## PSHE long term Plan

And the second s	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Primary School	Me and my Relationships	Valuing Difference	Keeping Safe	<b>Rights and Respect</b>	Being my Best	Growing and Changing
EYFS	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages Girls and boys – similarities and difference
¥1	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene and health Cooperation	Getting help Becoming independent My body parts Taking care of self and others
¥2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference People who help us Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
¥3	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Changing bodies and Keeping safe Safe and unsafe secrets First Aid-Head injuries/ Bites and stings
Y4	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment My skills and interests First aid- emergencies and calling for help	Body changes during puberty Managing difficult feelings Relationships including marriage Menstruation (girls ) First aid-Asthma
¥5	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community First aid- bleeding	Managing difficult feelings puberty Managing change How my feelings help keeping safe Getting help



N/A	Assertiveness Cooperation	Recognising and celebrating difference	Understanding emotional needs	Understanding media bias, including social media	Aspirations and goal setting	Coping with changes Keeping safe
Y6	Safe/unsafe touches Positive relationships	Recognising and reflecting on prejudice-based bullying	Staying safe online	Caring: communities and the	5	Body Image Self-esteem
		Understanding Bystander behaviour Gender stereotyping	(including the law)	Earning and saving money Understanding democracy	health First aid-choking	Puberty First aid- basic life support

Teaching and learning about Protected Characteristics is fully integrate into our PSHE curriculum, through age appropriate content across the SCARF spiral curriculum.

However, some Protected Characteristics benefit from in-depth coverage that will give children the time to explore the knowledge and attitudes that will help them develop an appreciation of them.

Mapped out below are the specific lessons that provide this greater depth of the relevant characteristics.

A second second	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Primary School Primary School CHC 22 CH2 Enter to Learn, Learn to Achieve	Me and my Relationships	Valuing Difference	Keeping Safe	Rights and Respect	Being my Best	Growing and Changing
Age		Y3-Our friends and neighbours Y3-let's celebrate our differences Y5-happy being me Y6-we have more in common than not	Y6- Think before you click Y6- To share or not to share	Y6- Democracy in Britain 1 Y6-Democarcy in Britain 2		Y4-Together
Disability		Y3-let's celebrate our differences Y3-Zeb Y6-we have more in common than not			Y3-I am fantastic	Y6- Media manipulation

Marriage and civil partnership	Y6- Don't force me			Y4-Together
Pregnancy and maternity				
Race		Y2- What makes us who we are Y3-Our friends and neighbours Y3-Zeb Y4- The people we share our world with Y5- The land of red people Y5-happy being me Y6-we have more in common than not Y6-Tolerance and respect for others		
Religion or belief	Y6- Don't force me Y6- acting appropriately	<ul> <li>Y1-Who are our special people?</li> <li>Y2- What makes us who we are</li> <li>Y3-Our friends and neighbours</li> <li>Y3-let's celebrate our differences</li> <li>Y4- The people we share our world with Y5- The land of red people</li> <li>Y5-happy being me</li> <li>Y6-we have more in common than not</li> </ul>		Y4-Together

Sex	Y6- acting appropriately Y6- Don't force me	Y3-let's celebrate our differences Y3-Zeb Y5- The land of red people Y5-happy being me Y6-we have more in common than not Y6- Don't force me Y6-Tolerance and respect for others Y3-Our friends and		Y3-I am fantastic	Y4-Together Y6- Media manipulation Y4-Together
Gender		reighbours Y3-Zeb Y3- Family & Friends Y5- is it true Y5- Stop, start, stereotypes Y6-we have more in common than not		Y3- I am fantastic	Y6- Media manipulation Y6- Media
Gender reassignment				ro- i am iantastic	manipulation

The understanding of the fundamental British Values is woven through our PSHE curriculum- The lessons below deepen pupils understanding of these values.

Westbourne Primary School	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Enter to Learn Learn to Achieve	Me and my Relationships	Valuing Difference	Keeping Safe	Rights and Respect	Being my Best	Growing and Changing
Democracy	Y3- as a rule			Y6- Democracy in Britain 1 Y6-Democarcy in Britain 2 Y4- how do we make a difference		
Individual Liberty	Y5-The land of the Red People	Y3-Zeb Y3-Let's celebrate our differences Y5-Happy being me Y6-Tolerance and respect for others Y6-Boys will be boys? - challenging gender stereotypes		Y6- Democracy in Britain 1	Y3-I am fantastic!	Y4-Together
Mutual respect and tolerance	Y1How are you listening? Y2-Being a good friend Y2-How are you feeling today? Y2-Don't do that! Y2-Our ideal classroom (1) Y3-How can we solve this problem? Y3-Thunks Y4-Under pressure Y4-Different feelings Y4-Ok or not ok? (part 1) Y4-Human machines Y5-How good a friend are you? Y5-Give and take	Y1-Same or different? Y1-It's not fair! Y2-An act of kindness Y2-What makes us who we are? Y2-Solve the problem Y2-How do we make others feel? Y2-When someone is feeling left out Y3-Respect and challenge Y3-Let's celebrate our differences Y3-Family and friends Y3-Our friends and neighbours Y3-Zeb Y4-That is such a stereotype!	Y5-Play, like, share Y6-To share or not to share? Y6-Think before you click!	Y2-Getting on with others Y3-Helping each other to stay safe Y4-It's your right Y4-How do we make a difference? Y5-Lend us a fiver!	Y3-For or against? Y4-Harold's Seven Rs Y4-What makes me ME! Y4-Making choices	Y2- A helping hand Y3-Body space Y3-Relationship tree Y4-My feelings are all over the place! Y5-Taking notice of our feelings Y5-Help! I'm a teenager - get me out of here!

	Y5-Being assertive Y5-Relationship cake recipe Y5The land of the Red People Y6-Pressure online Y6-Solve the friendship problem	Y4-Can you sort it? Y4-The people we share our world with Y4-Friend or acquaintance? Y5-Qualities of friendship Y5-Kind conversations Y5-Happy being me Y5-Stop, start, stereotypes Y6-Tolerance and respect for others Y6-We have more in common than not Y6-Respecting differences Y6-OK to be different			
Rule of Law	Y6- Don't force me Y6- acting appropriately	Y5- Stop, start, stereotypes	Y6- To share or not to share Y6-drugs, it's the law Y5- dugs: true or false (optional)	Y4- It's your right	Y4-Together

Westbourne Pirrary School Pirrary School Pirrary School Enter to Learn Learn to Achieve	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS					Mini-First aid	
Y1	PCSO- Firework safety				Mini-First aid	
Y2	PCSO- Firework safety		SCARF workshops		Mini-First aid	
Y3	PCSO- Firework safety	NSPCC -Speak out Stay Safe workshops/assemblies Linking schools-diversity		Social action-Kindness and wellbeing in local community	Linking schools- diversity	Linking schools- diversity
Y4	PCSO- Firework safety	NSPCC -Speak out Stay Safe workshops/assemblies	SCARF workshops			
Y5	PCSO- Firework safety	NSPCC -Speak out Stay Safe workshops/assemblies	-SCARF workshops -PCSO- Anti social behaviour sessions		- Knife Crime: West Yorkshire Police	
Y6	PCSO- Firework safety	NSPCC -Speak out Stay Safe workshops/assemblies	-PCSO- Anti social behaviour sessions		-County Lines-Police -Gangs - Knife Crime: West Yorkshire Police	Drugs