PSHE Long Term Plan
Years 1 - 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Think Equal lesson sequence and LTP available on website/shared drive					
Reception	Think Equal lesson sequence and LTP available on website/shared drive					
Y1	Being Me In My World • Understanding rights and responsibilities • Recognising choices have consequences • Knowing your our are valued • Understanding our responsibilities as a student Vocabulary:	Celebrating Difference • Accepting difference • Inclusion • Knowing how to help if someone is being bullied • Problem solving in school • Using kind words and being respectful Vocabulary:	Dreams and Goals • Showing resilience when things get difficult • Setting goals • Working in collaboration • Achieving together • Having a positive attitude Vocabulary:	Healthy Me • Being healthy • Making healthy choices • The importance of being physically active • Healthy friendships • Medicine safety Vocabulary:	Relationships • Family relationships • Making friends and belonging • Problem solving • Finding help within the school community • Appropriate physical contact Vocabulary:	Changing Me • Understanding the lifecycle of animals and humans • Expressing feelings around change • Understanding how their body has changed since being a baby • Identifying body parts that make boys different to girls • Understanding some body parts are private • Knowing who to talk to if worried about change • Coping strategies for change Vocabulary:

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Y2	Being Me In My World ● Social and emotional development ● Recognising worries ● Rewards and consequences ● Consideration of others' feelings ● Working collaboratively	Celebrating Difference ● Similarities and differences between genders ● Stereotyping ● Inclusion ● Addressing bullying ● Diversity ● Giving compliments	Dreams and Goals ● Setting goals to success and being resilient ● Perseverance ● Working alongside a partner ● Being positive ● Helping others achieve their goals	Healthy Me ● Maintaining a healthy mind and body ● Maintaining a balanced lifestyle ● The importance of being physically active ● Staying safe ● Maintaining healthy relationships ● Keeping calm and dealing with difficult situations	Relationships ● Solving friendship problems when they occur ● Making and maintaining friendships ● Understanding appropriate physical contact ● Belonging to a group and helping others feel welcome ● Treating others with respect	Changing Me ● Explaining the natural process of our bodies changing ● Understanding some changes are out of our control ● identifying and respecting other people ● Assertiveness and boundaries ● Looking ahead to change
Y3	Being Me In My World ● Helping others to feel welcome ● Making the school community a better place ● Rights and responsibilities ● Understanding why rules are needed ● Respecting other people's right to learn ● Working collaboratively	Celebrating Difference ● Differing families ● Helping others that are being bullied ● Understanding conflict ● Helping and addressing bullying ● Appropriate language ● Giving and receiving compliments	Dreams and Goals ● Identifying dreams and future ambitions ● Looking at challenges ahead ● Overcoming obstacles ● Celebrating and evaluating learning ● Being positive	Healthy Me ● Making healthy choices ● Having a balanced diet ● Staying fit and healthy ● Balanced diets ● The importance of staying physically active ● Keeping yourself safe ● Healthy friendships ● Keeping calm in difficult scenarios	Relationships ● Family roles and responsibilities ● Conflict and solutions ● Friendship ● Belonging to a group ● Staying safe online ● Being a global citizen ● Equality ● Justice ● Celebrating good relationships	Changing Me ● Social and emotional development ● Understanding how babies grow and develop ● Puberty ● Understand and respect changes ● Knowing who to ask for help ● Changes ahead ● Recognising feelings

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Y4	Being Me In My World ● Helping others to feel welcome ● Making our school community a better place ● Contributions to the wider school community ● Thinking about others right to learn ● Working collaboratively	Celebrating Difference ● Accepting differences ● Inclusion ● Understanding bullying ● Problem solving ● Using kind words and giving compliments	Dreams and Goals ● Staying motivated ● Resilience ● Working collaboratively ● Setting a plan and creating new dreams ● Achieving goals ● Steps to success ● Contributing to group achievements	Healthy Me ● Making healthy choices ● Recognising how friendship groups are formed ● Group dynamics ● Being physically active ● Staying safe ● Celebrating inner strength ● Identifying feelings ● Keeping calm under pressure	Relationships ● Knowing how to make friends ● Understanding jealousy and considering strategies ● Solving friendship problems ● Helping others feel part of a group ● Friendship breakdowns ● Understanding different types of relationships	Changing Me ● Understanding we are all unique ● Accurately identifying internal and external body parts ● Expressing feelings around change ● Personal choice ● Understanding the changes they see in themselves ● Puberty and menstruation ● Knowing who to talk to if they were concerned about change
Y5	Being Me In My World ● Becoming a class team ● Being a school citizen ● Rights and responsibilities ● Democracy ● Rewards and consequences ● Working collaboratively with others	Celebrating Difference ● Accepting differences ● Inclusion ● Understanding bullying ● Problem solving ● Using kind language ● Giving and receiving compliments	Dreams and Goals ● Staying motivated ● Perseverance ● Overcoming disappointment ● Working well with a partner ● Creating new dreams ● Achieving goals	Healthy Me ● Maintaining healthy friendships ● Understanding group dynamics ● The importance of being physically active ● Understanding the dangers associated with smoking and alcohol ● Keeping safe ● Recognising coercive situations and resisting pressure	Relationships ● Recognising situations that cause jealousy ● Solving problems with friendships ● Love and loss ● Helping others to feel part of a group ● Respecting others ● Knowing how to help yourself when you feel upset or hurt ● Know what makes a good relationship	Changing Me Parents are informed that they have the right to withdraw from the conception lessons through a written template shared prior to lessons. Any conversations with parents to be recorded. ● Understanding we are all unique and have my own personal characteristics ● Expressing how I feel when change happens ● Naming body parts accurately ● Understanding and respecting change that happens

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						• Identify changes and know how to express my concerns
Y6 Pol-Ed	Keeping Safe • Issues with addiction • Recognising dangerous situations • Data sharing • Media and age restrictions • Bonfire night • Halloween safety	Relationships • Secondary relationships • Working together to tackle racism • Challenging sexism • Respecting different relationships • Understanding what a debate is • Relationships with authority	Understanding the Law • Stopping theft • Anti-social behaviours • Types of crime • Legal drugs and the law • Marriage and the law • Understanding what a weapon is	Wellbeing • Moving to high school • Reframing your thinking • Supporting your mental health • Thinking about adulthood • Understanding grief	Passport • Empathy • Fact finding • Future planning • Making informed decisions	Passport • Resilience • Respect • Self-worth • Understanding risk Changing Me Parents are informed that they have the right to withdraw from the conception lessons through a written template shared prior to lessons. Any conversations with parents to be recorded. • Understanding we are all unique and have my own personal characteristics • Expressing how I feel when change happens • Naming body parts accurately • Understanding and respecting change that happens • Identify changes and know how to express my concerns