

PSHE Long Term Plan

PSHE at Marfleet Primary Academy			
	Autumn	Spring	Summer
Nursery	<b>Families and friendships</b> Who is important to me <b>Safe relationships</b> who to go to for help <b>Respecting ourselves and others</b> Rules of the classroom	<b>Belonging to a community</b> The rules in different places; <b>Media literacy and digital resilience</b> To use a range of devices and to know what they can be used for <b>Money and work</b> Strengths and weaknesses;	<b>Physical health and mental well being</b> Keeping myself healthy; <b>Growing and changing</b> understanding feelings <b>Keeping safe</b> What I can do online;
EYFS	<b>Families and friendships</b> Roles of a family <b>Safe relationships</b> Keeping myself safe and who to go to for help <b>Respecting ourselves and others</b> Rules of the classroom; the importance of respect	<b>Belonging to a community</b> caring for others and the environment <b>Media literacy and digital resilience</b> To use a range of devices and to know what they can be used for <b>Money and work</b> the community around me	<b>Physical health and mental well being</b> who can help me stay healthy; why it is important to stay healthy <b>Growing and changing</b> What makes me special; <b>Keeping safe</b> what to do if I don't feel safe online
Year 1	<b>Families and friendships</b> Roles of different people; families; feeling cared for <b>Safe relationships</b> Recognising privacy; staying safe; seeking permission <b>Respecting ourselves and others</b> How behaviour affects others; being polite and respectful	<b>Belonging to a community</b> What rules are; caring for others' needs; looking after the environment <b>Media literacy and digital resilience</b> Using the internet and digital devices; communicating online <b>Money and work</b> Strengths and interests; jobs in the community	<b>Physical health and mental well being</b> Keeping healthy; food and exercise; hygiene routines; sun safety <b>Growing and changing</b> Recognising what makes them unique and special; feelings; managing when things go wrong <b>Keeping safe</b> How rules and age restrictions help us; keeping safe online
Year 2	<b>Families and friendships</b> Making friends; feeling lonely and getting help <b>Safe relationships</b> Managing secrets; resisting pressure and getting help; recognising hurtful behaviour <b>Respecting ourselves and others</b> Recognising things in common and differences; playing and working cooperatively; sharing opinions	<b>Belonging to a community</b> Belonging to a group; roles and responsibilities; being the same and different in the community <b>Media literacy and digital resilience</b> The internet in everyday life; online content and information <b>Money and work</b> What money is; needs and wants; looking after money	<b>Physical health and mental well being</b> Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help <b>Growing and changing</b> Growing older; naming body parts; moving class or year <b>Keeping safe</b> Safety in different environments; risk and safety at home; emergencies
Year 3	<b>Families and friendships</b> What makes a family; features of family life <b>Safe relationships</b> Personal boundaries; safely responding to others; the impact of hurtful behaviour <b>Respecting ourselves and others</b> Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	<b>Belonging to a community</b> The value of rules and laws; rights, freedoms and responsibilities <b>Media literacy and digital resilience</b> How the internet is used; assessing information online <b>Money and work</b> Different jobs and skills; job stereotypes; setting personal goals	<b>Physical health and mental well being</b> Health choices and habits; what affects feelings; expressing feelings <b>Growing and changing</b> Personal strengths and achievements; managing and reframing setbacks <b>Keeping safe</b> Risks and hazards; safety in the local environment and unfamiliar places
Year 4	<b>Families and friendships</b>	<b>Belonging to a community</b>	<b>Physical health and mental well being</b>

	<p>Positive friendships, including online</p> <p><b>Safe relationships</b> Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p><b>Respecting ourselves and others</b> Respecting differences and similarities; discussing difference sensitively</p>	<p>What makes a community; shared responsibilities</p> <p><b>Media literacy and digital resilience</b> How data is shared and used</p> <p><b>Money and work</b> Making decisions about money; using and keeping money safe</p>	<p>Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p><b>Growing and changing</b> Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p><b>Keeping safe</b> Medicines and household products; drugs common to everyday life</p>
Year 5	<p><b>Families and friendships</b> Managing friendships and peer influence</p> <p><b>Safe relationships</b> Physical contact and feeling safe</p> <p><b>Respecting ourselves and others</b> Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p><b>Belonging to a community</b> Protecting the environment; compassion towards others</p> <p><b>Media literacy and digital resilience</b> How information online is targeted; different media types, their role and impact</p> <p><b>Money and work</b> Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p><b>Physical health and mental well being</b> Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p><b>Growing and changing</b> Personal identity; recognising individuality and different qualities; mental wellbeing</p> <p><b>Keeping safe</b> Keeping safe in different situations, including responding in emergencies, first aid and FGM</p>
Year 6	<p><b>Families and friendships</b> Attraction to others; romantic relationships; civil partnership and marriage</p> <p><b>Safe relationships</b> Recognising and managing pressure; consent in different situations</p> <p><b>Respecting ourselves and others</b> Expressing opinions and respecting other points of view, including discussing topical issues</p>	<p><b>Belonging to a community</b> Valuing diversity; challenging discrimination and stereotypes</p> <p><b>Media literacy and digital resilience</b> Evaluating media sources; sharing things online</p> <p><b>Money and work</b> Influences and attitudes to money; money and financial risks</p>	<p><b>Physical health and mental well being</b> What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p> <p><b>Growing and changing</b> Human reproduction and birth; increasing independence; managing transitions</p> <p><b>Keeping safe</b> Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>