

PSHE medium term plan



Cycle A

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Year 1/2	Family and relationships 1. Begin to understand what PSHE education is and how we can help everyone learn in these lessons. 2. Understand the role of families 3. Begin to understand the importance and characteristics of positive friendships and who I can speak to if I am unhappy. 4. Begin to understand the range of families they may encounter now and, in the future 5. Recognise how others show feelings and how to respond to these 6. Begin to understand how courtesy and manners make us feel 7. Begin to understand that friendships can have problems, but we can overcome these 8. Understand what is meant by a stereotype		Health and wellbeing 1. Describe and understand their feelings 2. Recognise and celebrate their strengths and set simple but challenging goals 3. Understand the benefits of physical activity and rest 4. Begin to understand how germs are spread and how we can stop them spreading 5. Begin to understand the risks associated with the sun 6. To begin to understand allergies 7. Understand that there are people in the local community who help to keep us healthy	Citizenship 1. Begin to understand the importance of rules 2. Begin to recognise ways in which we are the same and different to other people 3. Understand the range of groups people belong to 4. Begin to understand the roles people have in the community 5. Understand ways to look after the school environment 6. Recognise the role people play in looking after the environment	Safety and the changing body 1. Know how to respond to adults politely and safely 2. Understand that there are people in the local community who help to keep us safe 3. Understand ways to keep safe on and near roads 4. Begin to understand what is safe to put into or onto our bodies 5. Know what an emergency is and to make a phone call if needed 6. Begin to understand the difference between secrets and surprises 7. Begin to understand the difference between acceptable and unacceptable physical contact 8. Begin to understand the concept of privacy and the correct vocabulary for body parts 9. Know my body is important and belongs to me Transition 1. Understand that change can cause mixed feelings	
Year 3/4	Family and relationships 1. Recap what the subject of PSHE is and how we can help everyone to learn effectively in these lessons 2. Understand that friendships have ups and downs and that problems can be resolved 3. Understand the impact of bullying and the responsibility of bystanders to help 4. Recognise that stereotypes are present in everyday life 5. Recognise that stereotypes exist based on a number of factors		Health and wellbeing 1. Understand and plan for a healthy lifestyle including physical activity, rest and diet 2. Understand the benefits of healthy eating and dental health 3. Understand the different aspects of my identity 4. Identify my own strengths and begin to	Safety and the changing body 1. Understand the importance of being kind online and what this looks like 2. Understand that cyberbullying involves being unkind online 3. Understand the benefits and risks	Citizenship 1. Understand the environmental benefits of recycling (Year 3) or reusing (Year 4) 2. Understand the groups which make up the community (Y3) To understand the contribution groups make to a community (Y4)	Economic wellbeing 1. Begin to recognise how ethics can influence our spending decisions (Y3) To begin to understand what makes something good value for money (Y4) 2. Understand how to put together a budget (Y3) To begin to understand the

