

**PSHE Long Term Plan**

**Core theme 1 (CT1**) – Health and Wellbeing. **Core Theme 2 (CT2)** – Relationships. **Core theme 3 (CT3)** – Living in the wider world. **Safe Zone** –E Safety & Digital literacy **RSE** – Journey in love. **First Aid –** St John’s Ambulance. **Prevent –** focusing on skills to resist being pressured into unlawful activity.

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| **Year Group** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Nursery | **Building relationships** **Self-Regulation** **Managing self**  | **Building relationships** **Self-Regulation** **Managing self**  | **Building relationships** **Self-Regulation** **Managing self**  | **Building relationships** **Self-Regulation** **Managing self**  | **Building relationships** **Self-Regulation** **Managing self**  | **Building relationships****Self-Regulation** **Managing self** |
| Reception | **Building relationships** **Self-Regulation** **Managing self** Safe Zone YrR lesson 1 – **Personal information & who can I trust** | **Building relationships** **Self-Regulation** **Managing self** Safe Zone YrR lesson 2 – **Communicating using the internet.****RSE -The wonder of being special and unique.**  | **Building relationships** **Self-Regulation** **Managing self** Safe Zone YrR lesson 3 – **Identify ways to put information safely on the internet.** | **Building relationships** **Self-Regulation** **Managing self** Safe Zone YrR lesson 4 – **Self-image/identity/online bullying****Visit to the Fire Station – People who help us.** | **Building relationships** **Self-Regulation** **Managing self** Safe Zone YrR lesson 5 – **Copyright and Ownership** How to call for get help for our friends if they fall over?  | **Building relationships** **Self-Regulation** **Managing self**Safe Zone YrR lesson 6 – **finding information safely online.**Safe Zone YrR lesson 6 – **rules to keep us safe at home and online.**  |
| Year 1 | PANTS - NSPCCCT3 **Rules / Expectations - We Expect** CT3: **Rules / Expectations - Class Charter** CT1 **Internet Safety - E-Safety** CT2: **Friendship - Forever Friends** CT2 **Friendship - Make Friends** CT3 **Taking Turns - It's Your Turn!**Safe Zone Yr1 LESSON 1: **Copyright and Ownership** | CT2 **Good Manners - How Rude!** CT1 **Happiness - Smile!** CT1 **Anger - Grrrr!** CT2 **Feelings - How I Feel** CT2: **Responses - You and Me** CT2: **Opinions - I Think…**Safe Zone Yr1 LESSON 2: **Self- Image and Identity** | CT1 **Washing Hands - Meet Grub!** CT1 **Healthy Eating - Vote Green**! CT1 **Healthy Eating - Meat Eaters** CT1 **Healthy Eating - Party Time!** CT1 **Physical Activity - Get Physical!** CT2 **Comparisons - All the Same**Safe Zone Yr1 LESSON 3: **Managing Online Information** | CT2 **Definition - A Bully is…** CT2 **Unkindness - Blame Game** CT2: **Behaviour - Bullying is...** CT2 **Behaviour - + and –** CT2 **Personal Safety - Secret Surprise**CT1 **Emotional Safety - Getting Help** Safe Zone Yr1 LESSON 4: **Privacy and Security** | CT2 **Kindness - Give a Little** CT2 **Family - My Family** CT2: **Family - Special People** CT2: **Caring - Talking to Plants** CT3 **Lending / Borrowing - The Borrowers** CT3 **Sharing - Share the Booty****RSE -We meet god’s love in our family** | CT1 **Sun Safety – It’s a Cover Up!**CT1 **Road Safety – Green X Code** CT3: **Money - Grows on Trees?** CT3 **Money - Coining it in!** CT3 **Money - Keep Money Safe****Fact and opinion**Visit from local police force regarding road safety/stranger danger.  |
