



PSHE Long Term Plan 22-23 Pencoys Primary School



	Autumn 1 'Happy and Healthy Friendship '	Autumn 2 'Similarities and Differences'	Spring 1 'Caring and Responsibility'	Spring 2 'Families and Committed Relationships'	Summer 1 'Healthy Bodies and Healthy Minds'	Summer 2 'Coping with Change'
Whole School	Assembly - World Peace Day Assembly – Democracy Assembly – World Mental Health Day School Council Elections – Pupil Voice	Assembly – Anti Bullying week Assembly – Remembrance service	Children’s Mental Health week Assembly – Black History month Assembly – Internet Safety	Assembly – British values Assembly - SMSC	Assembly – Relationships Assembly – Friendships	PANTS week – NSPCC First Aid week
F2	What do I know about you?	How are we different? How are we the same?	How do we take care of ourselves and each other?	What is a family?	How do I keep myself healthy?	What happens next?
	Settling in- making relationships with peers and adults Awareness of routines Handwashing and Independence with snack, Personal independence Turn taking Self- esteem and confidence Individuality Resilience	Friendships Personal independence Turn taking Resilience Other perspectives Road safety Physical health Feelings	Taking care of our world Taking care of ourselves Kindness Culture of the Heart – kind words *see Summer 1 for this theme continued	Different types of families Healthy eating Babies to children and growth Chartwells workshop – Healthy snacks	How to stay healthy- food, exercise, water, sleep. Happy habits Mindfulness and managing emotions *Emergency services visit Skype with a doctor	Transition to KS1 Other changes we experience in life
Y1	Who are my friends and how do we get along?	How do we respect our strengths and differences?	Who do we care about that is special to us?	Why are families important?	How do I keep healthy as I grow?	How has my body changed since I was born?
	DE unit 1 - Making friends and getting along 1)Friends 2)Kindness 3)Getting along, sharing and turn taking	DE unit 2: Recognising strengths and respecting differences 1)I am special 2)Who I am makes me unique 3)We don't all feel the same way	DE unit 3: Our special people 1)My special people 2)How our special people care for us 3)Keeping Safe	DE unit 4: The importance of family 1)My family 2)Our families 3)Superhero families	DE unit 5: Amazing bodies 1)My amazing body 2)Private body parts 3)Looking after our bodies	DE unit 6: Growing and changing 1)Animal babies 2)How have we changed? 3) A future me

Y2	How do we have happy friendships?	What is similar and different about us?	How do we care for each other?	What makes a family?	How do I keep my mind and body healthy?	How do I deal with changes?
	DE: unit 1 What makes a happy friendship? 1)What makes a happy friendship? 2)Personal boundaries 3)Worries	DE: Unit 2 Strengths, abilities and stereotypes 1)My strengths and abilities 2)Stereotypes 3)Whose job?	DE: unit 3 Special people in our communities 1)Community helpers 2)When we need help 3)Our communities and groups	DE: unit 4 The diversity of families 1)Who is in a family? 2)A happy family 3)Families of all kinds	DE: unit 5 Staying safe and healthy 1)Healthy feelings 2)Staying safe at home 3)Feeling poorly	DE: unit 6 Growing up and setting goals 1)When I am older 2)Looking at the changes ahead 3)Goals
Y3	How can I be a good friend?	What are the similarities and differences in my community?	How can I show care and respect for others?	What are the different types of relationships?	How do I keep my mind and body healthy?	How do I cope with change?
	DE unit 1: Being a good friend 1)Being a good friend 2) Respecting personal space 3)Resilience	DE unit 2: Valuing and respecting one another 1)Different but equal 2)Our school community 3)Valuing one another and considering people's feelings	DE unit 3: Responsibility and boundaries 1)Being responsible 2)Responsibility and personal space 3)Caring and empathy	DE unit 4: Different types of committed relationships 1)Committed relationships 2)All change! 3)Family changes: when parents separate	DE unit 5: Sleep, food and hygiene 1)The power of sleep 2)Making healthy food choices 3)Germs!	DE unit 6: Coping with feelings when things change 1)New changes 2)Feeling sad and showing empathy 3)Happiness
Y4	How do we have happy friendships?	What is similar and different about us?	What makes a family?	How do we care for each other?	How do I keep my mind and body healthy?	How do I deal with changes?
	DE Unit 1: Solving friendship difficulties: 1)Qualities of a good friend 2)Solving friendship difficulties 3)Personal boundaries and permissions.	DE Unit 2: Identity and diversity: 1)Being British 2) Making a judgement 3) A different point of view	DE Unit 3: Rights and responsibilities: 1) Our rights, and responsibilities. 2)UN convention on the rights of the child. 3) Family roles and responsibilities	DE Unit 4: Different relationships: 1) Boundaries and behaviour 2)Belonging 3)Caring families	DE Unit 5: Influences and personal choices: 1)Healthy influences 2) Making healthy choices 3)Dealing with feelings	DE Unit 6: Puberty and hygiene: 1)What is Puberty? 2) Understanding periods 3) Keeping clean as we grow and change
Y5	How can I keep happy friendships?	How can we manage our emotions during puberty? *links to Science	How do we look after our community?	What are the different types of relationships?	What makes a healthy body and mind?	How can I be the best version of me?

	<p>DE Unit 1: Changing friendships:</p> <ol style="list-style-type: none"> 1) Exploring identity 2) Peer pressure 3) Emotional health and well-being. 	<p>DE Unit 6: Puberty and emotions:</p> <ol style="list-style-type: none"> 1) Puberty 2) Puberty and emotions 3) Emotional changes: managing well 	<p>DE Unit 3: Caring in the community:</p> <ol style="list-style-type: none"> 1) Changing needs 2) Feeling lonely 3) Why volunteer 	<p>DE Unit 4: Healthy, committed relationships:</p> <ol style="list-style-type: none"> 1) Values of healthy relationships 2) Diversity in relationships 3) Commitment 	<p>DE Unit 5: Valuing our bodies and minds</p> <ol style="list-style-type: none"> 1) The benefits of positive self-image and self-respect; 2) Alcohol, tobacco and drugs 3) Vaccination, immunisation 	<p>DE Unit 2: Celebrating strengths and setting goals:</p> <ol style="list-style-type: none"> 1) Celebrating strengths 2) Setting goals 3) Online safety
Y6	How do I keep happy relationships?	How should I behave online?	How do I behave responsibly as I get older?	Where do babies come from?	How do I keep a healthy mind?	How should I best cope with changes?
	<p>DE Unit 1: Relationships and feelings</p> <ol style="list-style-type: none"> 1) Personal safety 2) Relationships and change 3) Wider emotions 	<p>DE Unit 2: Respectful behaviour online and offline.</p> <ol style="list-style-type: none"> 1) Identity online 2) Online bullying 3) Identities and belonging 	<p>DE Unit 3: Responsible behaviour as we get older</p> <ol style="list-style-type: none"> 1) Taking care of myself 2) Looking after my money 3) Transition to secondary 	<p><i>DE Unit 4: Starting a family (sex education)</i></p> <ol style="list-style-type: none"> 1) <i>Starting a family</i> 2) <i>The impact of having a baby</i> 3) <i>When is it right?</i> 	<p>DE Unit 5: Being the best me</p> <ol style="list-style-type: none"> 1) Being the best me 2) Social media and our wellbeing 3) Taking care of our mental health 	<p>DE Unit 6: Coping with emotional effects of life changes</p> <ol style="list-style-type: none"> 1) Body image 2) Puberty and changing relationships 3) Moving on