



Roskear Primary and Nursery School - PSHE Long Term Plan

Autumn 1 Being Me in My World

Reception

Help each other feel welcome, try to make our nursery/pre-school community a better place, think about everyone's right to learn, care about other people's feelings, work well with others and choose to follow the learning charter.

Year 1

Help others feel welcome, try to make our school community a better place, think about everyone's right to learn, care about other people's feelings, work well with others and choose to follow the learning charter.

Year 2

Hopes and fears, rights and responsibilities, rewards and consequences, our learning charter and owning our learning charter.

Year 3

Getting to know each other, our nightmare school, our dream school, rewards and consequences, our learning charter and owning our learning charter.

Year 4

Becoming a class team, being a school citizen, rights responsibilities and democracy, rewards and consequences, our learning charter and owning our learning charter.

Year 5

My year ahead, being me in Britain, Year 5 responsibilities, rewards and consequences, our learning charter and owning our learning charter.

Year 6

My year ahead, being a global citizen, the learning charter, our learning charter and owning our learning charter.

Autumn 2 Celebrating Difference

Accept that everyone is different, include others when working at playing, know how to help if someone is being bullied, try to solve problems, try to use kind words and know how to give and receive compliments.

The same as, different from, what is bullying, making new friends and **celebrating difference; celebrating me.**

Boys and girls, why does bullying happen, standing up for myself and others, making a new friend and **celebrating differences and still being friends.**

Families, family conflict, witness and feelings, witness and solutions, words that harm and **celebrating differences: compliments.**

Judging by appearances, understanding influences, understanding bullying, problem solving, special me and **celebrating difference: how we look.**

Different cultures, racism, rumours and name calling, **types of bullying**, does money matter and celebrating differences across the world.

Am I normal, understanding disability, power struggles, why bully and **celebrating differences.**

Spring 1 Dreams and Goals

Stay motivated when doing something challenging, keep

My treasure chest of success, steps to goals, achieving together, stretchy

Goals to success, my learning strengths, learning with others, a

Dreams and goals, my dreams and ambitions, a new challenge, our new

Hopes and dreams, broken dreams, overcoming

When I grow up (my dream lifestyle) investigate jobs

Personal learning goals, steps to success, my dream for the world,

trying even when it's difficult, work well with a partner or in a group, have a positive attitude, help others to achieve their goals and work hard to achieve their own dreams and goals.

learning, overcoming obstacles and **celebrating my success.**

group challenge and celebrating our achievement.

challenge, our new challenge – overcoming obstacles and **celebrating my learning.**

disappointment, **creating new dreams**, achieving goals and we did it!

and careers, my dream job. Why I want it and the steps to get there, **dreams and goals of young people in other cultures**, how can we support each other and rallying support.

helping to make a difference and recognising our achievements.

Spring 2 Healthy Me

Make healthy choices, eat a healthy, balanced diet, being physically active, try to keep themselves and others safe, know how to be a good friend and enjoy healthy friendships and know how to keep calm and deal with difficult situations.

Being healthy, healthy choices, clean and healthy, medicine safety, road safety and **happy, healthy me.**

Being healthy, being relaxed, medicine safety, healthy eating and **the 'healthy me' café.**

Being fit and healthy, what do I know about drugs? **Being safe**, being safe at home and my amazing body.

My friends and me, group dynamics, smoking, alcohol, **healthy friendships** and celebrating my inner strength and assertiveness.

Smoking, alcohol, emergency aid, body image, **my relationship with food** and **healthy** me.

Food, drugs, **alcohol**, emergency aid, emotional and mental health and managing stress.

Summer 1 Relationships

Know how to make friends, try to solve friendship problems when they occur, help others to feel part of a group, show respect in how they treat others,

Families, making friends, greetings, people who help us, being my own best friend and **celebrating my special relationships.**

Families, keeping safe – exploring physical contact, **friends and conflict**, secrets, trust and appreciation and celebrating my

Family roles and responsibilities, friendship, keeping myself safe, **being a global citizen** and celebrating my web of relationships.

Relationship web, love and loss, memories, **are animals special**, special pets and celebrating my relationships with people and animals.

Recognising me, getting on and falling out, girlfriends and boyfriends and **relationships and technology.**

My relationship web, love and loss, **power and control** and being safe with technology.

know how to help themselves and others when they feel upset and hurt and know and show what makes a good relationship.

special relationships.

Summer 2 Changing Me

Understand that everyone is unique and special, can express how they feel when change happens, understand and respect the change that they see in themselves, understand and respect the change they see in other people, know who to ask for help if they are worried about change and looking forward to change.

Life cycles, changing me, my **boy' and girls' bodies**, learning and growing and coping with changes.

Life cycles in nature, growing from young to old, the changing me, **boys' and girls' bodies**, assertiveness and looking ahead.

How babies grow, babies, outside body changes, **inside body changes**, family stereotypes and looking ahead.

Unique me, having a baby, girls and puberty, circles of change, accepting change and **looking ahead**.

Self and body image, puberty for girls, **puberty for boys**, conception, looking ahead and looking ahead to year 6.

My self-image, puberty, girl talk/boy talk, **babies – conception to birth**, attraction and transition to secondary school.