



PSHE Long-Term Plan- Year A

Autumn		Spring	Summer
EYFS Robins	- Autumn 1: - Self Regulation: My feelings - Autumn 2: Building relationships : My family and friends	- Spring 1: Self regulation: Listening and following instructions - Spring 2: Managing Self: Taking on challenges	- Summer 1: Building relationships : Special relationships - Summer 2: Managing Self: My Wellbeing
Year 1 & 2 Owls	Connecting with others/ The online world	Health protection/ staying safe	My healthy self/ growing up
	<u>How can I help myself and others feel happy and safe?</u> - What makes us and others special - How families show love and care - Identify trusted adults - Name qualities of a good friend <u>How do we spend time online?</u> - Recognise different ways of going online - Explain why is it important to limit screen time - Simple ways to help stay safe - When to speak to a trusted adult about online content	<u>How can I protect myself and others in daily life?</u> - Correct handwashing routine - How to stay safe in hot weather - Recognise signs of feeling unwell and what to do - Knowing 999 should be called in an emergency <u>How can I stay safe?</u> - Identify things that are safe and unsafe to put in or on our bodies - Describe and use simple safety rules in familiar places - How to stay safe near roads - Use simple, clear phrases to ask a trusted adult for help	<u>How can we look after our emotions?</u> - Name 6 basic emotions and recognise them - Explain people can feel different emotions at the same time - Explain why rest is important for wellbeing - Identify what to do when you or others feel worried or upset <u>How can we look after and respect our bodies as we grow?</u> - Use correct names for body parts - Identify physical changes in people as they grow - Explain what personal boundaries are - Describe what to do if someone tries to touch a private body part
Year 3 & 4 Golden Eagles	Connecting with others/ The online world	Staying safe/ connecting with others	My healthy self/ growing up
	<u>What helps us feel safe and included?</u> - Recognise what self-respect is - Identify and communicate personal boundaries clearly - Recognise qualities of good friendships - Learn to manage minor conflicts through negotiation and compromise <u>How should we communicate online?</u> - Identify what the internet can be used for - Identify types of online bullying behaviour - Recognise that some online features are not suitable for all ages	<u>What signs help me recognise what is safe and unsafe?</u> - Identify unsafe warning signs in a range of everyday situations - Choose safe places to cross a road - Explain why water can be dangerous - Explain how to use medicine safely <u>How can we respect each other?</u> - Learn what stereotypes are and how they can be unfair - Use positive self-talk to stay calm and manage frustration - Practise resolving disagreements fairly - Set and respect personal boundaries	<u>How can I take care and my mind and body?</u> - Describe how our bodies and minds connected - Explain why sleep is important to maintain good health - Explain that emotions affect actions and decisions - Recognise signs that someone needs help <u>How will my body and emotions change as I grow?</u> - Name changes that happen during puberty - Recognise that puberty happens for everyone at different rates and times - Explain what a period is - Recognise that emotions and feelings change as people grow up
Year 5 & 6 Hérons	Connecting with others/ The online world	Staying safe/ my healthy self	Growing up/ sex education
	<u>Why are healthy relationships important?</u> - Identify influences that share identity - Describe what commitments means and give examples - Describe ways their own and others families support and protect each other - Apply appropriate self-regulation techniques to stay calm <u>How am I influenced by what I see online?</u> - Identify how online content can influence people - Recognise the difference between fact and opinion - Evaluate online content and assess whether it is reliable and true	<u>How can I stay safe as I grow up?</u> - Identify hazards and explain risks - Apply water safety code to identify safer choices near water - Identify when peer pressure is happening and suggest safe ways to respond - Explain the risks and consequences of drug misuse <u>How can I support my mind and body as I grow?</u> - Identify nutrients on traffic light food labels - Identify light, moderate and vigorous activity - Name a range of more complex emotions	<u>How can I manage the changes to my body and emotions as I grow up?</u> - Explain what puberty is and why it happens - Explain how good personal care supports health and cleanliness - Describe what a period is and why it happens - Describe what personal boundaries are and explain why they are important <u>How do people become parents and carers?</u> - Use scientific vocabulary to describe private body parts - Explain conception and name body parts involved - Order the stages of pregnancy - Explain how families are formed - Explain what consent means and recognise when it is or is not given