

PSHE/RSE Long Term Plan

You, me and PSHE scheme supplemented by MindMate lessons and Young Citizen Go -Givers Link to safeguarding



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Physical health and wellbeing: <u>Fun times</u> Pupils learn: - about the food that is associated with special times in different cultures - about active playground games from around the world - about sun safety and keeping safe outdoors MINDMATE: Being the same, being different: Celebrating differences GO-GIVERS: Understanding rules	Keeping safe and managing risk: <u>Feeling safe</u> Pupils learn: - about safety in familiar situations - about personal safety - about people who keep us safe outside the home MINDMATE: Strong Emotions: Recognise what is fair/unfair, right/wrong	Mental health and emotional wellbeing: <u>Feelings</u> Pupils learn: - about different types of feelings - about managing different feelings - about change or loss and how this can feel MINDMATE: Feeling good & being me: Recognise feelings Relationships	RSE NSPCC- PANTS Identity, society and equality: <u>Me and Others</u> Pupils learn: - about what makes themselves and others special - about roles and responsibilities at home and school - about being co-operative with others MINDMATE: Friends and family: Recognise how others show feelings and how to respond	Drug, alcohol and tobacco education: <u>What do we put into and on to bodies?</u> Pupils learn: - about what can go in our bodies and how it can make people feel - to make safe choices MINDMATE: Solving problems/ Making it better: Setting goals and targets Health and wellbeing	Careers, financial capability and economic wellbeing: <u>My money</u> Pupils learn: - about where money comes from and making choices when spending money - about saving money and how to keep it safe - about the different jobs people do MINDMATE: Life Changes: New class/ Making new friends

Year 2	Physical health and wellbeing: <u>What keeps me healthy?</u> Pupils learn: - about eating well - the importance of physical exercise, sleep and rest - about the people who help us to stay healthy - basic health and hygiene routines <u>MINDMATE:</u> <u>Feeling good & being me:</u> <u>Celebrating strengths</u> <u>Our community</u>	Mental health and emotional wellbeing: <u>Friendship</u> Pupils learn: - the importance of special people in their lives - how to make friends and who can help with friendship issues - to solve problems that might arise with friendships <u>MINDMATE:</u> <u>Friends and family:</u> Impact of behaviour on others <u>Relationships</u>	Drug, alcohol and tobacco education: <u>Medicines and me</u>  Pupils learn: - why medicines are taken - where medicines come from - How to keep themselves safe around medicines <u>MINDMATE:</u> <u>Solving problems/ Making it better:</u> <u>Not giving up/ perseverance</u> <u>Health and wellbeing</u>	RSE <u>Boys, Girls, Families-</u>  Pupils learn: - to understand and respect the differences and similarities between people - the biological differences between male and female children - that everyone needs to be cared for and ways in which they care for others - different types of families and how their home-life is special - to recognise their worth as individuals - to challenge stereotypes <u>MINDMATE: Life Changes:</u> Loss; losing a loved object/pet/person <u>Diversity and inclusion</u>	Keeping safe and managing risk:  <u>Indoors and Outdoors</u> Pupils learn: - about keeping safe in the home, including fire safety - about keeping safe outside, including road safety <u>MINDMATE: Strong Emotions:</u> <u>Comfortable and uncomfortable feelings</u> <u>Sustainability and the environment</u>	Careers, financial capability and economic wellbeing: <u>My money</u> Pupils learn: - what influences people's choices about spending and saving money - how people can keep track of their money - about the world of work <u>MINDMATE: Being the same, being different:</u> <u>Beginning to understand empathy</u> <u>Politics and Democracy</u>
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Year 3	Drug, alcohol and tobacco education: <u>Tobacco is a drug</u> <u>+ Asthma lesson</u>  Pupils learn: - the definition of a drug and that drugs, (including medicines) can be harmful to people - about the effects and risks of smoking - about the help available for people - how medicines can be used to manage and treat medical conditions MINDMATE: Life Changes: Life in KS2 New faces/routines <u>Understanding rules</u>	Keeping safe and managing risk: <u>Bullying – see it, say it, stop it</u>  Pupils learn: - to recognise bullying and how it can make people feel - about the different types of bullying and how to respond to incidents of bullying - what to do if they witness bullying MINDMATE: Friends and family: Unkind behaviours <u>Sustainability and the environment - climate</u>	Identity, society and equality: <u>Celebrating difference</u> Pupils learn: - to value the similarities and differences between themselves and others - what is meant by 'community' - about belonging to groups MINDMATE: Being the same, being different: Differing opinions <u>Community – being a citizen</u>	Physical health and wellbeing: <u>What helps me choose?