

PSHE Long Term Plan Key Stage Two 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"> • About everyday things that affect feelings and the importance of expressing feelings • A varied vocabulary to use when talking about feelings; about how to express feelings in different ways • Problem solving strategies for dealing with emotions, challenges and change • About personal identity, what contributes to who we are 	<p align="center"><u>“Happy Families”</u></p> <ul style="list-style-type: none"> • How to make informed decisions about health • The elements of a balanced healthy life style • About choices that support a healthy life style, and recognise what might influence these • About what good physical health means • What constitutes a healthy diet, risks associated with not eating healthily, including obesity and tooth decay • Importance of regular exercise • About how sleep contributes to a healthy life style • Importance of hygiene against bacteria and viruses • How medicines contribute to health 	<p align="center"><u>“You’ve Got a Friend in Me”</u></p> <ul style="list-style-type: none"> • Importance of taking care of your mental health • Strategies to respond to feelings, including intense and conflicting feelings • How to express feelings in different ways
Relationships	<p align="center"><u>“Anti- Bullying”</u></p> <ul style="list-style-type: none"> • About the impact of bullying • To recognise what it means to know someone on line and how this is different to knowing someone face to face • If they feel unsafe or uncomfortable when on line, who do you tell? • About the impact of bullying and how to report it • About why someone may behave differently on line, pretending to be someone they are not, and what to do about it • About seeking permission on line and from whom 	<p align="center"><u>“Different Families”</u></p> <ul style="list-style-type: none"> • Different types of relationships • About marriage and civil partnerships as a legal declaration made by two people. • That people who care and love each other can be married, live together, or live apart • Features of a positive family life is caring relationship, different ways that people care for one another 	<p align="center"><u>“I am a Good Friend”</u></p> <ul style="list-style-type: none"> • To recognise that there are different types of relationships • What makes a good friendship? • About the importance of friendship; strategies for building positive friendships; how positive friendships support wellbeing • That healthy friendships make people feel included; recognised when others may feel lonely or excluded • How friendships have ups and owns • About discrimination and what it means and how to challenge it • About privacy and personal boundaries • That personal behaviour can affect other people ; to recognise and model respectful behaviour

Living in the Wider World	<p><u>“Environment Matters”</u></p> <ul style="list-style-type: none">• To recognise reasons for rules and laws; consequences of not adhering to rules and laws• To recognise that there are human rights and that they are there to protect everyone• About the relationship between rights and responsibilities	<p><u>“Money Money Money”</u></p> <ul style="list-style-type: none">• About the different ways to pay for things and the choices people have about this• To recognise that people have different attitudes towards saving and spending money• That people’s spending decisions can affect others and the environment (fairtrade)	<p><u>“I am Unique”</u></p> <ul style="list-style-type: none">• To recognise positive things about themselves and their achievements; set goals
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