

Richard Avenue Primary School

Long Term Plan – PSHE

	AUTUMN	SPRING	SUMMER
EYFS (Nur + Rec) EYFS Subject areas/age bands links	<p>Families and friendships PSED: Making relationships UW: People and communities</p> <p>Safe relationships PSED: Making relationships UW: People and communities</p> <p>Respecting ourselves and others PSED: Making relationships UW: People and communities PSED: Managing feelings and behaviour</p>	<p>Belonging to a community UW: People and communities UW: The world</p> <p>Media literacy and digital resilience UW: Technology</p> <p>Money and work Mathematics: Shape, space and measures UW: People and communities PSED: Self-confidence and awareness</p>	<p>Physical health and Mental wellbeing PD: Health and self-care PD: Moving and handling PSED: Managing feelings and behaviour</p> <p>Growing and changing PSED: Self-confidence and awareness PSED: Managing feelings and behaviour UW: The world UW: People and communities</p> <p>Keeping safe PD: Moving and handling PSED: Self-confidence and awareness PSED: Managing feelings and behaviour</p>
Year 1	<p>Families and friendships Roles of different people; families; feeling cared for</p> <p>Safe relationships Recognising privacy; staying safe; seeking permission</p> <p>Respecting ourselves and others How behaviour affects others; being polite and respectful</p>	<p>Belonging to a community What rules are; caring for others' needs; looking after the environment</p> <p>Media literacy and digital resilience Using the internet and digital devices; communicating online</p> <p>Money and work Strengths and interests; jobs in the community</p>	<p>Physical health and Mental wellbeing Keeping healthy; food and exercise, hygiene routines; sun safety</p> <p>Growing and changing Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p>Keeping safe How rules and age restrictions help us; keeping safe online</p>

<p>Year 2</p>	<p>Families and friendships Making friends; feeling lonely and getting help</p> <p>Safe relationships Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</p> <p>Respecting ourselves and others Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p>Belonging to a community Belonging to a group; roles and responsibilities; being the same and different in the community</p> <p>Media literacy and digital resilience The internet in everyday life; online content and information</p> <p>Money and work What money is; needs and wants; looking after money</p>	<p>Physical health and Mental wellbeing Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p>Growing and changing Growing older; naming body parts; moving class or year</p> <p>Keeping safe Safety in different environments; risk and safety at home; emergencies</p>
<p>Year 3</p>	<p>Families and friendships What makes a family; features of family life</p> <p>Safe relationships Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p>Respecting ourselves and others Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p>	<p>Belonging to a community The value of rules and laws; rights, freedoms and responsibilities</p> <p>Media literacy and digital resilience How the internet is used; assessing information online</p> <p>Money and work Different jobs and skills; job stereotypes; setting personal goals</p>	<p>Physical health and Mental wellbeing Health choices and habits; what affects feelings; expressing feelings</p> <p>Growing and changing Personal strengths and achievements; managing and reframing setbacks</p> <p>Keeping safe Risks and hazards; safety in the local environment and unfamiliar places</p>
<p>Year 4</p>	<p>Families and friendships Positive friendships, including online</p> <p>Safe relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p>Respecting ourselves and others Respecting differences and similarities; discussing difference sensitively</p>	<p>Belonging to a community What makes a community; shared responsibilities</p> <p>Media literacy and digital resilience How data is shared and used</p> <p>Money and work Making decisions about money; using and keeping money safe</p>	<p>Physical health and Mental wellbeing Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p>Growing and changing Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p>Keeping safe Medicines and household products; drugs common to everyday life</p>

<p>Year 5</p>	<p>Families and friendships Managing friendships and peer influence</p> <p>Safe relationships Physical contact and feeling safe</p> <p>Respecting ourselves and others Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p>Belonging to a community Protecting the environment; compassion towards others</p> <p>Media literacy and digital resilience How information online is targeted; different media types, their role and impact</p> <p>Money and work Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p>Physical health and Mental wellbeing Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p>Growing and changing Personal identity; recognising individuality and different qualities; mental wellbeing</p> <p>Keeping safe Keeping safe in different situations, including responding in emergencies, first aid</p>
<p>Year 6</p>	<p>Families and friendships Attraction to others; romantic relationships; civil partnership and marriage</p> <p>Safe relationships Recognising and managing pressure; consent in different situations</p> <p>Respecting ourselves and others Expressing opinions and respecting other points of view, including discussing topical issues</p>	<p>Belonging to a community Valuing diversity; challenging discrimination and stereotypes</p> <p>Media literacy and digital resilience Evaluating media sources; sharing things online</p> <p>Money and work Influences and attitudes to money; money and financial risks</p>	<p>Physical health and Mental wellbeing What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p> <p>Growing and changing Increasing independence; managing transition</p> <p>Keeping safe Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>

Sept: RC/CM 22