</u> Pupils learn: - to make healthy choices about food and drinks - how branding can affect what foods people choose to buy - about keeping active and some of the challenges they might face MINDMATE: Strong Emotions:  Introducing strong emotions <u>Relationships</u>	Mental health and emotional wellbeing: <u>Strengths and challenges</u> Pupils learn: - to celebrate achievements and set personal goals - to deal with 'put-downs' - the positive ways to deal with set-backs MINDMATE: Feeling good & being me: Goals and aspirations <u>Social Action and Active citizenship</u>	Careers, financial capability and economic wellbeing: <u>Saving, spending and budgeting</u> Pupils learn: - what influences people's choices about spending and saving money - how people can keep track of their money MINDMATE: Solving problems/ Making it better: Dealing with difficult situations
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Year 4	Identity, society and equality: Democracy Pupils learn: - about Britain as a democratic society - about how laws are made - about the local council <u>MINDMATE: Being the same, being different: Know actions affect themselves and others</u> <u>Politics and Democracy - dilemmas</u>	Physical health and wellbeing: What is important to me? Pupils learn: - why people may eat or avoid certain foods (religious, moral, cultural or health reasons) - other factors that contribute to people's food choices (e.g ethical farming, fair trade) - the importance of getting enough sleep <u>MINDMATE: Life Changes: Positive and negative effects on emotional and mental health</u> <u>Community – How can I make a difference?</u>	Keeping safe and managing risk: Playing safe Pupils learn: - how to make safe choices when gaming - to keep safe near roads, railways, water and building sites - what to do in an emergency and basic emergency first aid <u>MINDMATE: Friends and family: Skills to maintain & keep positive relationships</u> <u>Health and wellbeing</u>	RSE Growing up and changing - puberty Pupils learn: - the physical changes associated with puberty - about menstruation and wet dreams - the impact of puberty on physical hygiene and strategies for managing this - how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty <u>MINDMATE: Feeling good & being me: Feelings</u> - Intensity	Drug, alcohol and tobacco education: Making choices Pupils learn: - that there are drugs that are common in everyday life and why people choose to use them - the effects and risks of drinking alcohol - the different patterns of behaviour related to drug use <u>MINDMATE: Strong Emotions: Resisting pressure</u> <u>Sustainability and the environment- Worlds resources</u>	Careers, financial capability and economic wellbeing: Saving, spending and budgeting Pupils learn: - about the world of work and about a number of jobs people do - can identify the skills and attributes needed for different jobs <u>MINDMATE: Solving problems/ Making it better: Coping with difficult situations</u> <u>Active Citizenship</u>
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Year 5	Physical health and wellbeing: <u>In the media</u> Pupils learn: - that messages given in food adverts can be misleading - about role models - how the media can manipulate images and that these images may not reflect reality Keeping safe and managing risk: <u>When things go wrong</u> Pupils learn: - to keep safe online - that violence in relationships is not acceptable MINDMATE: <u>Feeling good & being me: Self-belief</u> <u>Community</u>	Identity, society and equality: <u>Stereotypes, discrimination and prejudice</u> Pupils learn: - about stereotyping, including gender stereotyping - to recognise prejudice and discrimination and how this can make people feel MINDMATE: Being the same, being different: Stigma <u>Diversity and inclusion – identity and stereotypes</u>	Mental health and emotional wellbeing: <u>Dealing with feelings</u> Pupils learn: - to recognise a wide range of feelings and how these are experienced in the body - about times of change and how this can make people feel - about the feelings associated with loss, grief and bereavement MINDMATE: Strong Emotions: Strong emotions and mental health <u>Politics and Democracy</u>	RSE <u>Healthy relationships</u> <u>– puberty, gender stereotyping, relationships</u> Pupils learn: - how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty (revisit) - strategies to deal with feelings within relationships - about human reproduction in the context of the human lifecycle - to answer each other's questions with confidence and to seek support and advice when they need it MINDMATE: <u>Solving problems/ Making it better: Talking it through. Restorative justice</u>	Drug, alcohol and tobacco education: <u>Different influences</u> Pupils learn: - the risks associated with smoking drugs - the different influences on drug use – alcohol, tobacco and nicotine products - strategies to resist pressure from others about whether to use drugs and alcohol MINDMATE: <u>Friends and family: Unhealthy friendships & relationships</u> <u>Relationships – conflict/mediation</u>	Careers, financial capability and economic wellbeing: <u>Borrowing and earning money</u> Pupils learn: - that money can be borrowed but there are risks associated with this - about enterprise and what influences people's decisions about careers MINDMATE: Life Changes: <u>Aspirations to manage change positively</u> <u>Social Action and Active citizenship – charity & philanthropy</u>
