

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

	<b>Faith</b>	<b>Family</b>	<b>Friendship</b>
<b>Health and Wellbeing</b>	<p align="center"><b><u>“Believe, pray and love”</u></b></p> <ul style="list-style-type: none"> <li>• To recognise what makes them special</li> <li>• To recognise the ways in which they are all unique</li> <li>• To identify what they are good at, like and dislike</li> <li>• How to manage when finding things difficult</li> <li>• About the people whose job it is to help us</li> </ul>	<p align="center"><b><u>“Happy Families”</u></b></p> <ul style="list-style-type: none"> <li>• That medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy</li> <li>• That household products (including medicines) can be harmful if not used correctly</li> <li>• About dental care and visiting the dentist, how to brush teeth correctly, food and drink that support dental health</li> <li>• How to keep safe in the sun and protect skin from the sun</li> <li>• About change and loss (including death); to identify feelings associated with this: to recognise what helps people to feel better</li> </ul>	<p align="center"><b><u>“You’ve got a friend in me”</u></b></p> <ul style="list-style-type: none"> <li>• To recognise that not everyone feels the same at the same time, or feel the same about the same things</li> <li>• About the people who help us to stay physically healthy</li> <li>• How to manage when finding things difficult</li> <li>• To recognise when they need help with feelings; that it is important to ask for help with feelings and how to ask for it</li> <li>• About different feelings that humans can experience</li> <li>• How to recognise what others may be feeling</li> </ul>
<b>Relationships</b>	<p align="center"><b><u>“Anti Bullying”</u></b></p> <ul style="list-style-type: none"> <li>• That bodies and feelings can be hurt by words and actions; that people can say hurtful things online</li> <li>• About how people may feel if they experience hurtful things online</li> <li>• That hurtful behaviour (offline and online) including teasing, name calling, bullying and deliberately excluding others is not acceptable, how to report bullying the importance of telling the truth to a trusted adult</li> <li>• That sometimes people may behave differently online, including by pretending to be someone they are not</li> </ul>	<p align="center"><b><u>“Different Families”</u></b></p> <ul style="list-style-type: none"> <li>• That it is important to tell someone (a teacher) if something about their family makes them unhappy or worried</li> <li>• About the roles different people play in our lives</li> <li>• To identify the people who love and care for them and what they do to help them feel cared for</li> <li>• About different types of families including those that may be different to their own</li> <li>• To identify common features of family life</li> </ul>	<p align="center"><b><u>“I am a Good Friend”</u></b></p> <ul style="list-style-type: none"> <li>• About how people make friends and what makes a good friendship</li> <li>• To recognise that somethings are private and the importance of respecting privacy; that parts of their body, covered in underwear are private</li> <li>• About what is kind and unkind behaviour and how this can affect others</li> <li>• About how to treat themselves and others with respect; how to be polite and courteous</li> <li>• About how to recognise when they feel lonely and what to do about it</li> </ul>
<b>Living in the Wider World</b>	<p align="center"><b><u>“Environment Matters!”</u></b></p> <ul style="list-style-type: none"> <li>• About what rules are, why they are needed, and why different rules are needed for different situations</li> </ul>	<p align="center"><b><u>“Money Money Money”</u></b></p> <ul style="list-style-type: none"> <li>• That people make different choices about how to spend their money</li> </ul>	<p align="center"><b><u>“I am Unique!”</u></b></p> <ul style="list-style-type: none"> <li>• About the different groups they belong to</li> </ul>

	<ul style="list-style-type: none"><li>• About how the internet and digital devices can be used safely to find things out and to communicate with others</li><li>• About the role of the internet in everyday life</li><li>• That not all information seen on line is true</li></ul>	<ul style="list-style-type: none"><li>• What money is, forms that money comes in, that money comes from different sources</li><li>• About the difference in needs and wants, that sometimes people might not always be able to have the things they want</li></ul>	<ul style="list-style-type: none"><li>• About the different roles and responsibilities people have on their community</li></ul>
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