| Year 2 | PANTS - NSPCCCT2 **Friendship - Hola! Bonjour!** CT2 **Friendship - Share Alike** CT2 **Fair and Unfair - It's Not Fair!** CT3 **Our School - Common Goals** CT3 **Belonging - I Belong …** CT3 **Belonging - Join Our Club!** CT1 **Staying Safe – I Don’t Know You** Safe Zone Yr2 LESSON 1: **Self-Image and Identity**  | CT2 **Right and Wrong - In the Right** CT1 **Consequences - Good v Bad** CT1 **Aspirations - It's a Goal!**CT2 **Co-operation – Negotiation** CT2 **Co-operation - Want to Play?** CT2 **Co-operation - Let's Debate!** Safe Zone Yr2 LESSON 2: **Online Relationships****Right or wrong** | CT1 **Keeping Clean - Bath-time** CT1: **Skin - Skinny Tips** CT1: **Dental Hygiene - Brushing Up!** CT1: **Dental Hygiene - Bright White** CT1 **Dental Hygiene - Top Teeth** CT1 **Drug Safety - Magic Medicine**Safe Zone Yr2 LESSON 3: **Online Reputation** | CT1 **Growing Up - All Grown Up** CT1 **Changing Needs - I Need** CT1 **Physical Activity - Mighty Muscles** CT1: **Exercise - Workout!** **Valuing difference****Trip to athletics track****How to ask for help?**Safe Zone Yr2 LESSON 4: **Online Bullying** Safe Zone Yr2 LESSON 5: **Managing Online Information** | CT2 **Behaviour - Help Me!** CT2 **Behaviour - In My Shoes** CT2 - **Cry Baby!** CT3 **Local Citizenship - Our Local Area** CT3: **Local Citizenship - Community Care** CT1 **Responsibility - Who's at Fault?****RSE -We meet God’s love in our community**. Safe Zone Yr2 LESSON 6: **Copyright and Ownership**  | CT1 **Emotions – Mood Swings** CT1: **Love - Three Little Words** CT1 **Sadness - How to Cope** CT3: **Money - Shopping List** CT3 **Choices - This or That?** CT3: **Enterprise - Dragons' Den** Safe Zone Yr2 LESSON 7: **Privacy and Security** |
| Year 3 | PANTS - NSPCCCT1 -**E-Safety online chat**CT1 - **Online privacy – The secret jar**CT1 – **Online privacy – E -protection**CT3 – **Rules – I’m in charge!**CT3 - **Thinking ahead – Lesson planning.**CT3 - **Taking the lead – learning time.**Safe Zone Yr3 LESSON 1: **Self-Image and Identity** | CT2 – **Friendship- Best features**CT2 – **Friendship – Circle Time**CT2 – **Friendship – Falling Out**CT2– **Friendship – The BAFAs**CT1 – **Loss/separation – Lost!**CT1 – **Loss/separation – Found!**Safe Zone Yr3 LESSON 2: **Online Relationships** | CT1– **Physical, Emotional and Mental – I am Who am I?**CT1– **Physical, Emotional and Mental – Hearts and Minds**CT1– **Physical, Emotional and Mental – Three in one**CT1 – **Sleep – Sweet dreams****Debate Lessons****RSE - How we live in love?**Safe Zone Yr3 LESSON 3: **Online Reputation** | CT2– **Clear messages – Dot Dot Dash**CT2– **How to listen – Listen up!**CT3– **Different communities – my community**CT3– **School communities – school swap****Debate Lessons****Trip to the mosque** Safe Zone Yr3 LESSON 4: **Health, Wellbeing and Lifestyle** | CT1 – **How to help – who to call.**CT1 – **Emergency Calls – Calling 999**CT1 – **Emergency Calls – Ambulance Now!****Don’t be a sheep?**Safe Zone Yr3 LESSON 5: **Privacy and security** | CT1 – **A balanced approach – define healthy.**CT1 – **Physical exercise – Active kids**CT1 – **Lifestyle choices – it’s your choice.**CT2 – **Working together – Name game.**CT2 – **Working together – Build it up.**CT2 – **Shared goals – Better places**Safe Zone Yr3 LESSON 6: **Copywrite and ownership** |
| Year 4 | PANTS - NSPCCCT1 - **Online privacy – It’s personal.**CT1 – **Internet usage – Online usage**CT1 – **Internet usage – Age limits**CT3 – **Gender stereotypes His and Hers**Safe Zone Yr4 LESSON 1: **Online relationships and online bullying****Debate Lessons** | CT2 – **Reactions - Frustration**CT2 – **Self Worth – I’m a Marvel!**CT2 – **Persistence and Resilience – Don’t Give Up**CT2 – **Negative Persistence – Over and Over**CT1 – **Feelings - Overreacting**Safe Zone Yr4 LESSON 2: **Health Wellbeing and Lifestyle****Debate Lessons** | CT1– **A balanced diet – Plant or animal**CT1 – **A balanced diet – Balancing act**CT1– **Working with food – MasterChef.**CT1– **Working with food – Our food hall.**Safe Zone Yr4 LESSON 3: **Online reputation and managing online information.****Asthma** | CT2 – **Responding to others – Agony Aunt**CT2 – **Expressing opinions – It’s Debatable**CT1– **Loss/Separation - Left behind.**CT1 – **Family changes – Two homes Over**CT1 – **Feelings – Overreacting****RSE - God loves us in our differences.**Safe Zone Yr4 LESSON 4: **Self-image and identity** | CT1 – **Identifying strengths -I’m good at that.**CT1 – **Self-respect -** **Let’s rock.**CT1– **Identified strengths – Future me**CT1 – **Setting goals – That’s my goal**CT1 – **Setting goals – The impossible dream.****Building Courage and Resilience**Safe Zone Yr4 LESSON 5: **Copywrite and ownership** | CT2 – **Connections – Paper Chains.**CT2 – **Family links – Family tree.**CT2– **Religious views – Faith finding.**CT2 – **Celebrating diversity - Inside out.**CT3 – **Money choices – A million dollars**CT3 – **Managing money – Design choices.**Safe Zone Yr4 LESSON 6: **Privacy and Security**  |
