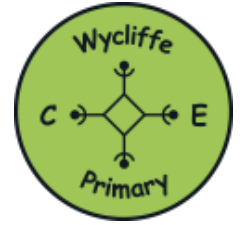


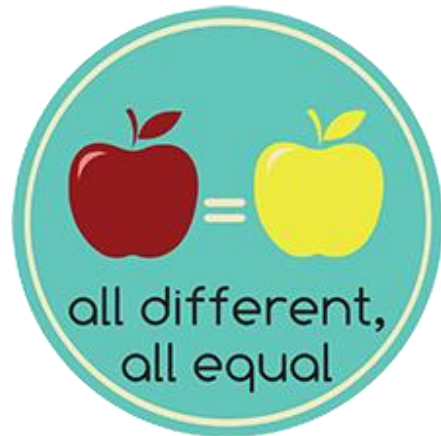
# Wycliffe CE Primary School PSHE Long Term Plan

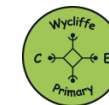


## Our PSHE curriculum

The topics below are categorised into 'Health and wellbeing', 'Relationships' and 'Living in the wider world'. The Key Stage One and Two objectives outlined build upon the skills learnt in the Early Years Foundation Stage. The overall aim is to be able to develop effective relationships, assume greater personal responsibility and manage personal safety, including online. The curriculum also manages the physical and emotional changes at puberty, introduces them to a wider world and enables children to make an active contribution to their communities.

Objectives are formed based on the statutory PSHE guidance and the curriculum guidance from the PSHE Association.





	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	What helps us stay healthy?	Who is special to us?	What is the same and different about us?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Year 2	What helps us to stay safe?	What is bullying?	What jobs do people do?	What makes a good friend?	What helps us grow and stay healthy?	How do we recognise our feelings?
Year 3	What keeps us safe?	How can we be a good friend?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
Year 4	How can we manage our feelings?	How do we treat each other with respect?	How can we manage risk in different places?	What strengths, skills and interests do we have?	How can we help in an accident or emergency?	How can our choices make a difference to others and the environment?
Year 5	What makes up a person's identity?	What decisions can people make with money?	How can friends communicate safely?	How will we grow and change?	How can drugs common to everyday life affect health?	What jobs would we like?
Year 6	How can we keep healthy as we grow?		How can the media influence people?		What will change as we become more independent? How do friendships change as we grow?	

\*Please note that 'Health and wellbeing' topics have been prioritised to Autumn 1 in all year groups. This is hoped to support the children's understanding and wellbeing in light of Covid-19



