

PSHE Long Term Plan Key Stage One Two Year Plan Cycle One (linked to Christian Values)

	Faith	Family	Friendship
Health and Wellbeing	<p align="center"><u>“Believe, pray and love”</u></p> <ul style="list-style-type: none"> • How to recognise and name different feelings • How feelings can affect people’s bodies and how they behave • To recognise that not everyone feels the same at the same time, or feel the same about the same thing • About ways of sharing feelings; a range of words to describe feelings 	<p align="center"><u>“Happy Families”</u></p> <ul style="list-style-type: none"> • To name the main parts of the body including external genitalia (Vulva, vagina, penis, testicles) • About growing and changing from young to old and how people’s needs change • How what to do if there is an accident and someone is hurt • How to get help in an emergency (how to dial 999 and what to say) • About things that people can put into their body or on their skin and how these effect people (drugs, tobacco and alcohol) 	<p align="center"><u>“You’ve got a friend in me”</u></p> <ul style="list-style-type: none"> • Ways to keep safe in familiar and unfamiliar environments (beach, shops, out with friends. • How to cross the road safely
Relationships	<p align="center"><u>“Anti Bullying”</u></p> <ul style="list-style-type: none"> • How to respond safely to adults they don’t know • About how to respond if physical contact makes them feel uncomfortable or unsafe • Basic techniques for resisting pressure to do something they don’t want to do and which may make them unsafe 	<p align="center"><u>“Different Families”</u></p> <ul style="list-style-type: none"> • Knowing that there are situations when they should ask for permission and also when their permission should be sought • About the importance of not keeping adults’ secrets (only happy surprises that others will find out about eventually) • What to do If they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they area heard 	<p align="center"><u>“I am a Good Friend”</u></p> <ul style="list-style-type: none"> • Simple strategies to resolve arguments between friends positively • How to ask for help if a friendship is making them feel unhappy • How to listen to other people and play and work cooperatively • How to talk about and share their opinion on things that matter to them
Living in the Wider World	<p align="center"><u>“Environment Matters!”</u></p> <ul style="list-style-type: none"> • How people and other living things have different needs; about the responsibilities of caring for them • About things they can do to help look after the environment 	<p align="center"><u>“Money Money Money”</u></p> <ul style="list-style-type: none"> • That money needs to be looked after; different ways of doing this • That jobs help people to earn money to pay for things • Different jobs that people they know or people who work in the community do • About some of the strengths and interests someone might need to do different jobs 	<p align="center"><u>“I am Unique!”</u></p> <ul style="list-style-type: none"> • To recognise the ways they are the same and different to other people • That everyone has different strengths

