



Personal Social Health Education Long Term Plan (2021-2023)

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Robins</u> <u>(Class One)</u> Year Reception Year One</p>	<p>Me and My Relationships All about me Why we have classroom rules What makes me special Me and my Special People Our Special People Balloons My feelings Good friends How are you listening?</p>	<p>Valuing Difference I am special, you're special Same or different Kind and caring lessons 1&2</p>	<p>Keeping Myself Safe What's safe to go into my body? What could Harold do? Safe indoors and outdoors Harold loses Geoffrey Good or bad touches Keeping Safe online</p>	<p>Rights and Responsibilities Looking after my friends Being helpful at home and caring for our classroom Looking after money lesson 1 and 2 Harolds wash and brush up</p>	<p>Being my Best Bouncing back when things go wrong I can eat a rainbow Catch it, bin it, kill it A good night's sleep Move your body</p>	<p>Growing and Changing Seasons Inside my wonderful body Taking care of a baby Then and Now Me and My body girls and boys</p>

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Robins</u> (Class One) Year Reception Year One</p>	<p>Me and My Relationships All about me Why we have classroom rules Our Feelings Feelings and bodies Me and my special people Who can help me How are you listening</p>	<p>Valuing Difference Same and different Same and different families Same and different homes Who are our special people? Unkind, tease or bully It's not fair</p>	<p>Keeping Myself Safe What's safe to go into my body including medicines Super Sleep Safe indoors and outdoors Good or bad touches Keeping safe online Who can help lesson 1</p>	<p>Rights and Responsibilities Looking after my special people Around and about the school Caring for our world Looking after money lesson 1 and 2 Basic first aid</p>	<p>Being my Best Yes I can! Healthy Eating lessons 1 & 2 Catch it, bin it, kill it Pass on the praise Harold has a bad day</p>	<p>Growing and Changing Life stages- plants, animals and humans Where do babies come from Getting bigger Surprises and secrets Keeping privates private Who can help 2</p>

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Swallows</u> (Class Two) Year 1 Year 2</p>	<p>Me and My Relationships Our ideal classroom (lessons 1 & 2) Good friends Our special people balloons. Thinking about feelings Bullying or teasing? Don't do that!</p>	<p>Valuing Difference Harold's school rules Same or different? My special people When someone is feeling left out An act of kindness Solve the problem</p>	<p>Keeping Myself Safe What could Harold do? How safe would you feel? Harold loses Geoffrey Good or bad touches Fun or not? Should I tell? Some secrets should never be kept</p>	<p>Rights and Responsibilities When I feel like erupting Feeling safe Around and about the school Harold saves for something special Harold's wash and brush up Playing games</p>	<p>Being my Best Harold learns to ride his bike My day I can eat a rainbow Catch it, bin it, kill it My body needs... What does my body do?</p>	<p>Growing and Changing Inside my wonderful body Taking care of a baby Then and Now My body, your body Respecting privacy</p>

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Swallows</u> <u>(Class Two)</u></p> <p>Year 1 Year 2</p>	<p>Me and My Relationships Why we have classroom rules Our Feelings Feelings and bodies Types of bullying Being a good friend Let's all be happy!</p>	<p>Valuing Difference What makes us who we are? How do we make others feel? My special people Who are our special people? Unkind, tease or bully? It's not fair</p>	<p>Keeping Myself Safe Harold's picnic Super Sleep What should Harold say? I don't like that! Who can help Sharing pictures</p>	<p>Rights and Responsibilities Getting on with others How can we look after our environment? How should we look after our money? Harold goes camping</p>	<p>Being my Best You can do it Pass on the praise Harold has a bad day Harold's postcard - helping us to keep clean and healthy Harold's bathroom My body needs... What does my body do?</p>	<p>Growing and Changing A helping hand Sam moves away Haven't you grown! Surprises and secrets Keeping privates private Who can help</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Kingfishers</u> <u>(Class Three)</u></p> <p>Year 3 Year 4 CYCLE A</p>	<p>Me and My Relationships As a rule My special pet Tangram team challenge Looking after our special people An email from Harold</p>	<p>Valuing Difference Family and friends My community Respect and challenge Can you sort it? Islands Friend or acquaintance?</p>	<p>Keeping Myself Safe Safe or unsafe? Danger or risk? The Risk Robot Alcohol and cigarettes: the facts Danger, risk or hazard? Picture Wise</p>	<p>Rights and Responsibilities Our helpful volunteers Helping each other to stay safe Recount task Who helps us stay healthy and safe? It's your right</p>	<p>Being my Best Derek cook dinner (healthy eating) Poorly Harold For or against? What makes me ME! Making choices SCARF Hotel</p>	<p>Growing and Changing Relationship Tree Body space Secret or surprise? Moving house My feelings are all over the place!</p>

