



# PSHE Long Term Plan 2021-2021(including RSE and HE)



	<u>Unit 1</u>	<u>Unit 2</u>	<u>Unit 3</u>	<u>Unit 4</u>	<u>Unit 5</u>	<u>Unit 6</u>
<b><u>Reception</u></b>	<b><u>Being Me In the World</u></b> Who... Me! How am I feeling today? Being at school. Gentle hands Our Rights Our Responsibilities.	<b><u>Celebrating Difference</u></b> What am I good at? I'm special.... I'm me! Families. Houses and homes. Making friends. Standing up for yourself.	<b><u>Dreams and goals</u></b> Challenge Never giving up. Setting a goal. Obstacles and support. Flight to the future. Footprints awards.	<b><u>Healthy Me</u></b> Everybody's body We like to move it ... move it. Food glorious food! Sweet Dreams Keeping clean Stanger danger	<b><u>Relationships</u></b> My family and me. Make friends, make friends, never ever break friends! Part 1 & 2 Falling Out and Bullying Part 1 & 2 Being the best friends we can be.	<b><u>Changing Me</u></b> My body Respecting my body Growing up Fun and fears 1 Fun and fears 2 Celebration
<b><u>Year 1</u></b>	<b><u>Being Me In the World</u></b> Special and safe My Class Rights and responsibilities Rewards and feeling proud Consequences Owing our Learning Charter	<b><u>Celebrating Difference</u></b> The same as.....? Different from .....? What is bullying? What do I do about bullying? Making new friends. Celebrating difference.. Celebrating me.	<b><u>Dreams and goals</u></b> My treasure chest of secrets. Steps to goals. Achieving Together Stretchy Learning. Overcoming Obstacles Celebrating my success.	<b><u>Healthy Me</u></b> Being Healthy Healthy Choices Clean and healthy Medicine safety Road Safety Healthy, Happy Me!	<b><u>Relationships</u></b> Families Making Friends Greetings People who help us Being my own best friend. Celebrating my special relationships.	<b><u>Changing Me</u></b> Life Cycles Changing Me. My Changing Body Learning and Growing Coping with Change.
<b><u>Year 2</u></b>	<b><u>Being Me In the World</u></b> Hopes and fears for the Year. Rights and responsibilities Rewards and Consequences. Our Learning Charter. Owing our Learning Charter	<b><u>Celebrating Difference</u></b> Boys and Girls Why does bullying happen? Standing up for myself and others. Making a new friend. Celebrating difference and still being friends.	<b><u>Dreams and goals</u></b> Goals to success My learning strengths Learning with Others A group challenge Continuing our group challenge. Celebrating our achievements.	<b><u>Healthy Me</u></b> Being healthy Being relaxed Medicine Safety Healthy Eating The Healthy ME Caf�.	<b><u>Relationships</u></b> Families. Keeping Safe -exploring physical contact. Friends and conflict. Secrets. Trust and Appreciation Celebrating my special relationships.	<b><u>Changing Me</u></b> Life Cycles in Nature Growing from old to young. The changing me. Assertiveness Looking Ahead.
<b><u>Year 3</u></b>	<b><u>Being Me In the World</u></b> Getting to know each other. Our nightmare school Our Dream school.	<b><u>Celebrating Difference</u></b> Families Family Conflict Witness and Feelings Witness and Solutions	<b><u>Dreams and goals</u></b> Dreams and Goals My Dreams and Ambitions A New Challenge Our New Challenge	<b><u>Healthy Me</u></b> Being Fit and Healthy What do I know about drugs? Being Safe Being Safe at Home	<b><u>Relationships</u></b> Family Roles and Responsibilities Friendship Keeping Myself Safe Being a Global Citizen 1	<b><u>Changing Me</u></b> How Babies Grow Babies Family Stereotypes Looking Ahead.

