


Curriculum Long Term Plan

PSHE 	EYFS <i>Themed topics with some Kapow resources utilised</i>	Y1	Y2	Y3	Y4	Y5	Y6
Aut 1	Self-regulation: My feelings Feelings, emotions and identity and how to cope with them. <i>Animal Feelings – focus on concept of Bravery</i>	Citizenship Rules and consequences; caring for the needs of babies, young children and animals; exploring similarities and differences ;an introduction to democracy	Citizenship Rules outside school; caring for the school and local environment; People within the local community; how school council works; giving an opinion.	Economic wellbeing Budgeting, Paying methods; The emotional impact of money; The ethics of spending; Jobs and careers	Economic wellbeing Looking after money; Value for money; Stereotypes in the workplace; Career changes and choices	Economic wellbeing Money; Borrowing; online safety; challenging workplace stereotypes; future careers.	Safety and the changing body Online Safety; Puberty, Conception, pregnancy and birth; Alcohol; First Aid- choking, unresponsive.

Curriculum Long Term Plan

<p>Aut 2</p>	<p>Building relationships: Special relationships</p> <p>Families and special people: sharing; see themselves as valuable individual; explore diversity</p> <p><i>Character focus – explore emotions.</i></p>	<p>Economic wellbeing</p> <p>Money and bank functions; Cash safety, spending, saving and jobs.</p>	<p>Families and relationships</p> <p>Families; Feelings Manners; Self-respect.</p>	<p>Safety and the changing body</p> <p>Cyberbullying and how to be good digital citizens; first aid, bites and stings; Road safety; Choices</p>	<p>Citizenship</p> <p>Human rights; caring for the environment; exploring the role of groups within the local community; community diversity; the role of local government</p>	<p>Health and wellbeing</p> <p>Taking greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure;</p>	<p>Identity</p> <p>Personal identity and body image</p>
---------------------	---	---	---	--	---	---	--

Curriculum Long Term Plan

Spr1	Managing self: Taking on challenges	Safety and the changing body	My Happy Mind	My Happy Mind	Health and wellbeing	Families and relationships	Citizenship
	<p>Rules; persistence and perseverance; communicating and coping strategies</p> <p><i>Discuss the idea of being 'naughty' - explore concepts of forgiveness</i></p> <p><i>Rules – why do we need them/why are they important?</i></p>	<p>Responding to adults; distinguishing appropriate and inappropriate physical contact; getting lost; how to call the emergency services; identifying: hazards in the home; people in the community who keep us safe</p>			<p>Developing emotional maturity; Dental hygiene</p>	<p>Families, marriage; Feeling safe; Friendship: Bullying; Identity</p>	<p>Human rights, food choices and the environment; caring for others; recognising discrimination; valuing diversity and national democracy</p>

Curriculum Long Term Plan

Spr 2	Self-regulation: Listening and following instructions Being an honest, thoughtful and resilient active listener; responding to instructions. <i>Telling the truth and "The Boy Who Cried Wolf"</i>	Families and relationships Families; Friendships; Stereotyping	Health and wellbeing Exercise and relaxation; Managing different emotions, setting goals; growth mindset; dental hygiene	Health and wellbeing Healthy lifestyle; exploring identity; Solving problems	Families and relationships Families and respect; Physical and emotional boundaries in friendships; Bullying; Manners; Bereavement		Economic wellbeing Feelings about money; keeping money safe; managing finances in secondary school; gambling; Careers
Sum 1	Building relationships: My family and friends Different beliefs and celebrations; characteristics of a good friend; listening to one another.	Health and wellbeing Managing feelings; Sleep, relaxation and wellbeing; hand washing and sun protection; allergic reactions; people in the	Safety and the changing body Safety: roads, medicines and online; secrets and surprises; naming body parts and privacy	Families and relationships Listening skills and non-verbal communication; Bullying; Trust; Stereotyping	Safety and the changing body Online safety; Puberty; Smoking; First Aid -Asthma	Citizenship The justice system; how parliament works; the role of pressure groups; rights and responsibilities; the impact of energy on the planet;	Health and wellbeing Diet, oral hygiene, physical activity; Immunisation. Rest and Relaxation; Resilience; Long term goals

Curriculum Long Term Plan

	Sharing & giving. Emotions & facial expressions. Predictions	community				contributing to the community	
Sum 2	Managing self: My wellbeing Exercise, meditation, balanced diet. <i>Discuss people who help us. Invite local heroes/people who help us into school.</i>	My Happy Mind	Economic wellbeing Financial literacy; wants and needs; Skills and talents; Inclusive environments.	Citizenship Children's rights; Rules and the roles of local community groups, charities and recycling; local democracy	My Happy Mind	Safety and the changing body Puberty, including menstruation; online safety; First aid - bleeding.	Families and relationships Conflict; Respect; Grief
Additional Content	Visits and visitors throughout the year. Mini police, NSPCC, Cheshire Fire and Rescue, Dentist etc.						