

Kingham Primary School – PSHE Long Term Plan

	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 (Protective Behaviours)	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment BV: Mutual respect and tolerance	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 BV: Individual Liberty	How rules and age restrictions help us; keeping safe online BV: Rule of Law
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour (Protective Behaviours)	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 BV: Mutual respect and tolerance	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 BV: Individual Liberty	Safety in different environments; risk and safety at home; emergencies BV: Rule of Law

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 BV: Mutual respect and tolerance	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals BV: Democracy	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks BV: Individual Liberty	Risks and hazards; safety in the local environment and unfamiliar places BV: Rule of Law
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 BV: Mutual respect and tolerance	How data is shared and used BV: Democracy	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Personal identity; recognising individuality and different qualities; mental wellbeing BV: Individual Liberty	Medicines and household products; drugs common to everyday life BV: Rule of Law
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 BV: Mutual respect and tolerance	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes BV: Democracy	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty BV: Individual Liberty	Keeping safe in different situations, including responding in emergencies, first aid and FGM BV: Rule of Law

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 BV: Mutual respect and tolerance	Evaluating media sources; sharing things online BV: Democracy	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 BV: Individual Liberty	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media BV: Rule of Law
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