



Personal Social Health Education Long Term Plan

Year A
2022-23

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My Relationships	Valuing Differences	Keeping Myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing
Robins and Swallows	<ul style="list-style-type: none"> •All About Me (R) •What Makes Me Special (R) •Why we have classroom rules (Y1) •Thinking about feelings (Y1) •Our ideal classroom (1) (Y2) 	<ul style="list-style-type: none"> •I’m special, you’re special (R) •Same and different (R) •Same OR different? (Y1) •Unkind, tease or bully? (Y1) •What makes us who we are? (Y2) 	<ul style="list-style-type: none"> •What’s safe to go onto my body (R) •Keeping myself safe: What’s safe to go into my body (including medicines) (R) •Healthy me (Y1) •Super sleep (Y1) •Harold’s picnic 	<ul style="list-style-type: none"> •Looking after my special people (R) •Looking after Friends (R) •Being helpful at home and caring for our classroom (R) •Harold’s wash & brush up (Y1) •Around and about 	<ul style="list-style-type: none"> •Bouncing back when things go wrong (R) •Yes I can (R) •I can eat a rainbow (Y1) •Eat well (Y1) •You can do it! (Y2) <p>First aid training</p>	<ul style="list-style-type: none"> •Seasons (R) •Life stages – plants, animals, humans (P1) •Inside my wonderful body (Y1) •Taking care of a baby (Y1) •A helping hand (Y2)

			(Y2)	the school (Y1) •Getting on with others (Y2)		
Kingfishers and Owls	<ul style="list-style-type: none"> •As a rule (Y3) •My special pet (Y3) •An email from Harold! (Y4) •Ok or not ok? (parts 1 + 2) (Y4) •Under pressure (Y4) •Collaboration Challenge! (Y5) •Give and take (Y5) 	<ul style="list-style-type: none"> •Family and friends (Y3) •My community (Y3) •Can you sort it? (Y4) •That is such a stereotype! (Y4) •Qualities of friendship (Y5) •Kind conversations (Y5) 	<ul style="list-style-type: none"> •Safe or unsafe? (Y3) •Danger or risk? (Y3) •The Risk Robot (Y3) •Danger, risk or hazard? (Y4) •Picture Wise (Y4) •Raisin challenge (2) (Y4) •'Thinking' about habits (Y5) •Jay's dilemma (Y5) •Spot bullying (Y5) 	<ul style="list-style-type: none"> •Our helpful volunteers (Y3) •Helping each other to stay safe (Y3) •Who helps us stay healthy and safe? (Y4) •It's your right (Y4) •Why pay taxes? (Y4) •What's the story? (Y5) •Fact or opinion? (Y5) 	<ul style="list-style-type: none"> •Derek cooks dinner! (healthy eating) (Y3) •Poorly Harold (Y3) •What makes me ME! (Y4) •Making choices (formerly Ed6 Learns to be human) (Y4) •Basic first aid (Y4) •It all adds up! (Y5) <p>First aid training</p>	<p>Puberty talk - Tuesday 11th July 2023</p> <ul style="list-style-type: none"> •Relationship Tree (Y3) •Body space (Y3) •Moving house (Y4) •Together (Y4) •How are they feeling? (Y5) •Taking notice of our feelings (Y5) •Dear Hetty (Y5)
Eagles	<p>Working together</p> <p>Solve the friendship problem</p> <p>Assertiveness skills</p> <p>Behave yourself</p> <p>Don't force me</p> <p>Acting appropriately</p>	<p>OK to be different</p> <p>We have more in common than not</p> <p>Respecting differences</p> <p>Tolerance and respect for others</p>	<p>Think before you click!</p> <p>Traffic lights</p> <p>To share or not to share?</p> <p>Rat Park</p> <p>What sort of drug is...?</p>	<p>Two sides to every story</p> <p>Facebook friends</p> <p>What's it worth?</p> <p>Happy shoppers</p> <p>Democracy in Britain 1 - Elections</p>	<p>Five Ways to Wellbeing project</p> <p>This will be your life!</p> <p>Our recommendations</p> <p>What's the risks? (1)</p> <p>What's the risks? (2)</p>	<p>Puberty talk - Tuesday 11th July 2023</p> <p>Helpful or unhelpful? Managing change</p> <p>I look great!</p> <p>Media manipulation</p>

