

# Whole School Long Term PSHE Planning 2020-2021

(This planning is subject to change to reflect the Statutory Curriculum coming into effect in September 2021)

Year 1 Long Term Plan PHSE								
	Week 1	Week2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Autumn A	Re-establish school and class rules. Discuss positive outcomes for all.	Lucinda and Godffrey Lesson 1: Children to describe what a good friend is.	Lucinda and Godffrey Lesson 2: Children to establish what makes a good friend.	Lucinda and Godffrey Lesson 3: To discuss inside worries and who they would share them with.	Lucinda and Godffrey Lesson 4: Children will discuss what a happy friendship feels like.	<b>E-Safety:</b> Children to understand how to stay safe on the internet and how to create a safe username.	Lucinda and Godffrey Body Parts	None due to theme week
Autumn B	Firework Safety	Remembrance Day	Anti-Bullying	Managing feelings	E-safety	Needs, not wants		
Spring A	I can begin to set simple goals	I can value my achievements, learn from previous experience and have a positive attitude to learning.	I realise that money comes from different sources and can be used for different purposes	I can begin to respond appropriately to different behaviours and know when to use peaceful problem solving. I recognise that my actions have consequences for others				
Spring B	Lost, asking for help, trusted adults	Growing old, including birth and death and that needs change.	Keeping healthy; exercise, diet, hygiene.	Medicines, safe storage of medical substances in the home and at school.	Making simple choices that improve health, wellbeing and personal hygiene.			
Summer A			How do I listen and concentrate?	How do I keep clean?	How can I live healthily?			
Summer B	Sun Safety	Problem solving and conflict / resolution	Problem solving and conflict / resolution	Active and healthy lifestyles	Active and healthy lifestyles	End of year and new beginnings.		

## Year 2 Long Term Plan PHSE

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Autumn A  <b><u>Caring friendships</u></b>	<b><u>Billy's first day</u></b>  I know how to make our class a safe, kind, happy place using our rules. Establish how we can be caring friends to each other.	What are the qualities of a good friend and friendship? How do good friendships make us feel?	Identify/ respect similarities/ diff in friends: physical, cultural, family <i>appearance, religion, language, preference, opinions.</i>	I can make someone feel good by giving a compliment. Talk about the power of what we say to each other in our relationships	I know what it feels like to relax and the importance of rest, time with friends and family, and the benefits of hobbies.	I know the difference between right and wrong in a school context. Relate this to how we treat friends.	Friendships- getting on and falling out. How can we overcome conflicts in our friendships?
Cross curricular	As part of our topic on the seaside we cover sun safety and beach/water safety						
Autumn B  <b><u>Mental well being</u></b>	Bullying: What is bullying, emotions involved for bully and victim, what to do, who to tell, compare to positive friendships.		<b><u>Emotions</u></b>  Name / recognise emotions. Sort into physical feelings and emotions. Sort positive /negative.  Talk about what loneliness, jealousy etc feel like	Name/ discuss emotions from images, relate to own lives. I can recognise when I or someone else feels sad or scared. I know who to talk to.	Talk about weak/ strong emotions. How do we cope with emotions that become overwhelming? What if an adult I know has strong emotions?	I know when I am bored/frustrated/ angry and how to deal with it. I know that negative emotions are a healthy part of life but who to ask for help.	I know what makes me happy, proud, excited and how my mind and body feels.
Spring A  <b><u>Online relationships</u></b>	<b><u>E safety</u></b>  Time spent online. Traffic light websites and why web sites are age restricted.	<b><u>E safety</u></b>  Understand how data is presented and impact of digital footprints and keeping personal info private.	<b><u>Cyber bullying:</u></b> To know that the internet can be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. To know who to ask for help and how to report/ block		<b><u>Responsibility</u></b>  How do I know if something is or isn't my fault including aspects of safety.	Assembly  Beatrix Potter day	
Spring B  <b><u>Respectful</u></b>	Writing week	<b><u>Stereotypes</u></b>  Question stereotypes particularly male and	<b><u>Stereotypes</u></b>  The Frog and the stranger- question stereotypes about race	<b><u>Stereotypes</u></b>  Explore the lives of 3 children: a traveller, a visually impaired child and a Muslim girl.		<b><u>Racism</u></b>  Show racism the red card- explore the concept of racism and create posters.	

