**PHSE Long Term Plan**

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| **Year** | **Autumn** | **Spring** | **Summer** |
| **Rec** | Speak confidently Make simple choices, share own ideas and listen to the ideas of others. | | |
| **Year 1** | **Me and My Relationships**  Why we have classroom rules  Thinking about feelings  Good friends | **Keeping Safe**  Super sleep  Good or bad touches  Sharing pictures | **Being my Best**  Eat well  Catch it! Bin it! Kill it! |
| **Valuing Differences**  Same or different  Who are our special people?  Unkind, tease or bully? | **Rights and Respect**  Around and about the school  Taking care of something  Basic first aid | **Growing and Changing**  Healthy me  Then and now  Keeping privates private |
| **Year 2** | **Me and My Relationships**  Being a good friend  Our ideal classroom  Types of bullying | **Keeping Safe**  How safe would you feel? Fun or not Should I tell? | **Being my Best**  You can do it My day What does my body do? |
| **Valuing Differences**  My special people When someone is feeling left out An act of kindness | **Rights and Respect**  Getting on with others Feeling safe Playing games | **Growing and Changing**  A helping hand My body, your body  Respecting privacy |
| **Year 3** | **Me and My Relationships**  As a rules  Looking after special people  Friends are special | **Keeping Safe**  Safe or unsafe? Help or harm? Alcohol and Cigarettes | **Being my Best**  Body team work  Top talents |
| **Valuing Differences**  Respect and Challenge  My community  Our friends and neighbours | **Rights and Respect**  Helping each other to keep safe  Our help volunteers  Earning money | **Growing and Changing**  Body space  Basic first aid |
| **Year 4** | **Me and My Relationships**  Human Machines  Different feelings  Under pressure | **Keeping Safe**  Danger, risk or hazard? Keeping ourselves safe Medicines: check the label | **Being My Best**  What makes me, ME!  Making Choices  Basic fist aid |
| **Valuing Difference**  The people we share our world with  Friend or acquaintance | **Rights and Respect**  Who helps us stay healthy and safe? How do we make a difference?  Safety in Numbers | **Growing and Changing**  *My changing body (from Y3 units)*  Moving house |
| **Year 5** | **Me and My Relationships**  Give and take  How good a friend are you?  Being assertive | **Keeping Safe**  Spot bullying  Vaping: healthy or unhealthy? | **Being My Best**  Different skills  My school community  Independence and responsibility |
| **Valuing Difference**  Qualities of friendship  Kind conversations  Happy being me | **Rights and Respect**  Fact or opinion?  Rights, respect and duties  Spending wisely | **Growing and Changing**  *Preparing for changes at puberty (from Y4 units)*  Taking notice of our feelings  Growing up and changing bodies  Changing bodies and feelings |
| **Year 6** | **Me and My Relationships**  Working together  Solving friendship problems  Assertiveness  Acting Appropriately | **Rights and Respect**  Facebook  Jobs and taxes  Democracy | **Keeping Safe**  Think before your clock  To share or not to share?  Drugs  Alcohol |
| **Growing and Changing**  Media manipulation  Pressure online | **Being My Best**  Risks  Basic first aid | **Valuing Difference**  It’s ok to be different  Respecting differences  Tolerance and respect for others  Challenging gender stereotypes |