

PSHE Long Term Plan 23-24

	Autumn 1 - Being me in my world	Autumn 2 - celebrating difference	Spring 1 - Dreams and goals	Spring 2 - Healthy Me	Summer 1 - Relationships	Summer 2 - changing me
F1	Who...me? How am I feeling today? Being at nurse/ pre-school. Gentle hands. Our rights. Our responsibilities.	What am I good at? I'm special..I'm me. Families. Homes. Making friends. Standing up for yourself.	Challenge. Never giving up. Setting a goal. Obstacles and support. Flight to the future. Footprint awards.	Everybody's body. We like to move it, move it. Food glorious food. Sweet dreams. Keeping clean. Safe adults.	My family and me. Make friends, make friends, never ever break friends Part 1 Make friends, make friends, never ever break friends Part 2 Falling Out and Bullying Part 1v Falling Out and Bullying Part 2 Being the best friends we can be	My Body. Respecting My Body. Growing Up. Growth and Change. Fun and Fears Celebration
F2	Who...me?	What am I good at?	Challenge. Never giving up.	Everybody's body.	My family and me.	My Body.

	<p>How am I feeling today? Being at school. Gentle hands. Our rights. Our responsibilities.</p>	<p>What am I good at? Families. Homes. Making Friends. Standing Up for Yourself.</p>	<p>Setting a goal. Obstacles and support. Flight to the future. Footprint awards.</p>	<p>We like to move it, move it. Food glorious food. Sweet dreams. Keeping clean. Safe adults.</p>	<p>Make friends, make friends, never ever break friends Part 1 Make friends, make friends, never ever break friends Part 2 Falling Out and Bullying Part 1v Falling Out and Bullying Part 2 Being the best friends we can be</p>	<p>Respecting My Body. Growing Up. Fun and Fears part 1. Fun and fears part 2. Celebration</p>
Y1	<p>Special and Safe. My Class. Rights and Responsibilities. Rewards and Feeling Proud. Consequences.</p>	<p>The same as... Different from... What is 'bullying'? What do I do about bullying? Making new friends.</p>	<p>My Treasure Chest of Success. Steps to Goals. Achieving Together. Stretchy Learning. Overcoming Obstacles.</p>	<p>Being Healthy. Healthy Choices. Clean and Healthy. Medicine Safety. Road Safety. Happy, Healthy Me.</p>	<p>Families. Making Friends. Greetings. People Who Help Us. Being My Own Best Friend. Celebrating My Special Relationships.</p>	<p>Life cycles. Changing Me. My Changing Body. Boys' and Girls' Bodies. Learning and Growing. Coping with Changes.</p>

	Owning our Learning Charter.	Celebrating difference; celebrating me.	Celebrating My Success.			
Y2	Hopes and Fears for the Year. Rights and Responsibilities. Rewards and Consequences. Rewards and Consequences. Our Learning Charter. Owning our Learning Charter.	Boys and girls. Boys and girls. Why does bullying happen? Standing up for myself and others. Diversity. Celebrating difference and still being friends.	Goals to Success. My Learning Strengths. Learning with Others. A Group Challenge. Continuing Our Group Challenge. Celebrating Our Achievement.	Being Healthy. Being Relaxed. Medicine Safety. Healthy Eating. Healthy Eating. Happy, Healthy Me!	Families. Keeping Safe - exploring physical contact. Friends and Conflict. Secrets. Trust and Appreciation. Celebrating My Special Relationships.	Life Cycles in Nature. Growing from Young to Old. The Changing Me. Boys' and Girls' Bodies. Assertiveness. Looking Ahead.
Y3	Getting to Know Each Other. Our Nightmare School. Our Dream School. Rewards and Consequences.	Families. Family conflict. Witness and feelings. Witness and solutions. Words that harm.	Dreams and goals. My Dreams and Ambitions. A New Challenge. Our New Challenge.	Being Fit and Healthy. Being Fit and Healthy. What Do I Know About Drugs? Being Safe.	Family Roles and Responsibilities. Friendship. Keeping Myself Safe Online. Being a Global Citizen 1.	How Babies Grow. Babies. Outside Body Changes. Inside Body Changes. Family Stereotypes.

	Our Learning Charter. Owning our Learning Charter.	Celebrating difference: compliments.	Our New Challenge - Overcoming Obstacles. Celebrating My Learning.	Safe or Unsafe. My Amazing Body.	Being a Global Citizen 2. Celebrating My Web of Relationships.	Looking Ahead.
Y4	Becoming a Class 'Team.' Being a School Citizen. Rights, Responsibilities and Democracy. Rewards and Consequences. Our Learning Charter. Owning our Learning Charter.	Judging by Appearances. Understanding influences. Understanding Bullying. Problem-solving. Special Me. Celebrating Difference: how we look.	Hopes and Dreams. Broken Dreams. Overcoming Disappointment. Creating New Dreams. Achieving Goals. We Did It!.	My Friends and Me. Group Dynamics. Smoking. Alcohol. Healthy Friendships. Celebrating My Inner Strength and Assertiveness	Jealousy. Love and Loss. Memories Puzzle outcome: Memory Box. Getting on and Falling Out. Girlfriends and Boyfriends. Celebrating My Relationships with People and Animals.	Unique Me. Having a Baby. Puberty and Menstruation. Circles of Change. Accepting Change. Looking Ahead.
Y5	My Year Ahead. Being a Citizen of My Country. Year 5 Responsibilities.	Different cultures. Racism. Rumours and Name-calling.	When I Grow Up (My Dream Lifestyle)	Smoking. Alcohol. Emergency Aid. Body Image.	Recognising Me. Safety with Online Communities.	Self and Body Image. Puberty for Girls.

	Rewards and Consequences. Our Learning Charter. Owning our Learning Charter.	Types of Bullying. Does Money Matter? Celebrating Difference across the world.	Investigate Jobs and Careers. My Dream Job. Why I want it and the steps to get there. Dreams and Goals of Young People in Other Cultures. How Can We Support Each Other? Rallying Support.	My Relationship with Food. Healthy Me.	Being in an Online Community. Online Gaming. My Relationship with Technology: screen time. Relationships and Technology.	Puberty for boys. Conception. Looking Ahead 1. Looking Ahead 2.
Y6	My Year Ahead. Being a Global Citizen 1. Being a Global Citizen 2. The Learning Charter. Our Learning Charter.	Am I Normal? Understanding Difference. Power Struggles. Why Bully. Celebrating Difference. Celebrating Difference.	Personal Learning Goals. Steps to Success. My Dream For the World. Helping to Make a Difference.	Taking responsibility for my health and well-being. Drugs. Exploitation. Gangs. Emotional and Mental Health.	What is Mental Health? My mental health. Love and Loss. Power and Control. Being Online: Real or Fake?	My Self Image. Puberty. Babies: Conception to Birth. Boyfriends and Girlfriends. 4a. Adolescent Friendships.

	Owning our Learning Charter.		Helping to Make a Difference. Recognising Our Achievements.	Managing Stress and Pressure.	Safe or Unsafe? Using Technology Responsibly.	Real self and ideal self. The Year Ahead.
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