

Theme	Topic	Y3	Y4	Y5	Y6	Events
Living in the Wider World	Belonging to a community	<ul style="list-style-type: none"> <li>To understand the value of rules and laws.</li> <li>To know about rights, freedom and responsibilities.</li> </ul>	<ul style="list-style-type: none"> <li>To understand what makes a community.</li> <li>To understand what a shared responsibility is.</li> </ul>	<ul style="list-style-type: none"> <li>To know how to protect the environment.</li> <li>To be able to show compassion for others.</li> </ul>	<ul style="list-style-type: none"> <li>To value diversity.</li> <li>To safely challenge discrimination and stereotypes.</li> </ul>	<p><b>Autumn 1</b>  <b>International Language Day</b></p>
	Media literacy and digital resilience	<ul style="list-style-type: none"> <li>To know how the internet is used and understand how to assess information online.</li> </ul>	<ul style="list-style-type: none"> <li>To know and understand how data is used and shared.</li> </ul>	<ul style="list-style-type: none"> <li>To know and understand how information online is targeted.</li> <li>To understand the roles and impact of different media types.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to evaluate media sources and share things online safely.</li> </ul>	<p><b>Autumn 2</b>  <b>Black History Month</b>  <b>Anti Bullying Week</b>  <b>Road Safety Week</b>  <b>St Andrew's Day</b></p>
	Money and work	<ul style="list-style-type: none"> <li>To understand that different jobs require different skills.</li> <li>To understand job stereotypes.</li> <li>To be able to set their own personal goals.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to make sensible decisions about money.</li> <li>To know how to use money safely and keep it safe.</li> </ul>	<ul style="list-style-type: none"> <li>To identify their job interests and aspirations.</li> <li>To understand what has influenced their career choice and explore workplace stereotypes.</li> </ul>	<ul style="list-style-type: none"> <li>To understand influences and attitudes towards money.</li> <li>To have knowledge of money and financial risks.</li> </ul>	
Relationships	Relationships RSE covered by Ten Ten scheme					<p><b>Spring 1</b>  <b>Spring 2</b>  <b>E Safety Week</b>  <b>St Patrick's British</b>  <b>Science Week</b>  <b>St David's Day</b>  <b>St George's Day</b></p>
Health and Wellbeing	Physical Health and Wellbeing	<ul style="list-style-type: none"> <li>To know how to make good choices about health and their habits.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to maintain a balanced</li> </ul>	<ul style="list-style-type: none"> <li>To develop and understand</li> </ul>	What affects mental health and ways to take care of it;	<p><b>Summer 1</b></p>

	<ul style="list-style-type: none"> <li>To know what affects theirs and others feelings and know how to express them.</li> </ul>	<p>lifestyle including oral and dental hygiene.</p>	<p>healthy sleep habits.</p> <ul style="list-style-type: none"> <li>To understand the safety aspects around; the sun, medicines, vaccinations, immunisations and allergies.</li> </ul>	<p>managing change, loss and bereavement; managing time online</p>	
<b>Growing and Changing</b>	<ul style="list-style-type: none"> <li>To identify their own strengths and achievements</li> <li>To explore managing and reframing setbacks</li> </ul>	<ul style="list-style-type: none"> <li>To know and understand what the physical and emotional changes of puberty are.</li> <li>To know which are the external genitalia and name them correctly.</li> <li>To know what their personal hygiene routines are.</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>To recognise their own individuality and their qualities.</li> <li>To understand their mental well-being.</li> <li>To keep safe in different situations including; responding to emergencies, first aid and <b>FGM</b>.</li> </ul>	<p><b>Human reproduction and birth;</b> increasing independence; managing transition</p>	<p><b>Summer 2 Mental Health awareness /Wellbeing Week</b></p>
<b>Keeping Safe</b>	<ul style="list-style-type: none"> <li>To understand risks and hazards.</li> <li>To understand safety in their local environment and also in unfamiliar places.</li> </ul>	<ul style="list-style-type: none"> <li>To know about medicines and household products including drugs common to everyday life.</li> </ul>	<ul style="list-style-type: none"> <li>To explore keeping safe in different situations including responding in emergencies, first aid</li> </ul>	<ul style="list-style-type: none"> <li>To know what can affect mental health and how to take care of it.</li> <li>To know ways to manage change, loss and bereavement.</li> <li>Manage their own time online.</li> </ul>	