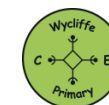
		Autumn 1 What helps us stay healthy?	Autumn 2 Who is special to us?	Spring 1 What is the same and different about us?	Spring 2 What can we do with money?	Summer 1 Who helps to keep us safe?	Summer 2 How can we look after each other and the world?
Year 1	Topic	<b>Health and wellbeing</b> Being healthy; hygiene; medicines; people who help us with health H1, H5, H6, H7, H10, H39	<b>Relationships</b> Ourselves and others; similarities and differences; individuality; our bodies. L4, R1, R2, R3, R4, R5	<b>Relationships</b> Ourselves and others; similarities and differences; individuality; our bodies. H21, H22, H23, H25, R13, R23, L6, L14	<b>Living in the wider world</b> Money; making choices; needs and wants L10, L11, L12, L13	<b>Health and wellbeing</b> Keeping safe; people who help us H33, H35, H36, R15, R20, L5	<b>Living in the wider world</b> Ourselves and others; the world around us; caring for others; growing and changing H26, H27, R21, R22, R24, R25 L2, L3
	Pupils learn...	<p>What being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor)</p> <p>That things people put into or onto their bodies can affect how they feel</p> <p>How medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy</p> <p>Why hygiene is important and how simple hygiene routines can stop germs from being passed on</p> <p>What they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing</p>	<p>That family is one of the groups they belong to, as well as, for example, school, friends, clubs</p> <p>About the different people in their family / those that love and care for them</p> <p>What their family members, or people that are special to them do to make them feel loved and cared for</p> <p>How families are all different but share common features – what is the same and different about them</p> <p>About different features of family life, including what families do/enjoy together</p> <p>That it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried</p> <p>How to seek advice if family life affects attendance/punctuality</p>	<p>What they like/dislike and are good at</p> <p>What makes them special and how everyone has different strengths</p> <p>How their personal features or qualities are unique to them</p> <p>How they are similar or different to others, and what they have in common</p> <p>To use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private</p> <p>Recognise that we are all equal, regardless of differences, e.g. gender</p>	<p>What money is - that money comes in different forms</p> <p>How money is obtained (e.g. earned, won, borrowed, presents)</p> <p>How people make choices about what to do with money, including spending and saving</p> <p>The difference between needs and wants - that people may not always be able to have the things they want</p> <p>How to keep money safe and the different ways of doing this</p>	<p>That people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people</p> <p>Who can help them in different places and situations; how to attract someone’s attention or ask for help; what to say</p> <p>How to respond safely to adults they don’t know</p> <p>What to do if they feel unsafe or worried for themselves or others (including online)</p> <p>and the importance of keeping on asking for support until they are heard</p> <p>How to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say</p>	<p>How kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively</p> <p>The responsibilities they have in and out of the classroom</p> <p>How people and animals need to be looked after and cared for</p> <p>what can harm the local and global environment; How they and others can help care for it</p> <p>How people grow and change and how people’s needs change as they grow from young to old</p> <p>How to manage change when moving to a new class/year group</p>



		<b>Autumn 1</b> <b>What helps us to stay safe?</b>	<b>Autumn 2</b> <b>What is bullying?</b>	<b>Spring 1</b> <b>What jobs do people do?</b>	<b>Spring 2</b> <b>What makes a good friend?</b>	<b>Summer 1</b> <b>What can help us grow and stay healthy?</b>	<b>Summer 2</b> <b>How do we recognise our feelings?</b>
	<b>Topic</b>	<b>Health and wellbeing</b> Keeping safe, recognising risks, rules H28, H29, H30, H31, H32, H34, R14, R16, R18, R19, R20, L1, L9	<b>Relationships</b> Behaviour, bullying, words and actions, respect for others. R10, R11, R12, R16, R17, R21, R22, R24, R25	<b>Living in the wider world</b> People and jobs, money, role of the internet L15, L16, L17, L7, L8	<b>Relationships</b> Friendships, feeling lonely and managing arguments R6, R7, R8, R9, R25	<b>Health and wellbeing</b> Being healthy, eating, sleeping, playing and sleeping H1, H2, H3, H4, H8, H9	<b>Health and wellbeing</b> Feelings, mood, loss and bereavement, growing up, time of change H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H27
<b>Year 2</b>	<b>Pupils learn...</b>	How rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online) How to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them How to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets How not everything they see online is true or trustworthy and that people can pretend to be someone they are not How to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them	How words and actions can affect how people feel how to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe  Why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable  How to respond if this happens in different situations  How to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so	How jobs help people earn money to pay for things they need and want  About a range of different jobs, including those done by people they know or people who work in their community  How people have different strengths and interests that enable them to do different jobs  How people use the internet and digital devices in their jobs and everyday life  <b>Importance of attendance and punctuality</b>	How to make friends with others  How to recognise when they feel lonely and what they could do about it  How people behave when they are being friendly and what makes a good friend  How to resolve arguments that can occur in friendships  How to ask for help if a friendship is making them unhappy	That different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest  That eating and drinking too much sugar can affect their health, including dental health how to be physically active and how much rest and sleep they should have everyday  That there are different ways to learn and play; How to know when to take a break from screen-time  How sunshine helps bodies to grow and how to keep safe and well in the sun	How to recognise, name and describe a range of feelings What helps them to feel good, or better if not feeling good How different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group) How feelings can affect people in their bodies and their behaviour Ways to manage big feelings and the importance of sharing their feelings with someone they trust How to recognise when they might need help with feelings and how to ask for help when they need it

