

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