	It's a puzzle	Advertising friendships! Boys will be boys? - challenging gender stereotypes.	Drugs: it's the law! Alcohol: what is normal?	Democracy in Britain 2 - How (most) laws are made.	First aid training	Pressure online Is this normal? Dear Ash Making babies
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Year B
2023-24

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My Relationships	Valuing Differences	Keeping Myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing
Robins and Swallows	<ul style="list-style-type: none"> •Me and my special people (R) •Who can help me? (R) •Our Feelings (Y1) •Feelings & Bodies (Y1) •Our Special People balloons (Y1) •Bullying or teasing? (Y2) 	<ul style="list-style-type: none"> •Same and different families (R) •Same and different homes (R) •Harold's school rules (Y1) •Who are our special people? (Y1) •My Special People (Y2) 	<ul style="list-style-type: none"> •Safe indoors and outdoors (R) •Listening to my feelings (1) (R) •Who can help? (1) (R) •Harold loses Geoffrey (Y1) •What should Harold say? (Y2) 	<ul style="list-style-type: none"> •Looking after money (1): recognizing using, spending (R) •Taking care of something (Y1) •Harold's money (Y1) •When I feel like erupting (Y2) 	<ul style="list-style-type: none"> •Healthy eating (R) •Healthy eating (2) (R) •Harold has a bad day (Y1) •Pass on the praise (Y1) •Harold's bathroom (Y2) First aid training 	<ul style="list-style-type: none"> •Life stages – Human life stage. Who will I be? (R) •Where do babies come from? (R) •Then and now (Y1) •Who can help? (2) (Y1) •Sam moves away (Y2)
Kingfishers and Owls	<ul style="list-style-type: none"> •Tangram team challenge (Y3) •Looking after our special people (Y3) •How can we solve this problem? (Y3) •Human machines (Y4) •Different feelings (Y4) 	<ul style="list-style-type: none"> •Respect and challenge (Y3) •Our friends and neighbours (Y3) •Islands (Y4) •Friend or acquaintance? (Y4) •Happy being me (Y5) •The land of the 	<ul style="list-style-type: none"> •Alcohol and cigarettes: the facts (Y3) •Super Searcher (Y3) •How dare you! (Y4) •Medicines: check the label (Y4) •Ella's diary 	<ul style="list-style-type: none"> •Recount task (Y3) •Harold's environment project (Y3) •How do we make a difference? (Y4) •In the news! (Y4) •Rights, responsibilities and duties (Y5) 	<ul style="list-style-type: none"> •For or against? (Y3) •I am fantastic! (Y3) •Getting on with your nerves! (Y3) •SCARF Hotel (Y4) •Different skills (Y5) •My school 	<ul style="list-style-type: none"> Puberty talk - •Secret or surprise? (Y3) •My feelings are all over the place! (Y4) •All change! (Y4) •Changing bodies and feelings (Y5) •Growing up and

	<ul style="list-style-type: none"> •How good a friend are you? (Y5) •Relationship cake recipe (Y5) •Being assertive (Y5) 	Red People (Y5)	dilemma (Y5) <ul style="list-style-type: none"> •Decision dilemmas (Y5) •Play, like, share (Y5) 	•Mo makes a difference (Y5)	community (2) (Y5) <ul style="list-style-type: none"> •Independence and responsibility (Y5) First aid training	changing bodies (Y5) <ul style="list-style-type: none"> •It could happen to anyone (Y5)
Eagles	Working together Solve the friendship problem Assertiveness skills Behave yourself Don't force me Acting appropriately It's a puzzle	OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? - challenging gender stereotypes.	Think before you click! Traffic lights To share or not to share? Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal?	Two sides to every story Fakebook friends What's it worth? Happy shoppers Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made.	Five Ways to Wellbeing project This will be your life! Our recommendations What's the risks? (1) What's the risks? (2) First aid training	Puberty talk - Helpful or unhelpful? Managing change I look great! Media manipulation Pressure online Is this normal? Dear Ash Making babies

