



PSHE long-term plan

Autumn		Spring			Summer	
	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
EYFS Robins	<ul style="list-style-type: none"> Know everyone's different Know how happiness and sadness can be expressed Know they have a right to learn and play, safely and happily 	<ul style="list-style-type: none"> Know what being unique means Know families can be different Know they don't have to be the same as a friend 	<ul style="list-style-type: none"> Know what a challenge is Know it is important to keep trying Know what a goal is 	<ul style="list-style-type: none"> Know some things they need to do to keep healthy Know the names for some parts of their body Know how to say no to strangers 	<ul style="list-style-type: none"> Know some characteristics of healthy and safe friendships Know that friends sometimes fall out Know some ways to mend a friendship 	<ul style="list-style-type: none"> Know the names and functions of some parts of the body Know that we grow from baby to adult Know who to talk to if they are feeling worried
Year 1 Owls	<ul style="list-style-type: none"> Understand their views are important Understand their choices have consequence To know helpful behaviours to make the class a safe place 	<ul style="list-style-type: none"> Know that people are unique and that it is OK to be different Know what bullying means Know who to tell if they or someone else is being bullied 	<ul style="list-style-type: none"> Know how to set simple goals Know how to achieve a goal and when it has been achieved Know how to overcome obstacles to their goals 	<ul style="list-style-type: none"> Know the difference between being healthy and unhealthy Know that household products, including medicines, can be harmful if not used properly 	<ul style="list-style-type: none"> Know that families are founded on belonging, love and care Know that physical contact can be used as a greeting Know who to ask for help in the school community 	<ul style="list-style-type: none"> Know that there are correct names for private body parts Know which parts of the body are private Know who to ask for help if they are worried or frightened
Year 2 & 3 Swallows & Kingfishers	<ul style="list-style-type: none"> Know why rules are needed & how they relate to choices & consequences Know that the school has values & understand their own views are valuable Develop compassion and empathy 	<ul style="list-style-type: none"> Recognise they shouldn't judge people because they are different Know that everybody's family is different. Know what bullying is. Recognise a witness can make it worse or better 	<ul style="list-style-type: none"> Know they are responsible for their own learning Know how to overcome obstacles & that it is important to persevere Identify some dreams and ambitions & know how to set a realistic goal 	<ul style="list-style-type: none"> Know what their body needs to stay healthy & how exercise helps Know some healthy food choices Know some different types of drugs Know that there are things, places and people that can be dangerous 	<ul style="list-style-type: none"> Know acceptable physical contact Know how to stay safe if someone is hurting them and that all children have rights (UNCRC) Know why it is important to share 'worry secrets' Know how to keep safe online 	<ul style="list-style-type: none"> Know differences between male and female bodies Know that private body parts are special and no one should hurt these Know some of the changes that happen during puberty
Year 4 Golden Eagles	<ul style="list-style-type: none"> Know what democracy is (applied to pupil voice in school) Know that having a voice benefits the school community Identify feelings associated with being included or excluded 	<ul style="list-style-type: none"> Know different forms of bullying e.g. tactical ignoring, cyber-bullying Know the reasons why witnesses sometimes join in with bullying Know that sometimes people make assumptions about others 	<ul style="list-style-type: none"> Know how to make a new plan and set new goals after disappointment Know how to work as part of a successful group Know that hopes and dreams don't always come true 	<ul style="list-style-type: none"> Know that there are leaders and followers in groups Know facts about smoking and alcohol and effects on health Know ways to resist when people are putting pressure on them 	<ul style="list-style-type: none"> Know some reasons for jealousy Know loss is a normal part of relationships and negative feelings are a normal part of loss Know that sometimes it is better for a friendship/relationship to end 	<ul style="list-style-type: none"> Know that personal characteristics are inherited from birth parents Know that babies are made by a sperm joining with an ovum Know names of different internal and external reproductive body parts
Year 5 Hérons	<ul style="list-style-type: none"> Understand rights and responsibilities of citizens in their country Understand how to contribute towards the democratic process To demonstrate empathy for people whose lives are different 	<ul style="list-style-type: none"> Know external forms of support in regard to bullying e.g. Childline Know that bullying can be direct and indirect Know what racism is and why it is unacceptable 	<ul style="list-style-type: none"> Know about a range of jobs that are carried out by people I know Know the types of job they might like to do when they are older Know young people from different cultures may have different goals 	<ul style="list-style-type: none"> Know basic emergency procedures Know what to do in emergencies Know that the media and celebrity culture promotes certain body types Know people can develop eating problems related to body image 	<ul style="list-style-type: none"> Know rights and responsibilities in an online community or social network Know rights and responsibilities when playing a game online Know too much screen time isn't healthy 	<ul style="list-style-type: none"> Understand how to look after themselves physically and emotionally Know sexual intercourse can lead to conception Know that becoming a teenager involves various changes and also brings growing responsibility
Year 6 Merlins	<ul style="list-style-type: none"> Know about children's universal rights (UNCRC) Know that personal choices can affect others locally and globally To demonstrate attributes of a positive role model 	<ul style="list-style-type: none"> Know that power can play a part in a bullying or conflict situation Know that there are different perceptions of 'being normal' Know that difference can be a source of celebration as well as conflict 	<ul style="list-style-type: none"> Know their own learning strengths Know what their classmates like and admire about them Know problems in the world and ways to make it a better place 	<ul style="list-style-type: none"> Know what it means to be emotionally well Know how to make choices that benefit their health and well-being Know some people can be exploited Know why some people join gangs 	<ul style="list-style-type: none"> Know that it is important to take care of their own mental health Know ways that they can take care of their own mental health Know stages of grief and that there are different types of loss 	<ul style="list-style-type: none"> Know how a baby develops through pregnancy and how it is born Know being physically attracted to someone changes the relationship Know the importance of self-esteem and what they can do to develop it