

PSHE Long Term Plan

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Growth Mindset	Mental and Emotional Health	Keeping Safe	Healthy Lifestyles	Living in the Wider World	Relationships and Sex Education
N	<ul style="list-style-type: none"> What makes me a good learner? 	<ul style="list-style-type: none"> How is everybody special? 	<ul style="list-style-type: none"> Who is my trusted adult? 	<ul style="list-style-type: none"> Why should I keep myself clean? 	<ul style="list-style-type: none"> How can I understand the world? 	<ul style="list-style-type: none"> How have I changed?
R	<ul style="list-style-type: none"> How can I overcome difficulties? 	<ul style="list-style-type: none"> Is it ok to be different? 	<ul style="list-style-type: none"> Which adults keep me safe? 	<ul style="list-style-type: none"> Why do we need to exercise? 	<ul style="list-style-type: none"> What is in my environment? 	<ul style="list-style-type: none"> How do I become more independent?
1	<ul style="list-style-type: none"> How do I develop a growth mindset? 	<ul style="list-style-type: none"> What makes me happy? What are feelings? What is the difference between good secrets and bad secrets? How does my behaviour affect others? 	<ul style="list-style-type: none"> What are the rules for keeping me safe at school and outside? What are rules about household substances? What is an emergency and what do I do? 	<ul style="list-style-type: none"> What foods should I eat? How can I look after my teeth? Why is it important to wash my hands? 	<ul style="list-style-type: none"> What are class rules? (British Values) Where does our money come from? What is the environment? 	<ul style="list-style-type: none"> Who are the people in my live who love and care for me? What are the differences and similarities between people? What are the similarities between girls and boys?
2	<ul style="list-style-type: none"> Which strategies help me to learn? 	<ul style="list-style-type: none"> What is the difference between small feelings and big feelings? How can I keep safe online? What makes others happy? What is the different between joking, teasing, and bullying? 	<ul style="list-style-type: none"> How do medicines help us when we are unwell? How do I keep safe at home? What is my responsibility for keeping myself and others safe? 	<ul style="list-style-type: none"> How do I keep myself healthy? Why is it important to keep active? How can I prevent diseases spreading? 	<ul style="list-style-type: none"> What groups and communities am I a part of? How do we make choices about spending money? How can we look after the environment? 	<ul style="list-style-type: none"> What is private? (body parts) What happens when the body grows young to old? What is fair, unfair, kind, and unkind? (friendship)
3	<ul style="list-style-type: none"> How do I respond to a mistake? 	<ul style="list-style-type: none"> How do my feelings affect my behaviour? How can I manage my feelings? What are the ways we communicating online? What am I good at? 	<ul style="list-style-type: none"> What happens when I breathe smoke in the air? How do I recognise risks in my life? What do I do in an emergency? 	<ul style="list-style-type: none"> What is a healthy diet? What is an unhealthy diet? How do I keep safe in the sun? Why is personal hygiene important? 	<ul style="list-style-type: none"> How do rules and law protect me? What is the difference between my local British communities and global communities? What are the links between work and money? 	<ul style="list-style-type: none"> What is personal space? What does a healthy relationship look like? Why is being equal important in relationships?

4	<ul style="list-style-type: none"> • What is the impact of words and phrases on mindsets? 	<ul style="list-style-type: none"> • What is resilience? • What does it mean to have responsibility over my choices and actions? • What is discrimination? 	<ul style="list-style-type: none"> • How do I manage risks in my life? • What is self-control? • What is the difference between legal and illegal drugs? Are all drugs harmful? 	<ul style="list-style-type: none"> • How do I make sure I sleep well? • What is fuel for the body? • How do I know if I'm physically ill? 	<ul style="list-style-type: none"> • What are the rights of the child? • How do we look after our money? • What is sustainability? 	<ul style="list-style-type: none"> • What is diversity? • Do boys and girls have different roles? • What changes happen to my body?
5	<ul style="list-style-type: none"> • How do we use different mindsets and what are their strengths? 	<ul style="list-style-type: none"> • What is mental health? • How do I negotiate and compromise? • How do I stay safe on a mobile or tablet? • How can I be happy being me? (body image) 	<ul style="list-style-type: none"> • How do I respond to dares? What are 'habits'? • Who or what influences me? 	<ul style="list-style-type: none"> • How can we stop the spread of infection? • Why is it important to know about nutritional content of food? 	<ul style="list-style-type: none"> • How are rules and law made and changed? • What is Fair Trade? • How can I develop my enterprise skills? 	<ul style="list-style-type: none"> • What is puberty? • What are the different relationships in my life? • What is unwanted touch? •
6	<ul style="list-style-type: none"> • What are the barriers to my learning and how can I overcome them? 	<ul style="list-style-type: none"> • How can I challenge negative thoughts and feelings? • What is stereotyping? • How can the internet positively and negatively affect our mental health? 	<ul style="list-style-type: none"> • How do drugs affect the mind and body? • How do I manage peer pressure? • What is basic emergency first aid skills? 	<ul style="list-style-type: none"> • How is my mental and physical wellbeing connected? • How do I keep physically healthy? • Can I plan and prepare a healthy meal? 	<ul style="list-style-type: none"> • Why is it important to be critical of the media online and offline? • How do people manage money? • What do I want to be? 	<ul style="list-style-type: none"> • What changes happen in my life? • What happens in a loving relationship and what is marriage? • How is a baby made?