements and harm to local environments; ways of looking after local environments | **Money matters:** sources of money; uses for money; spending and saving; role of money in their lives; managing money and keeping it safe; choices about spending; influences on spending choices |
| **Year 3** | **Feelings and emotions:** Recognising and managing different feelings; keeping something confidential or secret; recognising and managing dares | **Healthy lifestyles:**Making informed choices; balanced diet; hygiene | **Growing and changing:** aspirations and goals; recognising and managing feelings; change, loss and grief | **Valuing difference:** Recognising stereotypes; different types of relationships; respecting similarities and differences; bullying and discrimination;respecting others’ feelings and opinions | **Rights and responsibilities:** issues concerning health and wellbeing; the purpose of rules and laws; human rights; different cultures, customs and traditions of people living in the UK; anti-social behaviours and their consequences; difference between rights and responsibilities; resolving differences; critiquing media information | **Money matters:** the role that money plays in their lives; borrowing, debt and interest; enterprise |
| **Year 4** | **Healthy relationships:** recognising aspects of a healthy relationship; physical boundaries within different relationships; working together; behaviour;resolving conflict | **Healthy lifestyles:**Making informed choices; balanced diet; hygiene | **Keeping safe:** Risk, danger and hazard; pressures on behaviour; rules for safety and how to get help; keeping physically and emotionally safe on and offline; responsibilities for keeping ourselves and others safe | **Valuing difference:** Recognising stereotypes; different types of relationships; respecting similarities and differences; bullying and discrimination;respecting others’ feelings and opinions | **Taking care of the environment:** taking care of the environment; our responsibilities towards our environment; being part of a community; different groups that support our communities and environment; the lives of other people around the world; how resources are allocated to communities | **Money matters:** the role that money plays in their lives; borrowing, debt and interest; enterprise |
| **Year 5** | **Feeling and emotions:** recognising and responding to others’ feelings; keeping a confidence or a secret; recognising and managing dares | **Healthy lifestyles:**What influences our choices about health and wellbeing | **Keeping safe:** keeping physically and emotionally safe on- and offline; risk assessment and management; independence and responsibility; pressure on behaviour: peer and media; managing emergencies; habits: alcohol, tobacco and drugs | **Valuing difference:** Challenging stereotypes;different types of relationships; maintaining relationships; respecting similarities and differences;bullying, discrimination and prejudice | **Rights and responsibilities:** topical issues concerning health and wellbeing; rules and laws; the precedence of human rights over other laws, practices and traditions; consequences of anti-social behaviours; rights, responsibilities and duties; resolving difference, making decisions and choices; the range of religious and ethnic identities in the UK; how the media present information | **Money matters:** finance; earning money and deductions; enterprise |
| **Year 6**  | **Healthy relationships:** understanding what constitutes a healthy relationship; how actions and behaviour can affect relationships; boundaries within relationships; working together; conflict negotiation | **Healthy lifestyles:**What influences our choices about health and wellbeing | **Growing and changing:** aspirations, goals and feeling valued; intensity of our and others’ feelings; conflicting emotions; change: bereavement, loss, grief and transitions; feelings and changes associated with puberty, including body image; human reproduction and conception | **Valuing difference:** Challenging stereotypes;different types of relationships; maintaining relationships; respecting similarities and differences;bullying, discrimination and prejudice | **Taking care of the environment:** responsibilities towards and how people contribute to communities and the environment; the lives of people living in other places; how the earth’s resources are allocated; resolving differences | **Money matters:** finance; earning money and deductions; enterprise |