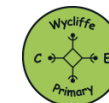


		<b>Autumn 1</b> <b>What keeps us safe?</b>	<b>Autumn 2</b> <b>How can we be a good friend?</b>	<b>Spring 1</b> <b>What are families like?</b>	<b>Spring 2</b> <b>What makes a community?</b>	<b>Summer 1</b> <b>Why should we eat well and look after our teeth?</b>	<b>Summer 2</b> <b>Why should we keep active and sleep well?</b>
<b>Topic</b>		<b>Health and wellbeing</b> Keeping safe; at home and school; our bodies; hygiene; medicines and household products H9, H10, H26, H39, H30, H40, H42, H43, H44, R25, R26, R28, R29	<b>Relationships</b> Friendship; making positive friendships, managing loneliness, dealing with arguments R10, R11, R13, R14, R17, R18	<b>Relationships</b> Families; family life; caring for each other R5, R6, R7, R8, R9	<b>Living in the wider world</b> Community, belonging to groups, similarities and differences, R32, R33, L6, L7, L8	<b>Health and wellbeing</b> Being healthy: eating well, dental care H1, H2, H3, H4, H5, H6, H11, H14	<b>Health and wellbeing</b> Being healthy: keeping active, taking rest H1, H2, H3, H4, H7, H8, H13, H14
<b>Pupils learn...</b>		How to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe How to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers That their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable How to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online) How everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly) How to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns What to do in an emergency, including calling for help and speaking to the emergency services	How friendships support wellbeing and the importance of seeking support if feeling lonely or excluded How to recognise if others are feeling lonely and excluded and strategies to include them  How to build good friendships, including identifying qualities that contribute to positive friendships  That friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences  How to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support	How families differ from each other (including that not every family has the same family structure, e.g. single parents, same sex parents, step-parents, blended families, foster and adoptive parents) How common features of positive family life often include shared experiences, e.g. celebrations, special days or holidays How people within families should care for each other and the different ways they demonstrate this How to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe	How they belong to different groups and communities, e.g. friendship, faith, clubs, classes/year groups What is meant by a diverse community;  How different groups make up the wider/local community around the school  How the community helps everyone to feel included and values the different contributions that people make  How to be respectful towards people who may live differently to them  To understand behaviours that can help people in a group feel valued and welcome	How to eat a healthy diet and the benefits of nutritionally rich foods  How to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist  How not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health  How people make choices about what to eat and drink, including who or what influences these  How, when and where to ask for advice and help about healthy eating and dental care	How regular physical activity benefits bodies and feelings How to be active on a daily and weekly basis - how to balance time online with other activities How to make choices about physical activity, including what and who influences decisions How the lack of physical activity can affect health and wellbeing  How lack of sleep can affect the body and mood and simple routines that support good quality sleep How to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried



		<b>Autumn 1</b> <b>How can we manage our feelings?</b>	<b>Autumn 2</b> <b>How do we treat each other with respect?</b>	<b>Spring 1</b> <b>How can we manage risk in different places?</b>	<b>Spring 2</b> <b>What strengths, skills and interests do we have?</b>	<b>Summer 1</b> <b>How can we help in an accident or an emergency?</b>	<b>Summer 2</b> <b>How can our choices make a difference to others and the environment?</b>
	<b>Topic</b>	<b>Health and wellbeing</b> Feelings and emotions; expression of feelings; behaviour H17, H18, H19, H20, H23	<b>Relationships</b> Respect for self and others; courteous behaviour; safety; human rights R19, R20, R21, R22, R25, R27,	<b>Health and wellbeing</b> Keeping safe; out and about; recognising and managing risk H12, H37, H38, H41, H42, H47, R12, R15, R23, R24, R28, R29, L1, L5, L15	<b>Health and Wellbeing</b> Self-esteem: self-worth; personal qualities; goal setting; managing set backs <b>H27, H28, H29, L25</b>	<b>Health and wellbeing</b> Basic first aid, accidents, dealing with emergencies <b>H43, H44</b>	<b>Living in the wider world</b> Caring for others, the environment, people and animals; shared responsibilities, making choices and decisions <b>L4, L5, L19, R34</b>
	<b>Pupils learn...</b>	<p>How everyday things can affect feelings</p> <p>How feelings change over time and can be experienced at different levels of intensity</p> <p>The importance of expressing feelings and how they can be expressed in different ways</p> <p>How to respond proportionately to, and manage, feelings in different circumstances</p> <p>Ways of managing feelings at times of loss, grief and change</p> <p>How to access advice and support to help manage their own or others' feelings</p>	<p>How people's behaviour affects themselves and others, including online</p> <p>How to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return</p> <p>about the relationship between rights and responsibilities</p> <p>About the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt)</p> <p>The rights that children have and why it is important to protect these</p> <p>That everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination</p> <p>How to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns</p> <p><b>To understand behaviours that can help people in a group feel valued and welcome</b></p>	<p>How to recognise, predict, assess and manage risk in different situations</p> <p>How to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about)</p> <p>How people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence</p> <p>How people's online actions can impact on other people</p> <p>how to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online</p> <p>How to report concerns, including about inappropriate online content and contact</p> <p>That rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law</p>	<p>How to recognise personal qualities and individuality to develop self-worth by identifying positive things about themselves and their achievements</p> <p>How their personal attributes, strengths, skills and interests contribute to their self-esteem</p> <p>How to set goals for themselves</p> <p>How to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking</p>	<p>How to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions</p> <p>That if someone has experienced a head injury, they should not be moved</p> <p>When it is appropriate to use first aid and the importance of seeking adult help</p> <p>The importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services</p>	<p>How people have a shared responsibility to help protect the world around them</p> <p>How everyday choices can affect the environment</p> <p>How what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity)</p> <p>The skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues</p> <p>How to show care and concern for others (people and animals)</p> <p>How to carry out personal responsibilities in a caring and compassionate way</p>





		Autumn 1 What makes up our identity?	Autumn 2 What decisions can people make with money?	Spring 1 How can friends communicate safely?	Spring 2 How will we grow and change?	Summer 1 How can drugs common to everyday life affect health?	Summer 2 What jobs would we like?
Year 5	Topic	<b>Health and wellbeing</b> Identity; personal attributes and qualities, similarities and differences; individuality; stereotypes H25, H26, H27, R32, L9	<b>Living in the wider world</b> Money; making decisions; spending and saving R34, L17, L18, L20, L21, L22, L24	<b>Relationships</b> Friendships; relationships; becoming independent; online safety R1, R18, R24, R26, R29, L11, L15	Health and Wellbeing Growing and changing, puberty H31, H32, H34	<b>Health and wellbeing</b> Drugs, alcohol and tobacco; healthy habits H1, H3, H4, H46, H47, H48, H50	<b>Living in the wider world</b> Careers; aspirations; role models; the future L26, L27, L28, L29, L30, L31, L32
	Pupils learn...	How to recognise and respect similarities and differences between people and what they have in common with others That there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes) How individuality and personal qualities make up someone's identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex) About stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others How to challenge stereotypes and assumptions about others <b>Extremism – how attitudes and opinions can be influenced by being exposed to extremist views. – how to resist and challenge.</b>	How people make decisions about spending and saving money and what influences them How to keep track of money so people know how much they have to spend or save how people make choices about ways of paying for things they want and need (e.g. from current accounts/savings; store card/ credit cards; loans) How to recognise what makes something 'value for money' and what this means to them that there are risks associated with money (it can be won, lost or stolen) and how money can affect people's feelings and emotions	About the different types of relationships people have in their lives How friends and family communicate together; how the internet and social media can be used positively How knowing someone online differs from knowing someone face-to-face How to recognise risk in relation to friendships and keeping safe about the types of content (including images) that is safe to share online; ways of seeking and giving consent before images or personal information is shared with friends or family  how to respond if a friendship is making them feel worried, unsafe or uncomfortable  How to ask for help or advice and respond to pressure, inappropriate contact or concerns about personal safety	About puberty and how bodies change during puberty, including menstruation and menstrual wellbeing.  How puberty can affect emotions and feelings  How personal hygiene routines change during puberty  How to ask for advice and support about growing and changing and puberty  <b>That harmful sexual behaviour is unacceptable and how to report if worried about this.</b>	How drugs common to everyday life (including smoking/vaping nicotine, alcohol, caffeine and medicines) can affect health and wellbeing That some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal How laws surrounding the use of drugs exist to protect them and others why people choose to use or not use different drugs How people can prevent or reduce the risks associated with them that for some people, drug use can become a habit which is difficult to break How organisations help people to stop smoking and the support available to help people if they have concerns about any drug use How to ask for help from a trusted adult if they have any worries about drugs	That there is a broad range of different jobs and people often have more than one during their careers and over their lifetime That some jobs are paid more than others and some maybe voluntary (unpaid) About the skills, attributes, qualifications and training needed for different jobs that there are different ways into jobs and careers, including college, apprenticeships and university How people choose a career/job and what influences their decision, including skills, interests and pay How to question and challenge stereotypes about the types of jobs people can do how they might choose a career/job for themselves when they are older, why they would choose it and what might influence their decisions <b>To understand importance of attendance and punctuality</b>