	Rewards and Consequences. Our Learning Charter. Owning our Learning Charter.	Words that harm. Celebrating Difference - compliments	Our new Challenge - overcoming obstacles. Celebrating my learning.	My Amazing body.	& 2 Celebrating my web of relationships	
<b><u>Year 4</u></b>	<b><u>Being Me In the World</u></b>  Becoming a class team. Being a school Citizen Rights, Responsibilities and Democracy. Rewards and Consequences. Our Learning Charter. Owning our Learning Charter.	<b><u>Celebrating Difference</u></b> Judging by appearance. Understanding influences. Understanding Bullying. Problem-Solving. Special Me. Celebrating difference: how we look.	<b><u>Dreams and goals</u></b> Hopes and dreams Broken dreams Overcoming disappointment Creating New Dreams Achieving Goals We did it!	<b><u>Healthy Me</u></b> My friends and me. Group Dynamics Smoking Alcohol Healthy Friendships Celebrating my inner strength and assertiveness.	<b><u>Relationships</u></b> Relationship Web Love and Loss Memories Are animals special? Special Pets Celebrating my relationships with people and animals.	<b><u>Changing Me</u></b> Unique me Circles of Change Accepting Change Looking Ahead
<b><u>Year 5</u></b>	<b><u>Being Me In the World</u></b>  My year ahead Being me in Britain Year 5 Responsibilities Rewards and Consequences Our Learning Charter Owning our Learning Charter.	<b><u>Celebrating Difference</u></b> Different cultures Racism Rumours and Name-calling Types of Bullying Does money matter? Celebrating Difference across the world.	<b><u>Dreams and goals</u></b> When I grow up ( My Dream Lifestyle) Investigate jobs and careers My dream job. Why I want it and the steps to get there. Dreams and goals of young people in other cultures. How can we support each other? Rallying support.	<b><u>Healthy Me</u></b> Smoking Alcohol Emergency Aid Body Image My relationship with food. Healthy Me.	<b><u>Relationships</u></b> Recognising Me Getting on and falling out. Girlfriends and Boyfriends. Relationships and Technology.	<b><u>Changing Me</u></b> Self and Body Image Puberty for girls. Puberty for boys Looking ahead Looking ahead to Year 6.
<b><u>Year 6</u></b>	<b><u>Being Me In the World</u></b> My year ahead. Being a Global Citizen 1 Being a Global Citizen 2 The Learning Charter Our Learning Charter Owning our learning Charter	<b><u>Celebrating Difference</u></b> Am I normal? Understanding Disability Power struggles Why Bully Celebrating differences Celebrating Difference	<b><u>Dreams and goals</u></b> Personal learning goals Steps to success My dream for the world Helping to make a difference. Recognising our achievements.	<b><u>Healthy Me</u></b> Food Drugs Alcohol Emergency Aid Emotional and Mental Health. Managing stress	<b><u>Relationships</u></b> My Relationship Web Love and Loss 1 Love and Loss 2 Power and Control Being safe with Technology 1 Being Safe with technology 2	<b><u>Changing Me</u></b> My self-image Puberty Girl talk / Boy talk Attraction Transition to Secondary School

At Lowton West Primary School, **Changing adolescent body (Health Education) Statement** -Pupils should know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. Children should know about menstrual wellbeing including the key facts about the menstrual cycle. This will be taught at Years 5 and Year 6 (Upper Key Stage 2).

## Lowton West Weekly Celebration Themes linking with our Jigsaw Lessons

<u>Weekly Celebrations</u>	<u>Unit 1</u>	<u>Unit 2</u>	<u>Unit 3</u>	<u>Unit 4</u>	<u>Unit 5</u>	<u>Unit 6</u>
Merit Themes to match PSHE lessons in class	<p><b><u>Being Me In the World</u></b></p> <p>Help others to feel welcome            Try to make our school a better community.            Think about everyone's right to learn.            Care about other people's feelings.            Work well with others            Choose to follow the Learning Charter.</p>	<p><b><u>Celebrating Difference</u></b></p> <p>Accept that everyone is different.            Include others when working and playing.            Know how to help if someone is being bullied.            Try to solve problems.            Try to use kind words.            Know how to give and receive compliments.</p>	<p><b><u>Dreams and goals</u></b></p> <p>Stay motivated when doing something challenging.            Keep trying even when it is difficult.            Work well with a partner or within a group.            Have a positive attitude.            Help others to achieve their dreams.            Are working hard to achieve their own dreams and goals.</p>	<p><b><u>Healthy Me</u></b></p> <p>Have made a healthy choice.            Have eaten a healthy balanced diet.            Have been physically active.            Have tried to keep themselves and others safe.            Know how to be a good friend and enjoy healthy relationships.            Know how to keep calm and deal with difficult situations.</p>	<p><b><u>Relationships</u></b></p> <p>Know how to make friends.            Try to solve friendship problems when they occur.            Help others to feel part of a group.            Show respect in how they treat others.            Know how to help themselves or others when they feel upset or hurt.            Know and show what makes a good relationship.</p>	<p><b><u>Changing Me</u></b></p> <p>Understand everyone is special and unique.            Can express how they feel when it happens            Understand and respect the changes they see in themselves            Understand and respect the changes they see in others            Know how to ask for help if they are worried about a change.            Are looking forward to change.</p>