<b><u>relationships</u></b>		female.	and culture				
Summer A  <b><u>Family Relationships</u></b>	<b><u>Family</u></b>  Share mind maps of our special people. Note that our families and the wider world may all look different but we respect differences.	<b><u>Family</u></b> Recognise healthy family life, commitment to each other, in hard times, protection and care for children and others, importance of spending time together and sharing each other's lives To know that stable, caring relationships, are at heart of happy families, and important for chns security To recognise if relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed		<b><u>Family:</u></b> Difficult decisions for adults such as divorce and working away.  (Pilgrim or Wils story)  Address the concept of marriage	<b><u>Privacy</u></b>  Body parts and privacy/ safe touching.  What to do if you feel uncomfortable or unsafe.  NSPCC Pants rule.	<b><u>Privacy</u></b>  Safe and unsafe secrets	
Summer B  <b><u>Physical Health and mental well being</u></b>	<b><u>The Smell Monster</u></b>  Cleanliness, bathing, teeth brushing	<b><u>Drinks</u></b>  Healthy /unhealthy drink choices  WATER	<b><u>Sleep</u></b> Discuss importance of sleep/ track our bedtime routines and sleep habits	<b><u>Germs-</u></b> understand how diseases are spread.	<b><u>Consequences</u></b>  Understand how choices/ decisions have consequences.	<b><u>Drugs</u></b> Why and how we use medicines and difference between drugs and food. Rules in your home.	<b><u>Keeping safe</u></b>  Who helps us to keep safe, Doctor, dentist, social worker
Summer B  <b><u>Science and PHSE</u></b>	<b><u>Food groups</u></b> Humans need water and food to stay alive. Discuss their own weekly diets and learn how food can be sorted into groups. We need food from each. Understand the principles of planning a healthy meal.		<b><u>Food diary</u></b>  Complete survey about the foods that they eat regularly and present their results in bar charts. They will analyse the results of our survey.				

## Year 3 Long Term Plan PHSE

	Week 1	Week2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<b>Autumn A</b>  Families and friendships	All about me jigsaw  Class detectives	FRIENDS 1a: getting to know you: About me, my likes and dislikes, my family	FRIENDS 1b: Saying kind words and being brave	FRIENDS 2a: Our feelings	FRIENDS 2b: Our feelings	FRIENDS 3: Understanding other peoples' feelings	FRIENDS 4: Understanding body clues and understanding relaxation	FRIENDS 5: Red thoughts and green thoughts
<b>Autumn B</b>  Growing and changing  Respecting ourselves and others	Setting new goals and trying new things 1 (Whole class / generic)		Setting new goals and trying new things 2 (Personalised)	How to be a kind friend	Rewards and linking rewards to behaviours	Role models and heroes	Support networks / people who can help us	
<b>Spring A</b>	Remote Learning							
<b>Spring B</b>  Mental health and well-being	Mental health and well-being (Various activities linked to return from lockdown and what was required on a week to week basis)							
<b>Summer A</b>  Safe relationships Belonging to a community	Fabulous friends	Good relationships	Falling out	What is bullying?	Stand up to bullying	Rights and responsibilities	Theme week	
<b>Summer B</b>  Keeping safe	<b>Safety First:</b> New responsibilities	<b>Safety First:</b> risks, hazards and dangers	<b>Safety First:</b> Under pressure	<b>Safety First:</b> Safety out and about	<b>Safety First:</b> Safety out and about	<b>Safety First:</b> Dangerous substances		

## Year 4 Long Term Plan PHSE

	Week 1	Week2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Autumn A New Beginnings	Settling in, friendship and looking at strengths and relationships with others.	Circle games and time to reflect on how the children are feeling.		Rights of the Child - link to Victorian children.	Making friends and fitting in		Dealing with feelings	Different rules in different places.
Autumn B Getting on and falling out			Recognise strengths and abilities in others.	I can tell you what bullying is.	Practice effective collaborative group work skills			
Spring A Going for goals	Develop a positive attitude to and take responsibility for their learning and behaviour.		Develop a positive attitude to and take responsibility for their learning and behaviour.		Practice effective collaborative group work skills.			
Spring B Good to be me - tailored for children during lockdown		PSHE - how are you feeling about coming back?						
Summer A Relationships	Friendships - how do we build and maintain effective friendships.	Friendships - how do we deal with conflict within our friendship group. Has Covid 19 affected our friendships?	Relationships - how do relationships within our family change as we grow older? How has Covid 19 changed relationships at home?					

Summer B Changes	Healthy lifestyles - what are the features of a healthy lifestyle, balanced diet, exercise, sleep, water. Why is sleep so important?	Healthy lifestyles - learning about the different food groups	Healthy diet - looking at what makes a balanced diet including healthy drinks.	Exercise - why is this an important part of a healthy lifestyle.	Alcohol and cigarettes - Why these are not part of a healthy lifestyle.			

## Year 5 Long Term Plan PHSE

	Week 1	Week2	Week 3	Week 4	Week 5	Week 6	Week 7	
Autumn A Relationships	Starting School	<b>TEAM:</b> Together we achieve more	TEAM: Communicate	TEAM: Collaborate	TEAM: compromise	TEAM: Care	TEAM: Shared Responsibilities	
Autumn B Relationships	<b>Be Yourself</b> You are Unique	Let it out	Express Yourself	Know your Mind		Do the Right Thing	Make it Right	
Spring A Health and WellBeing	<b>It's My Body</b> Your Body is your Own	Exercise Right, Sleep Tight	Taking Care of our Bodies	Harmful Substances	How we think and Feel about our Bodies	Healthy Choices		
Spring B Living in the Wider World	<b>Aiming High</b> You can achieve anything!	Breaking Down Barriers	Future Focus	Equal Opportunities	The World of Work	Onwards and Upwards		
Summer A Health and WellBeing	<b>Safety First</b> You are responsible	What are the risks?	Making your mind up	In an emergency	Home - safe and sound	Outdoors- playing it safe		
Summer B Living in the Wider World	<b>Money Matters</b> Look after it	Critical consumers	Value for money and ethical spending	Budgeting	Borrowing and saving	Money in the wider world		