PSHE medium term plan



	<p>6. Begin to understand the physical and emotional boundaries in friendships 7. Understand why trust is an important part of positive relationships 8. Begin to understand the differences between people and why it is important to respect these differences 9. Explore how we can help following a bereavement</p>	<p>see how they can affect others 5. Develop a growth mindset and understand that mistakes are useful 6. Recognise when to give consent. 7. Identify what is important to me and to take responsibility for my own happiness</p>	<p>of sharing material online 4. Develop understanding of privacy and the difference between secrets and surprises 5. Understand how to help if someone has been stung or bitten 6. Understand the choices people can make and those which are made or influenced by others</p>	<p>3. Begin to understand how democracy works in the local area 4. Understand why we have rules and the consequences of breaking rules at school and home 5. Begin to understand the UN convention on the rights of the child 6. Begin to understand the Human Rights convention</p>	<p>importance of keeping track of money (Y4) 3. Recognise that money has an impact on how we feel. (Y3) To understand ways money can be lost and how this makes people feel (Y4) 4. Understand that there are a range of jobs available and to think about what job they might want to do. (Y3) To consider positive and negative factors that can influence people's career choices. (Y4) 5. Understand that stereotypes exist in the workplace but these should not limit people's career aspiration</p>	
Year 5/6	<p>Safety and the changing body 1. Begin to understand some issues relating to online friendships 2. Learn about staying safe online 3. Understand how to help someone who is choking 4. Begin to understand the risks of alcohol 5. Begin to understand the influence others can have on us.</p>	<p>Health and wellbeing 1. Describe how yoga stretches make me feel 2. Understand the benefits of sleep 3. Understand the purpose of failure 4. Learn how to set short, medium and long term goals</p>	<p>Families and relationships 1. Understand how to form and maintain positive relationships 2. Understand what we mean by respect and why it is important 3. Begin to understand self-respect 4. Understand more about bullying and how to get help 5. Explore the impact of stereotypes</p>	<p>Citizenship 1. Begin to understand what happens when the law is broken 2. Recognise prejudice and discrimination and learn how this can be challenged 3. Understand how reducing our use of materials and energy will help the environment 4. Understand how we recognise and</p>	<p>Economic wellbeing 1. Understand that a loan can be a way to pay for things but that it needs to be repaid 2. Understand income and expenditure and how to track money 3. Understand how to put together a weekly budget 4. Understand some risks associated with money 5. Understand the different routes available into careers</p>	<p>RSE 1. Understand physical changes during puberty 2. To understand the menstrual cycle 3. Year 6 – Understand the biology of conception</p>

PSHE medium term plan



		<p>5. Learn to take responsibility for own feelings and actions</p> <p>6. Use our knowledge of food groups to plan healthy meals</p> <p>7. Understand the risks associated with the sun</p>		<p>value the contribution people make to the community</p> <p>5. Understand human rights, including the right to education</p>		
--	--	---	--	--	--	--

Cycle B

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>	
Year 1/2	<p>Health and wellbeing</p> <p>1. Develop simple strategies to manage feelings</p> <p>2. Know how to relax in different ways</p> <p>3. Understand the benefits of physical activity and rest</p> <p>4. Begin to understand how germs are spread</p> <p>5. Understand the risks associated with the sun</p>	<p>Safety and the changing body</p> <p>1. Know how to respond to adults politely and safely</p> <p>2. Understand how to keep safe on and near roads</p> <p>3. Understand that there are dangers at home and how these can be avoided</p> <p>4. Begin to understand what is safe to put into or onto our bodies</p>	<p>Citizenship</p> <p>1. Begin to understand the importance of rules</p> <p>2. Begin to recognise ways in which we are the same and different to other people</p> <p>3. Understand that animals have different needs and how to care for them</p> <p>4. Begin to understand the needs of babies and young children</p>	<p>Economic wellbeing</p> <p>1. Learn about what money is, where it comes from and how people make money</p> <p>2. Begin to understand the difference between wants and needs</p> <p>3. Begin to understand that people make different choices about spending and saving money</p>	<p>Family and relationships</p> <p>1. Understand that different people can be a family</p> <p>2. Develop an understanding of the characteristics and importance of good, positive friendships</p> <p>3. Identify their special people and how they should care for one another</p> <p>4. Begin to understand how courtesy and manners make us feel</p> <p>5. Begin to understand that friendships can have problems but we can overcome these</p> <p>6. Understand what is meant by a stereotype</p> <p>7. Begin to understand how loss and change can affect us</p>		