<b>Key Vocabulary</b>	Relationship, single parent, <b>same sex parents</b> , step-parents, blended families, foster, adoptive, privacy, personal boundaries, gender, stereotypes, body part.	Positive, relationship, confidentiality, sensitive, community, data, balanced, puberty, period, male, female, medicine and drug.	Friendship, peer influence, prejudice, discrimination, compassion, aspiration, stereotypes, gender, individuality, emergency.	Attraction, marriage, pressure, diversity, discrimination, stereotype, influence, bereavement, transition.	
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Suggested organisation of topics through an academic year

PSHE Juniors Long Term Plan		Theme by theme	PSHE Association	*covered in RSE/ Science curriculum *themed events related to British Values				
<b>Term :</b>	Living in the Wider World	Living in the Wider World	Relationships Relationships	Health and Wellbeing	Health and Wellbeing			
<b>Topics :</b>	Belonging to a community	Media literacy and digital resilience	Money and work	*Ten Ten RSE Scheme of work See separate LTP	Physical health and Mental wellbeing	Growing and changing	Keeping Safe	
<b>Whole school events</b>			Black History Month Anti Bullying Week Road Safety Week	E Safety Week	British Science Week	Wellbeing Week		
<b>Year 3</b>	The value of rules and laws; rights, freedoms and responsibilities UNICEF Article 12	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 <b>Wellbeing Week</b>	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
<b>Year 4</b>	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 <b>Wellbeing Week</b>	Physical and emotional changes in puberty; external genitalia; personal hygiene routines;	Medicines and household products; drugs common to everyday life

							support with puberty	
<b>Year 5</b>	Protecting the environment; compassion towards others UNICEF Rights of a child	How information online is targeted; different media types, their role and Impact	Identifying job interests and aspirations; Enterprise skills what influences career choices; workplace stereotypes			Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies <b>Wellbeing Week</b>	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including use of mobile phone, responding in emergencies, first aid
<b>Year 6</b>	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial Risks			What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online <b>Wellbeing Week</b>	<b>Human reproduction and birth;</b> increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

<u>PSHE Juniors Long Term Plan for RSE</u>											
Theme by theme			PSHE Association			*covered in RSE/ Science curriculum *themed events related to British Values					
<b>Term :</b>	<b>Autumn1</b> Living in the Wider World		<b>Autumn 2</b> Living in the Wider World		<b>Spring 1 Relationships</b> <b>Spring 2 Relationships</b>			<b>Summer 1</b> Health and Wellbeing		<b>Summer 2</b> Health and Wellbeing	
<b>Topics :</b>	Belonging to a community	Media literacy and digital resilience	Money and work	Families and friendships	Safe relationships	Respecting ourselves and others	Physical health and Mental wellbeing	Growing and changing	Keeping Safe		
<b>Whole school events</b>			Black History Month Anti Bullying Week Road Safety Week	E Safety Week British Science Week			Wellbeing Week				
<b>Year 3</b>				What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite					

<b>Year 4</b>				Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively		<b>Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</b>	
<b>Year 5</b>				Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination			
<b>Year 6</b>				<b>Attraction to others; romantic relationships; civil partnership and marriage</b>	Recognising and managing pressure; <b>consent in different situations</b>	Expressing opinions and respecting other points of view, including discussing topical issues		<b>Human reproduction and birth; increasing independence; managing transition</b>	

## PRIMARY PSHE EDUCATION: LONG-TERM OVERVIEW – THEMATIC MODEL

	Autumn: Relationships			Spring: Living in the wider world			Summer: 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
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	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
Year 3	What makes a family; features of family life	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
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	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
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	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
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media