

Year 3 Term 1	Year 3 Term 2	Year 3 Term 3	Year 3 Term 4	Year 3 Term 5	Year 3 Term 6
Being Me In My World. Setting personal goals. Self-identity and worth. Positivity in challenges. Rules, rights and Responsibilities. Rewards and consequences. Responsible choices. Seeing things from others' perspectives I can explain how my behaviour can affect how others feel and behave. I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain	Celebrating Difference. Families and their differences. Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it. Recognising how words can be hurtful. Giving and receiving Compliments I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. I can tell you how being involved with a	Dreams and Goals. Difficult challenges and achieving success. Dreams and ambitions. New challenges. Motivation and enthusiasm. Recognising and trying to overcome obstacles. Evaluating learning processes. Managing Feelings. Simple budgeting. I can explain the different ways that help me learn and what I need to do to improve. I am confident and positive when I share my success with others.	Healthy Me. Exercise. Fitness challenges. Food labelling and healthy swaps. Attitudes towards drugs. Keeping safe and why it's important online and offline scenarios. Respect for myself and others. Healthy and safe choices I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help and how to call emergency services.	Relationships. Family roles and responsibilities. Friendship and negotiation. Keeping safe online and who to go to for help. Being a global citizen. Being aware of how my choices affect others. Awareness of how other children have different lives. Expressing appreciation for family and friends. I can explain how my life is influenced positively by people I know and also by people from other countries.	Changing Me. How babies grow. Understanding a baby's needs. Outside body changes. Inside body changes. Family stereotypes. Challenging my ideas. Preparing for transition. I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. I recognise how I feel about these changes happening to me and can

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why it is important to feel valued.	conflict makes me feel and can offer strategies to help the situation. e.g Solve It Together or asking for help.	I can explain how these feelings can be stored in my internal treasure chest and why this is important.	I can express how being anxious/ scared and unwell feels.	I can explain why my choices might affect my family, friendships and people around the world who I don't know.	suggest some ideas to cope with these feelings.
Year 4 Term 1	Year 4 Term 2	Year 4 Term 3	Year 4 Term 4	Year 4 Term 5	Year 4 Term 6
Being Me In My World. Being part of a class team. Being a school citizen. Rights, responsibilities and democracy (school council) Rewards and consequences. Group decision-making. Having a voice. What motivates behaviour. I can explain why being listened to and	Celebrating Difference. Challenging assumptions. Judging by appearance. Accepting self and others. Understanding influences. Understanding bullying. Problem-solving. Identifying how special and unique everyone is. First Impressions.	Dreams and Goals. Hopes and dreams. Overcoming disappointment. Creating new, realistic dreams. Achieving goals. Working in a group. Celebrating contributions. Resilience. Positive attitudes. I can plan and set new goals even after disappointment.	Healthy Me. Healthier friendships. Group dynamics. Smoking. Alcohol. Assertiveness. Peer pressure. Celebrating inner strength. I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.	Relationships. Jealousy. Love and loss. Memories of loved ones. Getting on and falling out. Girlfriends and Boyfriends. Showing appreciation to people and animals. I can recognise how people are feeling when they miss a special person or animal. I can give ways that might help me	Changing Me. Being unique. Having a baby. Girls and puberty. Confidence in change. Accepting change. Preparing for transition. Environmental change. I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.

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<p>listening to others is important in my school community. I can explain why being democratic is important and can help me and others feel valued.</p>	<p>I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.</p> <p>I can explain why it is good to accept myself and others for who we are.</p>	<p>I can explain what it means to be resilient and to have a positive attitude.</p>	<p>I can identify feelings of anxiety and fear associated with peer pressure.</p>	<p>manage my feelings when missing a specific person or animal.</p>	<p>I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen.</p>
Year 5 Term 1	Year 5 Term 2	Year 5 Term 3	Year 5 Term 4	Year 5 Term 5	Year 5 Term 6
<p>Being Me In my World.</p> <p>Planning the forthcoming year. Being a citizen. Rights and responsibilities. Rewards and consequences. How behaviour affects groups.</p>	<p>Celebrating Difference.</p> <p>Cultural differences and how they can cause conflict. Racism. Rumours and name-calling. Types of bullying. Material wealth and happiness.</p>	<p>Dreams and Goals.</p> <p>Future dreams. The importance of money. Jobs and careers Dream job and how to get there. Goals in different cultures. Supporting others (charity.)</p>	<p>Healthy Me.</p> <p>Smoking, including vaping. Alcohol. Alcohol and anti-social behaviour. Emergency aid. Body image. Relationships with food. Healthy choices.</p>	<p>Relationships.</p> <p>Self-recognition and self-worth. Building self-esteem. Safer online communities. Rights and responsibilities online. Online gaming and gambling.</p>	<p>Changes.</p> <p>Self- and body image. Influence of online and media on body image. Puberty for girls. Puberty for boys. Conception (including IVF) Growing responsibility. Coping with change.</p>

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<p>Democracy, having a voice. Participating.</p> <p>I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.</p> <p>I can explain how the actions of one person can affect another and can give examples of this from school and a wider community</p>	<p>Enjoying and respecting other cultures.</p> <p>I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.</p> <p>I can explain why racism and other forms of discrimination are unkind.</p> <p>I can express how I feel about discriminatory behaviour.</p>	<p>Motivation.</p> <p>I can compare my hopes and dreams with those of young people from different cultures.</p> <p>I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</p>	<p>Motivation and behaviour.</p> <p>I can explain different roles that food and substances can play in people's lives.</p> <p>I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p> <p>I can summarise different ways that I respect and value my body.</p>	<p>Reducing screen time. Dangers of online grooming. SMARRT internet safety rules.</p> <p>I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.</p> <p>I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may</p>	<p>Preparing for transition.</p> <p>I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.</p> <p>I can express how I feel about the changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends.</p>
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Year 6 Term 1	Year 6 Term 2	Year 6 Term 3	Year 6 Term 4	Year 6 Term 5	Year 6 Term 6
Being Me In My World. Identifying goals for the year. Global citizenship. Children's universal rights. Feeling welcome and valued. Choices, consequences and rewards. Group dynamics. Democracy, having a voice. Anti-social behaviour. Role-modelling. I can explain how my choices can have an impact on people in my immediate community and globally.	Celebrating Difference. Perceptions of normality. Understanding disability. Power struggles. Understanding bullying. Inclusion/exclusion. Differences as conflict, difference as celebration. Empathy. I can explain ways in which difference can be a source of conflict or a cause for celebration. I can show empathy with people in situations where their difference is a source of conflict or	Dreams and Goals. Personal learning goals, in and out of school. Success criteria. Emotions in success. Making a difference in the world. Motivation. Recognising achievements. Compliments. I can explain different ways to work with others to help make the world a better place. I can explain what motivates me to make the world a better place.	Healthy Me. Taking personal responsibility. How substances affect the body. Exploitation, including 'county lines' and gang culture. Emotional and mental health. Managing stress. I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. I can identify and apply skills to	Relationships. Mental health. Identifying mental health worries and sources of support. Love and loss. Managing feelings. Power and control. Assertiveness. Technology safety. Take responsibility with technology use. I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. I can explain the feelings I might	Changing Me. Self-image. Body image. Puberty and feelings. Conception to birth. Reflections about change. Physical attraction. Respect and consent. Boyfriends/girlfriends. Sexting. Transition. I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born. I recognise how I feel when I reflect on becoming a teenager and how I

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I can empathise with others in my community and globally and explain how this can influence the choices I make.	a cause for celebration.		keep myself emotionally healthy and to manage stress and pressure.	experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.	feel about the development and birth of a baby.
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