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Year 6	<u>Identity, society and equality: Human rights</u> Pupils learn: - about people who have moved from other places (including the experiences of refugees) - about human rights and the UN Convention on the Rights of a Child <u>MINDMATE: Solving problems/ Making it better: Winning – What does it take?</u> <u>Diversity and inclusion – human rights</u>	<u>Keeping safe and managing risk: Keeping safe out and about</u>  Pupils learn: - about the feelings of being out and about in the local area with increasing independence - about recognising and responding to peer pressure - about the consequences of anti-social behaviour <u>MINDMATE: Feeling good & being me: Self-integrity</u> <u>Understanding rules and the law</u>	<u>Mental health and emotional wellbeing: Healthy minds</u> Pupils learn: - what mental health is - what can affect mental health and some ways of dealing with this - some of the everyday ways of looking after their mental health - to be aware of the stigma and discrimination that can surround mental health <u>MINDMATE: Strong Emotions: Happiness</u> <u>Health and wellbeing</u>	<u>RSE Healthy relationships- How a baby is made and grows, roles and responsibilities.</u>  Pupils learn: - how a baby is made and grows (conception and pregnancy) - what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships - the roles and responsibilities of carers and parents <u>MINDMATE: Friends and family: Celebrating friendship</u>	<u>RSE continued Healthy relationships- How a baby is made and grows, roles and responsibilities.</u>  Pupils learn: - how a baby is made and grows (conception and pregnancy) - that contraception can be used to stop a baby from being conceived - some myths and misconceptions about HIV, who it affects and how it can and cannot be transmitted - where to find support and advice when it is needed <u>MINDMATE: Being the same, being different: Body image/ social media Digital citizenship- fake news</u>	<u>Drug, alcohol and tobacco education: Weighing up risks</u>  Pupils learn: - the risks associated with using different drugs - how to assess the level of risk in different situations involving drug use - ways to manage risk in situations involving drug use <u>MINDMATE: Life Changes: Moving on</u> <u>Social Action and Active citizenship</u>
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	This term's focus is: Me and My Community <i>As part of our 'Fantastic Growing selves' our children will:</i> - Develop their sense of community - Become more outgoing with unfamiliar people, in the safe context of their setting - Play with one or more other children, extending and elaborating play ideas - Talk about their feelings using words like happy, sad, angry or worried - Talk with others to solve conflicts - Select and use activities and resources, with help when needed - Be increasingly independent as they get dressed and undressed - Become increasingly independent in meeting their own needs - Use large motor skills to do things independently.	This term's focus is: Space <i>As part of our 'Fantastic Growing selves' our children will:</i> - Develop their sense of responsibility - Show more confidence in new social situations - Increasingly follow rules, understanding why they are important - Do not always need an adult to remind them of a rule - Help to find solutions to conflicts and rivalries - Develop appropriate ways of being assertive - Begin to understand how others might be feeling - Use small motor skills to do things independently	This term's focus is: Dinosaurs <i>As part of our 'Fantastic Growing selves' our children will:</i> - See themselves as a valuable individual - Build constructive and respectful relationships - Take turns with others	This term's focus is: Minibeasts <i>As part of our 'Fantastic Growing selves' our children will:</i> - Identify and moderate their own feelings socially and emotionally - Show perseverance in the face of challenge - Play cooperatively with others - Think about the perspective of others - Manage their own needs such as remembering to wash their own hands before snack - Know and talk about the different factors that support their overall health and wellbeing.	This term's focus is: On the farm <i>As part of our 'Fantastic Growing selves' our children will:</i> - Understand the importance of making healthy food choices - Understanding their own feelings and those of others - Work cooperatively with others - Set and work to simple goals - Respond appropriately to adults when engaged in an activity - Know right from wrong and behave accordingly	This term's focus is: The Seaside <i>As part of our 'Fantastic Growing selves' our children will:</i> - Begin to regulate their behaviour in response to the feelings of others - Be able to wait for what they want - To follow instructions involving several ideas or actions - Explain the reasons for rules