**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 rulesThinking about feelingsGood friends | **Keeping Safe**Super sleepGood or bad touchesSharing pictures | **Being my Best**Eat wellCatch it! Bin it! Kill it! |
| **Valuing Differences**Same or differentWho are our special people?Unkind, tease or bully? | **Rights and Respect**Around and about the schoolTaking care of somethingBasic first aid  | **Growing and Changing** Healthy meThen and nowKeeping privates private  |
| **Year 2** | **Me and My Relationships** Being a good friend Our ideal classroomTypes of bullying | **Keeping Safe**How safe would you feel?Fun or notShould I tell? | **Being my Best**You can do itMy dayWhat does my body do? |
| **Valuing Differences**My special peopleWhen someone is feeling left outAn act of kindness | **Rights and Respect**Getting on with othersFeeling safePlaying games | **Growing and Changing** A helping handMy body, your bodyRespecting privacy |
| **Year 3** | **Me and My Relationships** As a rulesLooking after special peopleFriends are special  | **Keeping Safe**Safe or unsafe?Help or harm?Alcohol and Cigarettes  | **Being my Best**Body team workTop talents  |
| **Valuing Differences**Respect and ChallengeMy communityOur friends and neighbours  | **Rights and Respect**Helping each other to keep safeOur help volunteersEarning money  | **Growing and Changing** Body spaceBasic first aid  |
| **Year 4** | **Me and My Relationships** Human MachinesDifferent feelingsUnder pressure  | **Keeping Safe**Danger, risk or hazard?Keeping ourselves safeMedicines: check the label  | **Being My Best** What makes me, ME!Making Choices Basic fist aid  |
| **Valuing Difference** The people we share our world withFriend 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 takeHow good a friend are you?Being assertive | **Keeping Safe**Spot bullyingVaping: healthy or unhealthy? | **Being My Best** Different skillsMy school communityIndependence and responsibility  |
| **Valuing Difference** Qualities of friendshipKind conversationsHappy being me  | **Rights and Respect** Fact or opinion?Rights, respect and dutiesSpending wisely  | **Growing and Changing***Preparing for changes at puberty (from Y4 units)*Taking notice of our feelingsGrowing up and changing bodiesChanging bodies and feelings |
| **Year 6** | **Me and My Relationships** Working togetherSolving friendship problems AssertivenessActing Appropriately  | **Rights and Respect**FacebookJobs and taxesDemocracy  | **Keeping Safe**Think before your clockTo share or not to share?DrugsAlcohol  |
| **Growing and Changing** Media manipulationPressure online | **Being My Best**RisksBasic first aid  | **Valuing Difference** It’s ok to be differentRespecting differencesTolerance and respect for othersChallenging gender stereotypes  |