| Year 5 | PANTS - NSPCCCT3 – **Structure – Just imagine.**CT3 – **Law and order – In charge**CT3 – **UN rights – Our rights**CT2 – **Online relationships – a risky business**CT1 – **Drugs – Just say No.**CT1 – **Alcohol – Drink Aware**Safe Zone Yr5 LESSON 1: **Privacy and Security** | CT1 – **Death and Grief – It’s natural.**CT1 – **Death and Grief – Poppies**CT1 – **Managing Conflict – Families at war.**CT3 – **Community event – We are cultured.**CT1 – **Drugs – Just say No.**CT1 – **Alcohol – Drink Aware**Safe Zone Yr5 LESSON 2: **Self-Image and Identity** | CT1 – **Healthy Lifestyles – You Choose**CT1 – **Tobacco – Up in smoke**CT1 – **Substance abuse – let’s be Frank.**CT3 – **Community event – We are cultured.****Debate Lessons**Safe Zone Yr5 LESSON 3: **Online reputation and managing online information.** | CT1 – **Physical, Emotional & mental 3 dimensional**CT2 – **Confidentiality – Secret in**CT2 – **Listening – I’m all ears.**CT2 – **Responding scenarios.****RSE - God loves us in our changing and development.****Debate Lessons**Safe Zone Yr5 LESSON 4: **Health, Wellbeing and Lifestyle** | CT1 – **Food choices – Secret Eaters**CT1 – **Food choices – Invention Team**CT1 – **Cooking – Michelin Star**CT2 – **Physical contact – touch sensitive.****Bleeding**Safe Zone Yr5 LESSON 5: **Copywrite and ownership** | CT2 – **Responding - Scrabble**CT2 – **Shared goals – It’s all gone.**CT2 – **Community Spirit – All join in**CT1 – **Basic First Aid****Send me a selfie.****Extreme reactions**Safe Zone Yr5 LESSON 6: **Online relationship and online bullying** |
| Year 6 | PANTS - NSPCCCT1 – **Identify strengths – Big dreams.**CT1 – **Identify strengths – Big achievers.**CT1 – **Setting goals – Super futures.**CT1 – **Setting goals – I can do that.** CT1 – **Internet safety – Fake news.****Debate Lessons**Safe Zone Yr6 LESSON 1: **Online reputation and managing online information** | CT2 – **Race and ethnicity - USA**CT2 – **Gender stereotypes – jobs for all**CT2 – **Culture – Cultural Feast**CT1 – **Setting goals – I can do that.** CT1 – **Internet safety – Fake news.****Debate Lessons**Safe Zone Yr6 LESSON 2: **Online relationship and online bullying** | CT1 – **Physical illness - Bleugh**CT1 – **Immunisation – one sharp scratch**CT2 – **Marriage – I promise.**CT1 – **Setting goals – I can do that.** Safe Zone Yr6 LESSON 3: **Self-Image and Identity****Gang Man – James Riley**  | CT1 – **Healthy minds – young minds**CT2 – **Mental wellbeing – Mind business**CT2 – **Support and care - connections**Safe Zone Yr6 LESSON 4: **Health, Wellbeing and Lifestyle** | CT3 – **Budgeting – Money Supermarket**CT3 – **Consumer sense – Payment Terms**CT3 – **Consumer sense – A class catalogue****Child on child abuse –** recognising signs and what to do. **Basic Life Support – including choking**Safe Zone Yr6 LESSON 5: **Privacy and security**  | CT3 – **Generating Income – making money.**CT3 – **Generating Income – raising money.**CT1 **– Vaping (3 lessons)****Vulnerability**Safe Zone Yr6 LESSON 6: **Copywrite and ownership****RSE - The wonder of God’s love in creating new life** |

**Identifying Sexual harassment** is taught from EYFS you will see this strand runs through in the positive relationships that our children are taught about. Relationships modelled by staff and members of our community. In Y5 children will learn about how to ensure you make the best choices when online and feel peer pressure (Send me a selfie). In Y6 the children will directly tackle the issue of Child-on-child abuse