	<p>Ok or not ok? (part 1)</p> <p>Ok or not ok? (part 2)</p>		<p>How dare you!</p>	<p>How do we make a difference?</p> <p>In the news!</p>		<p>All change!</p>
<p>Kingfishers (Class Three) Year 3 Year 4 CYCLE B</p>	<p>Me and My Relationships</p> <p>How can we solve this problem?</p> <p>Dan's dare</p> <p>Thinks</p> <p>Friends are special</p> <p>Human machines</p> <p>Different feelings</p> <p>When feelings change</p> <p>Under pressure</p>	<p>Valuing Difference</p> <p>Our friends and neighbours</p> <p>Let's celebrate our differences</p> <p>Zeb</p> <p>What would I do?</p> <p>The people we share our world with</p> <p>This is such a stereotype!</p>	<p>Keeping Myself Safe</p> <p>Super searcher</p> <p>None of your business!</p> <p>Raisin challenge (1)</p> <p>Help or harm?</p> <p>Medicines: check the label!</p> <p>Know the norms</p> <p>Keeping ourselves safe</p> <p>Raisin challenge (2)</p>	<p>Rights and Responsibilities</p> <p>Harold's environmental project</p> <p>Can Harold afford it?</p> <p>Earning money</p> <p>Safety in numbers</p> <p>Logo quiz</p> <p>Harold's expenses</p> <p>Why pay taxes?</p>	<p>Being my Best</p> <p>I am fantastic!</p> <p>Getting on with your nerves!</p> <p>Body teamwork</p> <p>Top talents</p> <p>Harold's Seven Rs</p> <p>My school community (1)</p>	<p>Growing and Changing</p> <p>My changing body</p> <p>Preparing for periods (formerly Period positive)</p> <p>Secret or surprise?</p> <p>Together</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Owls (Class Four) Year 4 Year 5 CYCLE A</p>	<p>Me and My Relationships</p> <p>An email from Harold</p> <p>Ok or not ok? (part 1)</p> <p>Ok or not ok? (part 2)</p> <p>Relationship cake recipe</p> <p>Being assertive</p> <p>Our emotional needs</p> <p>Communication</p>	<p>Valuing Difference</p> <p>Can you sort it?</p> <p>Islands</p> <p>Friend or acquaintance?</p> <p>The land of the Red People</p> <p>Is it true?</p> <p>It could happen to anyone</p>	<p>Keeping Myself Safe</p> <p>Danger, risk or hazard?</p> <p>Picture Wise</p> <p>How dare you!</p> <p>Thinking about habits</p> <p>Jay's dilemma</p> <p>Spot bullying</p> <p>Ella's diary dilemma</p> <p>Decision dilemma</p>	<p>Rights and Responsibilities</p> <p>Who helps us stay healthy and safe?</p> <p>It's your right</p> <p>How do we make a difference?</p> <p>In the news!</p> <p>What's the story?</p> <p>Fact or opinion?</p> <p>Rights, responsibilities and duties</p>	<p>Being my Best</p> <p>What makes me ME!</p> <p>Making choices</p> <p>SCARF Hotel</p> <p>Getting fit</p> <p>It all adds up!</p> <p>Different skills</p> <p>My school community (1)</p>	<p>Growing and Changing</p> <p>Moving house</p> <p>My feelings are all over the place!</p> <p>All change!</p> <p>Growing up and changing bodies</p> <p>Help! I'm a teenager - get me out of here!</p> <p>Dear Ash</p> <p>Stop, start, stereotypes</p>
<p>Owls (Class Four) Year 4 Year 5</p>	<p>Me and My Relationships</p> <p>Human machines</p> <p>Different feelings</p>	<p>Valuing Difference</p> <p>What would I do?</p> <p>The people we share our world with</p>	<p>Keeping Myself Safe</p> <p>Medicines: check the label!</p> <p>Know the norms</p>	<p>Rights and Responsibilities</p> <p>Safety in numbers</p> <p>Logo quiz</p>	<p>Being my Best</p> <p>Harold's Seven Rs</p> <p>My school community (1)</p>	<p>Growing and Changing</p> <p>Preparing for periods (formerly Period positive)</p>

CYCLE B	When feelings change	This is such a stereotype!	Keeping ourselves safe	Harold's expenses	Independence and responsibility	Secret or surprise?
	Under pressure	Qualities of friendship	Raisin challenge (2)	Why pay taxes?		Together
	Collaboration Challenge!	Kind conversations	Play, like, share	Mo makes a difference	Star qualities	How are we feeling?
	Give and take	Happy being me	Drugs: true or false?	Spending wisely		Taking notice of our feelings
	How good a friend are you?		Smoking: what is normal?	Lend us a fiver!		Dear Hetty
			Would you risk it?	Local councils		Changing bodies and feelings

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Eagles (Class Five) Year 6 EVERY YEAR	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing
	Working together	OK to be different	Think before you click!	Two sides to every story	Five Ways to Wellbeing project	Helpful or unhelpful?
	Let's negotiate	We have more in common than not	Traffic lights	Fakebook friends	This will be your life!	Managing change
	Solve the friendship problem	Respecting differences	To share or not to share?	What's it worth?	Our recommendations	I look great!
	Assertiveness skills (formerly Behave yourself - 2)	Tolerance and respect for others	Rat Park	Jobs and taxes	What's the risks? (1)	Media manipulation
			What sort of drug is...?	Action stations!	What's the risks? (2)	Pressure online

	<p>Behave yourself</p> <p>Dan's day</p> <p>Don't force me</p> <p>Acting appropriately</p> <p>It's a puzzle</p>	<p>Advertising friendships!</p> <p>Boys will be boys? - challenging gender stereotypes.</p>	<p>Drugs: it's the law!</p> <p>Alcohol: what is normal?</p> <p>Joe's story (part 1)</p> <p>Joe's story (part 2)</p>	<p>Project Pitch (parts 1 & 2)</p> <p>Happy shoppers</p> <p>Democracy in Britain 1 - Elections</p> <p>Democracy in Britain 2 - How (most) laws are made.</p>		<p>Is this normal?</p> <p>Dear Ash</p> <p>Making babies</p> <p>What is HIV?</p>
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