

PSHE – Long term plan 2023-2024						
Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1	<p><b>Me and my relationships.</b></p> <p>All about me, what makes me special, me and my special people, who can help me, my feelings</p>	<p><b>Valuing difference</b></p> <p>I'm special, you're special, same and different, same and different homes, I am caring, kind and caring.</p>	<p><b>Keeping myself safe</b></p> <p>What's safe to go onto my body, Keeping myself safe, listening to my feelings Keeping safe online, People who keep me safe.</p>	<p><b>Rights and responsibilities</b></p> <p>Looking after special people, looking after my special people, looking after my friends, being helpful at home, looking after money,</p>	<p><b>Being my best</b></p> <p>Bouncing back, yes I can, healthy eating, move your body, a good night sleep.</p>	<p><b>Growing and changing.</b></p> <p>Seasons, life stages, plants animals, humans, who will I be, where do babies come from, getting bigger, me and my body.</p>
Class 2	<p><b>Rules, rights and responsibility/caring for the environment</b></p> <p>Taking care of something. Our ideal classroom.</p>	<p><b>Feelings and emotions/valuing differences</b></p> <p>Making and keeping friends. Special people. Valuing differences that make us unique</p>	<p><b>Healthy relationships</b></p> <p>Good and bad touches. Different types of bullying. Who can help me.</p>	<p><b>Keeping safe</b></p> <p>Following school rules. People who can help me. How safe do we feel.</p>	<p><b>Healthy lifestyles</b></p> <p>Eating well. Our feelings. What my body needs.</p>	<p><b>Growing and changing/living in the wider world</b></p> <p>Keeping privates private. Inside my wonderful body. Then and now.</p>
Class 3	<p><b>Keeping safe</b></p> <p>Safe or unsafe. Helping each other. Stay safe.</p>	<p><b>Keeping safe</b></p> <p>Danger, risk or hazard. When feelings change. Under pressure.</p>	<p><b>Feelings and emotions</b></p> <p>Secret or surprise. Different feelings.</p>	<p><b>Feelings and emotions</b></p> <p>Risk taking. Supports networks. Staying safe.</p>	<p><b>Growing and changing</b></p> <p>Achievements and aspirations. Building self-esteem. My changing body</p>	<p><b>Growing and changing</b></p> <p>Going through changes. Growth mind set.</p>
Class 4	<p><b>Me and my relationships</b></p> <p>Emotional needs of others, assertive behaviours, respectful and safe online communication, collaboration</p>	<p><b>Me and my relationships</b></p> <p>Negotiation, and compromise, peer pressure, types of partnerships, appropriate physical contact, qualities of friendships, healthy relationships</p>	<p><b>Keeping myself safe</b></p> <p>Smoking, drugs &amp; medicines, the body's system</p>	<p><b>Keeping myself Safe</b></p> <p>Risk taking, bullying, responsible online behaviour.</p>	<p><b>Rights and Responsibilities</b></p> <p>Local councils, researching current affairs, recognising fact and opinion, thinking critically about what we read (including social media)</p>	<p><b>Rights and Responsibilities</b></p> <p>Democracy in Britain, rights &amp; responsibilities, charity &amp; voluntary groups, sustainable living, spending wisely, jobs and taxes.</p>