PSHE medium term plan

	6. Understand that there are people in the local community who can help us	5. Understand what to do if you get lost 6. Understand how to stay safe when using the internet	5. Begin to understand how democracy works 6. Begin to understand how democracy works in school 7. Understand ways to share an opinion	4. Understand the benefits of banks and building societies 5. Understand that skills and interests will help someone decide what job to do	Transition 1. Understand that change can cause mixed feelings 2. Develop strategies to cope with transition	
Year 3/4	Family and relationships 1. Recap what the subject of PSHE is and how we can help everyone to learn effectively in these lessons 2. Begin to understand the impact of bullying 3. understand that families love and support each other but sometimes problems can occur and help is available if needed 4. Understand that my behaviour can have an impact on others 5. Listen and communicate effectively 6. Develop understanding of courtesy and	Health and wellbeing 1. Understand how we can look after our teeth 2. Understand what relaxation feels like 3. Break down barriers into smaller, achievable goals 4. Understand a range of emotions 5. Recognise when to give consent 6. Begin to understand what mental health is and who can help if they need it	Safety and the changing body 1. Understand that not emails are genuine 2. Understand that age restrictions are designed to protect us 3. Understand that not all information on the web is valuable 4. Understand the risks of smoking 5. Understand how to help someone with asthma 6. Understand the choices people can make and those which are made or influenced by others 7. Understand the role they can take in an emergency situation	Citizenship 1. Understand the environmental benefits of recycling (Year 3) or reusing (Year 4) 2. Understand the groups which make up the community (Y3) To understand the contribution groups make to a community (Y4) 3. Begin to understand how democracy works in the local area 4. Understand the value of diversity in a community 5. Understand that charities care for others and how people can support them	Economic wellbeing 1. Begin to recognise how ethics can influence our spending decisions (Y3) To begin to understand what makes something good value for money (Y4) 2. Understand how to put together a budget (Y3) To begin to understand the importance of keeping track of money (Y4) 3. Recognise that money has an impact on how we feel. (Y3) To understand ways money can be lost and how this makes people feel (Y4) 4. Understand that there are a range of	Transition 1. Discuss feelings associated with transition 2. Create goals to achieve in Year 4 or Year 5 3. Understand strategies people use to cope with change

PSHE medium term plan



	manners in a range of situations 7. Begin to understand the differences between people and why it is important to respect these differences				jobs available and to think about what job they might want to do. (Y3) To consider positive and negative factors that can influence people's career choices. (Y4) 5. Understand that many people will have more than one job or career	
Year 5/6	<p>Safety and the changing body</p> <ol style="list-style-type: none"> 1. Start to become a discerning consumer of information online 2. Understand that online relationships should be treated in the same way as face to face relationships 3. Understand how to help someone who is bleeding 4. Understand how to help someone who is unresponsive 	<p>Health and wellbeing</p> <ol style="list-style-type: none"> 1. Explore mindfulness techniques to manage emotions 2. To identify long term goals and plan how to work towards them 3. Understand and plan for a healthy lifestyle 4. Understand the potential impact of technology on physical and mental health 5. Understand ways that we help prevent ourselves and others becoming ill 	<p>Families and relationships</p> <ol style="list-style-type: none"> 1. Explore the ups and downs of friendships 2. Understand what we mean by respect and why it is important 3. Resolve disputes and conflict through negotiation and compromise 4. Explore the impact of stereotypes 5. Explore other people's attitudes and ideas and begin to challenge these 6. Begin to understand the process and 	<p>Citizenship</p> <ol style="list-style-type: none"> 1. Recognise the role of pressure groups 2. Understand diversity and the value different people bring to the community 3. Understand environmental issues relating to food and food production 4. Understand how to show care and concern for others 5. Explore the links between rights and responsibilities 6. Begin to understand how parliament works 	<p>Economic Wellbeing</p> <ol style="list-style-type: none"> 1. Understand attitude and feelings around money 2. Understand how to keep money in bank accounts safe 3. Understand the stereotypes can exist in the workplace 4. Begin to understand the risks associated with gambling 5. Understand the range of jobs people might do 	<p>RSE</p> <ol style="list-style-type: none"> 1. Understand physical changes during puberty 2. To understand the menstrual cycle 3. Year 6 – Understand the biology of conception

PSHE medium term plan



		6. Consider how we know that we may be unwell, and how to seek support. 7. Understand how habits can good and bad for our health	emotions relating to grief			
--	--	---	----------------------------	--	--	--