



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.

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 - NSPCC CT3 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 CT2 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 - Growing on Trees? CT3 Money - Coins in It! CT3 Money - Keep Money Safe Fact and opinion Visit from local police force regarding road safety/stranger danger.
Year 2	PANTS - NSPCC CT2 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 CT2 - 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 - NSPCC CT1 -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 - NSPCC CT1 - 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 - NSPCC CT3 – 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 CT2 – 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 Grassing and Grooming Extreme reactions Safe Zone Yr5 LESSON 6: Online relationship and online bullying
Year 6	PANTS - NSPCC CT1 – 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) Send me a selfie 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