

Long Term Planning: PSHE



	Autumn Term			Spring Term			Summer Term		
Reception	<p>PSED</p> <ul style="list-style-type: none"> Building relationships with unfamiliar people Showing awareness of own feelings Showing confidence in new situations Follow boundaries See myself as a valuable individual Show confidence when engaging with others Show resilience and perseverance Express my own wants and needs 			<p>PSED</p> <ul style="list-style-type: none"> Healthy eating Begin to resolve conflicts Begin to solve problems without aggression Healthy lifestyle-toothbrushing Staying safe-strangers Showing confidence when trying new things Take part in group activities 			<p>PSED</p> <ul style="list-style-type: none"> Think about the feelings of others and myself Regulate behaviour and resolve conflicts Set and work towards goals Play co-operatively and take turns Take part in group activities Form positive friendships Behave appropriately and show confidence and independence. 		
	Relationships			Living in the Wider World			Health and Wellbeing		
Year 1	<p>Family roles</p> <p>Relationships</p> <p>Responsibility</p> <p>Belonging</p> <p>Aspiration</p>	<p>Privacy</p> <p>Relationships</p> <p>Respect</p> <p>Safety</p> <p>Responsibility</p>	<p>Behaviour Choices</p> <p>Relationships</p> <p>Respect</p> <p>Safety</p> <p>Responsibility</p>	<p>Community Rules</p> <p>Respect</p> <p>Safety</p> <p>Responsibility</p> <p>Belonging</p>	<p>Using the Internet</p> <p>Safety</p>	<p>Jobs in Our Community</p> <p>Belonging</p> <p>Aspiration</p>	<p>Keeping Healthy</p> <p>Safety</p> <p>Responsibility</p> <p>Healthy Choices</p>	<p>Being Unique</p> <p>Responsibility</p> <p>Growing and changing</p> <p>Aspiration</p>	<p>Rules</p> <p>Respect</p> <p>Safety</p> <p>Responsibility</p>

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Year 2	Making Friends Relationships Respect Safety Responsibility Belonging	Hurtful Behaviour Relationships Respect Safety Responsibility	Working Cooperatively Relationships Respect Belonging	Similarities and Differences Relationships Respect Responsibility Belonging Aspiration	The Internet in our Lives Safety	What is Money? Aspiration	Looking After Myself Relationships Responsibility Healthy Choices	Growing Older Growing and changing	Safety in Different Situations Safety Responsibility
Year 3	Features of Family Life Relationships Belonging	Personal Boundaries Relationships Respect Safety Responsibility	Self-respect Relationships Respect Safety Responsibility	Laws, Rights, Freedoms and Responsibilities Respect Safety Responsibility Belonging	Assessing Information Online Safety Responsibility	Different Jobs Aspiration	Healthy Choices and Habits Safety Responsibility Healthy Choices	Personal Strengths and Achievements Responsibility Aspiration	Risks and Hazards Safety Responsibility
Year 4	Positive relationships	Recognising Risky Relationships	Discussing Difference Sensitively Relationships	Shared Responsibilities Relationships	How Data is Shared and Used Safety	Making Decisions About Money Safety	Maintaining a Balanced Lifestyle	Puberty Healthy Choices	Medicines Safety

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East Park

	Relationships Respect Safety Responsibility	Relationships Respect Safety Responsibility	Respect Belonging	Respect Responsibility Belonging		Responsibility Aspiration	Responsibility Healthy Choices Growing and changing	Growing and changing	
Year 5	Peer Influence Relationships Respect Safety Responsibility	Physical Contact Relationships Respect Safety	Recognising Prejudice and Discrimination Relationships Respect Belonging Aspiration	Protecting the Environment Relationships Respect Responsibility Belonging	Different Media Types Safety Responsibility	Job Interests and Aspirations Aspiration	Embedding Healthy Choices Safety Responsibility Healthy Choices	Personal Identity Respect Safety Healthy Choices Belonging Growing and changing Aspiration	Keeping Safe in a Wide Variety of Situations Safety Responsibility
Year 6	Expressing Opinions Relationships Respect	Valuing Diversity Respect Responsibility	Mental Health Safety Responsibility	Attitudes Towards Money Safety Responsibility	Evaluating Media Sources Respect Safety	Drug Use Safety Responsibility	Pressure and Consent Relationships	Romantic Relationships Relationships	Human Reproduction Responsibility

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		Belonging Aspiration	Healthy Choices Growing and changing	Aspiration	Responsibil ity	Healthy Choices	Respect Safety Responsibil ity	Respect Safety Responsibili ty Growing and changing	Belonging Growing and changing
Links to KS3	<p>Relationship values. Forming and maintaining respectful/positive relationships. Consent. Social influence. Bullying, abuse and discrimination. Social influence. Work and career. Financial choices. Healthy lifestyles. Emotional and mental well-being. Puberty, sexual health, contraception and parenthood. Drugs, alcohol and tobacco.</p>								