

North Park Primary School PSHCE Long Term Plan (adapted from the PSHE association)

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
Year 1	<i>Roles of different people; families; feeling cared for</i>	<i>Recognising privacy; staying safe; seeking permission</i>	<i>How behaviour affects others; being polite and respectful</i>	<i>What rules are; caring for others' needs; looking after the environment</i>	<i>Using the internet and digital devices; communicating online</i>	<i>Strengths and interests; jobs in the community</i>	<i>Keeping healthy; food and exercise; sun safety</i>	<i>Recognising what makes them unique and special; feelings; managing</i>	<i>How rules and age restrictions help us; keeping safe online</i>
Year 2	<i>Making friends; feeling lonely and getting help</i>	<i>Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</i>	<i>Recognising things in common and differences; playing and working cooperatively; sharing opinions</i>	<i>Belonging to a group; roles and responsibilities; being the same and different in the community</i>	<i>The internet in everyday life; online content and information</i>	<i>What money is; needs and wants; looking after money</i>	<i>Why sleep is important; medicines and keeping healthy; managing feelings and asking for help</i>	<i>Growing older; naming body parts; moving class or year</i>	<i>Safety in different environments; risk and safety at home; emergencies</i>
Year 3	<i>What makes a family? Features of family life</i>	<i>Personal boundaries; safely responding to others; the impact of hurtful behaviour</i>	<i>Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</i>	<i>Class rules and other rules (e.g. at home) following these (not PSHE assoc. unit)</i>	<i>How the internet is used; assessing information online</i>	<i>Different jobs and skills; job stereotypes; setting personal goals</i>	<i>Health choices and habits; what affects feelings; expressing feelings</i>	<i>Personal strengths and achievements; managing and reframing setbacks</i>	<i>Risks and hazards; safety in the local environment and unfamiliar places</i>
Year 4	<i>Positive friendships, including online</i>	<i>Responding to hurtful behaviour; managing confidentiality; recognising risks online</i>	<i>Respecting differences and similarities' discussing difference sensitively</i>	<i>What makes a community; shared responsibilities</i>	<i>How data is shared and used</i>	<i>Making decisions about money; using and keeping money safe</i>	<i>Maintaining a balanced lifestyle' oral hygiene and dental care (revise)</i>	<i>How has growing up made you more independent? What can you do now that you couldn't when you were younger? (not PSHE assoc. unit)</i>	<i>The importance of medicines and how they help us (not PSHE assoc. unit)</i>
Year 5	<i>Managing friendships and peer influence</i>	<i>Physical contact and feeling safe</i>	<i>Responding respectfully to a wide range of people; recognising prejudice and discrimination</i>	<i>Protecting the environment; compassion towards others</i>	<i>How information online is targeted; different media types, their role and impact</i>	<i>Identifying job interests and aspirations; what influences career choices; workplace stereotypes</i>	<i>Healthy sleep habits; sun safety; medicines; vaccinations, immunisations and allergies</i>	<i>Personal identity; recognising individuality and different qualities; mental wellbeing</i>	<i>Keep safe in different situations, including responding in emergencies; first aid (revise)</i>
Additional Y5 Unit – Puberty – delivered at same time as Science unit <i>From Y4 PSHE association – Growing and Changing</i> Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty									

North Park Primary School PSHCE Long Term Plan (adapted from the PSHE association)

Year 6	<i>Attraction to others' romantic relationships; civil partnerships and marriage</i>	<i>Recognising and managing pressure; consent in different situations</i>	<i>Expressing opinions and respecting other points of view, including discussing topical issues</i>	<i>Valuing diversity; challenging discrimination and stereotypes</i>	<i>Evaluating media sources; sharing things online</i>	<i>Influences and attitudes to money; money and financial risks</i>	<i>What affects mental health and ways to take care of it; managing change' loss and bereavement; managing time online</i>	<i>Human reproduction and birth; increasing independence; managing transition</i>	<i>Keeping personal information safe; regulations and choices; (recap drug use and the law/media from Y5 as a discussion piece if necessary)</i>
---------------	--------------------------------------------------------------------------------------	---------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------	----------------------------------------------------------------------	--------------------------------------------------------	---------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------