		Autumn How can we keep healthy as we grow?	Spring How can the media influence people?	Summer What will change as we become more independent? How do friendships change as we grow?
Year 6	Topic	<p><b>Health and wellbeing</b> Looking after ourselves; growing up; becoming independent; taking more responsibility H1, H2, H3, H4, H5, H6, H7, H8, H11, H12, H13, H14, H15, H16, H21, H22, H40, H46, R10</p>	<p><b>Living in the wider world (Including BLM)</b> Media literacy and digital resilience; influences and decision-making; online safety H49, R34, L11, L12, L13, L14, L15, L16, L23</p>	<p><b>Relationships</b> Different relationships, changing and growing, adulthood, independence, moving to secondary school H24, H30, H33, H34, H35, H36, R2, R3, R4, R5, R6, R16</p>
	Pupils learn...	<p>How mental and physical health are linked How positive friendships and being involved in activities such as clubs and community groups support wellbeing How to make choices that support a healthy, balanced lifestyle including: How to plan a healthy meal How to stay physically active How to maintain good dental health, including oral hygiene, food and drink choices How to benefit from and stay safe in the sun How and why to balance time spent online with other activities How sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep How to manage the influence of friends and family on healthy choices That habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one How legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them How to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school That health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on that anyone can experience mental ill-health and to discuss concerns with a trusted adult That mental health difficulties can usually be resolved or managed with the right strategies or support</p> <p style="background-color: yellow;">That FGM is illegal and goes against human rights; that they should tell someone immediately if they are worried for themselves or someone else</p>	<p>How the media, including online experiences, can affect people’s wellbeing – their thoughts, feelings and actions that not everything should be shared online or social media and that there are rules about this, including the distribution of images That mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions How text and images can be manipulated or invented; strategies to recognise this To evaluate how reliable different types of online content and media are, e.g. videos, blogs, news, reviews, adverts To recognise unsafe or suspicious content online and what to do about it How information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them How to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue To recognise the risks involved in gambling related activities, what might influence somebody to gamble and the impact it might have To discuss and debate what influences people’s decisions, taking into consideration different viewpoints</p>	<p>That people have different kinds of relationships in their lives, including romantic or intimate relationships That people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another That adults can choose to be part of a committed relationship or not, including marriage or civil partnership That marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime That harmful sexual behaviour is unacceptable and how to report if feeling unsafe or worried How puberty relates to growing from childhood to adulthood How growing up and becoming more independent comes with increased opportunities and responsibilities How friendships may change as they grow and how to manage this To understand the risks associated with coercive or unsafe friendships. (County lines) How to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing</p>