



PSHE Long Term Plan

Our PSHE curriculum is delivered through purposeful connections between a PSHE strand and a subject area. In some instances, PSHE is explicitly taught. Visitors, outside agencies and specialists deliver some of our PSHE curriculum sessions. We have whole school focus days to enhance PSHE at Queen's Park.

The expectations of the Relationships, Sex and Health Education (RSHE) guidance are taught throughout our curriculum but are specifically covered in the Relationships and Changing Me topics

Age Group	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
EYFS	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety Talking Teeth Workshop	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and	Keeping myself healthy Healthier lifestyle choices (DT) Keeping clean Linking health and happiness Being safe Medicine safety/safety with household items Road safety (Being safe)	Belonging to a family Making friends/being a good friend Physical contact preferences National Online Safety: Self image and identity - people online who could make someone feel sad, embarrassed or upset.	Life cycles - animal and human Changes in me Changes since being a baby Differences between female and male bodies(correct terminology) Linking growing and learning

Together we believe, achieve and enjoy.



			overcoming obstacles Feelings of success		Dangers online and how to speak to an adult I can trust and how they can help.	
Year 2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings (Myself and others)	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food (DT)	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation <u>National Online Safety - Online Relationships:</u> <u>Communicating online</u> <u>Asking for and giving permission online</u> <u>The right to say no</u> <u>clicking 'yes', 'agree', or 'accept' online</u>	Life cycles in nature Growing from young to old - a baby developing in a mother's womb Increasing independence Differences in female and male bodies (correct terminology) and that a male and female are needed to make a baby Assertiveness
Year 3	setting personal goals Self-identity and worth positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes	exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others	Family roles and responsibilities Friendship and negotiation <u>National Online Safety - Online Relationships:</u> <u>Keeping safe online and who to go to for help</u> <u>Being a global citizen</u> <u>Being aware of how my</u>	How babies grow and we all change Outside body changes Inside body changes identity and self-esteem

			Managing feelings Simple budgeting	Healthy and safe choices (Healthy lifestyles) School nurse - discuss hearing and sight tests and impairments	choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	
Year 4	being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) (Rights and responsibilities) Rewards and consequences Group decision-making Having a voice What motivates behaviour	challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking (Smoking workshop) Alcohol Assertiveness Peer pressure Celebrating inner strength Junior Road Safety Talking Teeth Workshop (links to science)	jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	how babies, and other living things grow differences and similarities in people: sexuality - what it is and what words describe it. body changes in boys and girls and why they happen. (Discussion of hormones, do not discuss puberty in detail) areas of the body are private and should not be touched and who I can talk to if I feel worried
Year 5	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups	cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness	future dreams The importance of money (Money Matters Workshop) Jobs and careers Dream job and how to get there Goals in different cultures	smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food	self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling	Puberty for girls Puberty for boys Growing Coping with change



	Democracy, having a voice, participating	Enjoying and respecting other cultures	Supporting others (charity) Motivation	Healthy choices Motivation and behaviour (Crucial Crew Workshop)	Reducing screen time Dangers of online grooming SMARRT internet safety rules	
Year 6	identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	personal learning goals, in and out of school Careers workshop by St.Helens Chamber Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	taking personal responsibility How substances affect the body Drug education workshop Exploitation, including 'county lines' and gang culture (County lines external programme) Emotional and mental health Managing stress	mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Body image Puberty and feelings Conception to birth and the needs of a baby Roles and relationships in the family Reflections about change sexuality

Taught through DT,

Taught through science

National Online Safety resources/other resources

Global Citizenship links

External agency/curriculum enhancement