



Long term planning overview - P.S.H.E.



2021 to 2022

Caring, Learning, Growing.

	AUTUMN			SPRING / SUMMER					
	Relationships			Living in the wider world			Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
E Y F S	<p>PSHE is an integral part of Early Years life. Many key learning points arise on a daily basis through interaction and play. The main areas for development concentrate on Making Relationships, Self-confidence and Self-awareness and Managing Feelings and Behaviour.</p> <p>Children learn about classroom rules and routines, making friends, talking about similarities and differences between themselves and others and also their families. They learn about different emotions; recognising feelings and how to manage them.</p> <p>Children will learn about keeping healthy and personal hygiene (including dental hygiene).</p> <p>Spring Term covers RSE which also concentrates on keeping clean, daily routines, healthy relationships and families.</p> <p>Children will also learn how to care for animals and creatures great or small when covering certain topics e.g. minibeasts and chicks.</p> <p>There are other topics covered as and when appropriate e.g. Bonfire night safety, Road Safety, Stranger Danger.</p>								
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Y1	Roles of different	Recognising privacy;	How behaviour	What rules are; caring for	Using the internet and	Strengths and interests; jobs	Keeping healthy; food	Recognising what makes	How rules and age

	people; families; feeling cared for <i>Friendship Week</i>	staying safe; seeking permission	affects others; being polite and respectful <i>Staying safe – Bonfire night & Halloween</i>	others' needs; looking after the environment	digital devices; communicating online	in the community	and exercise, hygiene routines; sun safety	them unique and special; feelings; managing when things go wrong	restrictions help us; keeping safe online
Y2	Making friends; feeling lonely and getting help <i>Friendship Week</i>	Recognising hurtful behaviour; Bullying, Body Language	Recognising things in common and differences; playing and working cooperatively; sharing opinions <i>Staying safe – Bonfire night & Halloween</i>	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
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Y3	What makes a family; features of family life <i>Friendship Week</i>	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places

			<i>Staying safe – Bonfire night & Halloween</i>						
Y4	Positive friendships, including online <i>Friendship Week</i>	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively <i>Staying safe – Bonfire night & Halloween</i>	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
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Y5	Managing friendships and peer influence <i>Friendship Week</i>	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination <i>Staying safe – Bonfire night & Halloween</i>	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Y6	Attraction to others;	Recognising and	Expressing opinions and	Valuing diversity;	Evaluating media sources;	Influences and attitudes to	What affects mental health	Human reproduction	Keeping personal

	romantic relationships ; civil partnership and marriage <i>Friendship Week</i>	managing pressure; consent in different situations	respecting other points of view, including discussing topical issues <i>Staying safe – Bonfire night & Halloween</i>	challenging discrimination and stereotypes	sharing things online	money; money and financial risks	and ways to take care of it; managing change, loss and bereavement; managing time online	and birth; increasing independence; managing transition	information safe; regulations and choices; drug use and the law; drug use and the media
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