Year C
2024-25

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My Relationships	Valuing Differences	Keeping Myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing
Robins and Swallows	<ul style="list-style-type: none"> •My Feelings (R) •My Feelings (2) (R) •Good friends (Y1) •How are you listening? (Y1) •Types of bullying (Y2) 	<ul style="list-style-type: none"> •Kind and caring (1) (R) •Kind and caring (2) (R) •It's not fair! (Y1) •An act of kindness (Y2) 	<ul style="list-style-type: none"> •Keeping safe online (R) •People who help to keep me safe (R) •What could Harold do? (Y1) •Good or bad touches? (Y1) •Fun or not? (Y2) 	<ul style="list-style-type: none"> •Caring for our world (R) •Looking after money (2): Saving money and keeping it safe (R) •How should we look after our money? (Y1) •Harold saves for something special (Y2) 	<ul style="list-style-type: none"> •Move your body (R) •A good night's sleep (R) •Harold learns to ride his bike (Y1) •Catch it! Bin it! Kill it! (Y1) •Basic 1st Aid (Y1) •My body needs... (Y2) <p>First aid training</p>	<ul style="list-style-type: none"> •Getting bigger (R) •Me and my body – Girls and Boys (R) •Surprises and secrets (Y1) •Keeping privates private (Y1) •Haven't you grown! (Y2)
Kingfishers and Owls	<ul style="list-style-type: none"> •Dan's Dare (Y3) •Thunks (Y3) •Friends are special (Y3) •When feelings change (Y4) •Our emotional needs (Y5) 	<ul style="list-style-type: none"> •Let's celebrate our differences (Y3) •Zeb (Y3) •What would I do? (Y4) •The people we share our world with (Y4) 	<ul style="list-style-type: none"> •None of your business! (Y3) •Raisin challenge (1) (Y3) •Help or harm? (Y3) •Know the norms (formerly Tell Ed6) 	<ul style="list-style-type: none"> •Can Harold afford it? (Y3) •Earning money (Y3) •Safety in numbers (Y4) •Logo quiz (Y4) •Harold's expenses 	<ul style="list-style-type: none"> •Body team work (Y3) •Top talents (Y3) •Harold's Seven Rs (Y4) •My school community (1) (Y4) •Star qualities? 	<p>Puberty talk -</p> <ul style="list-style-type: none"> •My changing body (Y3) •Basic first aid (Y3) •Period positive (Y4) •Secret or

	<ul style="list-style-type: none"> •Communication (Y5) 	<ul style="list-style-type: none"> •Is it true? (Y5) •It could happen to anyone (Y5) 	(Y4) <ul style="list-style-type: none"> •Keeping ourselves safe (Y4) •Drugs: true or false? (Y5) •Smoking: what is normal? (Y5) •Would you risk it? (Y5) 	(Y4) <ul style="list-style-type: none"> •Spending wisely (Y5) •Lend us a fiver! (Y5) •Local councils (Y5) 	(Y5) <ul style="list-style-type: none"> •Basic first aid (Y5) First aid training	surprise? (Y4) <ul style="list-style-type: none"> •Help! I'm a teenager - get me out of here! (Y5) •Dear Ash (Y5) •Stop, start, stereotypes (Y5)
Eagles	Working together Solve the friendship problem Assertiveness skills Behave yourself Don't force me Acting appropriately It's a puzzle	OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? - challenging gender stereotypes.	Think before you click! Traffic lights To share or not to share? Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal?	Two sides to every story Facebook friends What's it worth? Happy shoppers Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made.	Five Ways to Wellbeing project This will be your life! Our recommendations What's the risks? (1) What's the risks? (2) First aid training	Puberty talk - Helpful or unhelpful? Managing change I look great! Media manipulation Pressure online Is this normal? Dear Ash Making babies

