



## PSHE/SMSC overview 2023-2024: Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Notes
EYFS	<b>Me and My Relationships</b> All about me What makes me special Who can help me? My feelings My feelings (2)	<b>Valuing Difference</b> I'm special, you're special Same and different Same and different families Same and different homes I am caring I am a friend	<b>Keeping Safe</b> What's safe to go onto my body Keeping myself safe Safe indoors and outdoors Listening to my feelings Keeping safe online People who help keep me safe	<b>Rights and Respect</b> Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money 1 and 2	<b>Being my Best</b> Bouncing back when things go wrong Yes, I can Healthy eating My healthy mind Move your body A good night's sleep	<b>Growing and Changing</b> Seasons Life stages – plants, animals, humans Life stages - human life stage Where do babies come from? Getting bigger Me and my body	
Year 1	<b>Me and My Relationships</b> Why we have classroom rules How are you listening? Thinking about feelings Our feelings Feelings and bodies Good friends	<b>Valuing Difference</b> Same or different? Unkind, tease or bully? Harold's school rules It's not fair! Who are our special people? Our special people balloons	<b>Keeping Safe</b> Super sleep Who can help? (1) Good or bad touches? Sharing pictures What could Harold do? Harold loses Geoffrey	<b>Rights and Respect</b> Harold has a bad day Around and about the school Taking care of something Harold's money How should we look after our money? Basic first aid	<b>Being my Best</b> I can eat a rainbow Eat well Harold's wash and brush up Catch it! Bin it! Kill it! Harold learns to ride his bike Pass on the praise!	<b>Growing and Changing</b> Healthy me Then and now Taking care of a baby Who can help? (2) Surprises and secrets Keeping privates private	

Year 2	<b>Me and My Relationships</b> Our ideal classroom How are you feeling today? Let's all be happy! Being a good friend Types of bullying Don't do that!	<b>Valuing Difference</b> What makes us who we are? My special people How do we make others feel? When someone is feeling left out An act of kindness Solve the problem	<b>Keeping Safe</b> Harold's picnic How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell?	<b>Rights and Respect</b> Getting on with others When I feel like erupting Feeling safe Playing games Harold saves for something special How can we look after our environment	<b>Being my Best</b> You can do it! My day Harold's postcard - helping us to keep clean and healthy Harold's bathroom What does my body do? Basic first aid	<b>Growing and Changing</b> A helping hand Sam moves away Haven't you grown! My body, your body Respecting privacy Some secrets should never be kept	
Year 3	<b>Me and My Relationships</b> As a rule Looking after our special people How can we solve this problem? Friends are special Thunks Dan's dare	<b>Valuing Difference</b> Respect and challenge Family and friends My community Our friends and neighbours Let's celebrate our differences Zeb	<b>Keeping Safe</b> Safe or unsafe? Danger or risk? The Risk robot Super Searcher Help or harm? Alcohol and cigarettes: the facts	<b>Rights and Respect</b> Helping each other to stay safe Recount task Our helpful volunteers Can Harold afford it? Earning money Harold's environment project	<b>Being my Best</b> Derek cooks dinner! (healthy eating) Poorly Harold Body team work For or against? I am fantastic! Top talents	<b>Growing and Changing</b> Relationship tree Body space None of your business! Secret or surprise? My changing body Basic first aid	
Year 4	<b>Me and My Relationships</b> Human machines Ok or not ok? (part 1) Ok or not ok? (part 2) An email from Harold! Different feelings Under pressure	<b>Valuing Difference</b> Can you sort it? What would I do? The people we share our world with That is such a stereotype! Friend or acquaintance? Islands	<b>Keeping Safe</b> Danger, risk or hazard? How dare you! Keeping ourselves safe Raisin challenge (2) Picture wise Medicines: check the label	<b>Rights and Respect</b> Who helps us stay healthy and safe? It's your right How do we make a difference? In the news! Safety in numbers Why pay taxes?	<b>Being my Best</b> What makes me ME! Making choices SCARF hotel Harold's Seven Rs My school community (1) Basic first aid	<b>Growing and Changing</b> Moving house My feelings are all over the place! All change! Preparing for changes at puberty Secret or surprise? Together	

Year 5	<b>Me and My Relationships</b> Collaboration challenge Give and take How good a friend are you? Relationship cake recipe Our emotional needs Being assertive	<b>Valuing Difference</b> Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true? Stop, start, stereotypes	<b>Keeping Safe</b> Spot bullying Play, like, share Decision dilemmas Ella's diary dilemma Vaping: healthy or unhealthy? Would you risk it?	<b>Rights and Respect</b> What's the story? Fact or opinion? Mo makes a difference Rights, respect and duties Spending wisely Lend us a fiver!	<b>Being my Best</b> It all adds up! Different skills My school community (2) Independence and responsibility Star qualities? Basic first aid, including Sepsis Awareness	<b>Growing and Changing</b> How are they feeling? Taking notice of our feelings Dear Ash Growing up and changing bodies Changing bodies and feelings Help! I'm a teenager - get me out of here!	
Year 6	<b>Me and My Relationships</b> Working together Solve the friendship problem Behave yourself Assertiveness skills (formerly Behave yourself - 2) Don't force me Acting appropriately	<b>Valuing Difference</b> 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	<b>Keeping Safe</b> Think before you click! To share or not to share? Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal?	<b>Rights and Respect</b> Two sides to every story Fakebook friends What's it worth? Happy shoppers – caring for the environment Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made	<b>Being my Best</b> This will be your life! Our recommendations What's the risk? (1) What's the risk? (2) Basic first aid, including Sepsis Awareness Five Ways to Wellbeing project	<b>Growing and Changing</b> I look great! Media manipulation Pressure online Helpful or unhelpful? Managing change Is this normal? Making babies	

**Main points:**

- Each year group to cover 1 unit each half term which is split in to 6 lessons.
- Key language – Intentions, Skills, Assessment Questions
- Year 1-6 Pre and Post Unit Assessment to be carried out to gain children's knowledge and understanding – post unit assessment to be completed in a different colour.
- For some units there are optional lessons if you need additional lessons or want to substitute any.