



# Longsight Community Primary School

## PSHE Long Term Plan

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Self Regulation</b>					
<b>Reception</b>	<p>Throughout the year, work towards simple self regulation goals, being able to wait to wait for what they want and control their immediate impulses when appropriate.</p> <p>Give focused attention to what the teacher and other staff say, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>* Controlling own feeling and behaviours. * Able to concentrate on a task * Applying personalised strategies to return to a state of calm. * Able to ignore distractions.</p> <p>* Thinking before acting. * Able to curb impulsive behaviours. * Behaving in ways that are socially acceptable. * The ability to persist and persevere.</p>					
	<b>Managing Self</b>					
	<p>New beginnings, being me in my world.</p> <p>Seeing themselves as a valuable individual.</p> <p>Class rules and routines.</p> <p>Supporting children to build relationships.</p>	<p>Thinking about how to deal with a range of emotions.</p> <p>Building self – confidence.</p> <p>Build constructive and respectful relationships.</p> <p>Explain to others how they thought about a problem or an</p>	<p>Learning about qualities and differences, celebrating differences.</p> <p>Be able to identify and moderate own feelings socially and emotionally.</p> <p>Encourage them to think about their own feelings and those of others by giving</p>	<p>What makes a good friend? Making healthy choices.</p> <p>How can we take care of our environment and other living things?</p> <p>Strategies for staying calm in the face of frustration.</p>	<p>The importance of dreams, goals and effort.</p> <p>Show resilience and perseverance in the face of challenge.</p> <p>Why appropriate behaviour makes a good school environment.</p>	<p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and</p>

		emotion and how they dealt with it.	explicit examples of how others might feel in particular scenarios.	Why we take turns, wait politely, tidy up after ourselves, etc.		understanding the importance of healthy food choices.
<b>Building Relationships</b>						
	Throughout the year, work towards forming warm and positive relationships with staff and their peers. Begin to understand how relationships are formed and maintained. Begin to show an ability to show sensitivity to other's needs. Various types of play activities to provide the background for children to understand turn taking and working cooperatively.					
<b>Year 1</b>	<b>Living in the wider world</b>	<b>Healthy lifestyles</b>	<b>Relationships and sex education</b>	<b>Keeping safe</b>	<b>Living in the wider world</b>	<b>Mental and emotional health</b>
<b>Objectives</b>	What are class rules? (British Values) <b>PS1m</b>	What foods should I eat? <b>PS1j</b> How can I look after my teeth? <b>PS1k</b> Why is important to wash my hands? <b>PS1</b>	Who are the people in my life that love and care for me? <b>PS1a</b> What are the differences and similarities between people <b>PS1b</b> What are the similarities between boys and girls? <b>PS1c</b>	What are the rules keeping me safe at school and outside? <b>PS1g</b> What are rules about household substances? <b>PS1h</b> What is an emergency and what do I do? <b>PS1i</b>	Where does our money come from? <b>PS1n</b> What is the environment? <b>PS1o</b>	What makes me happy? What are feelings? <b>PS1d</b> What is the difference between good and bad secrets? <b>PS1e</b> How does my behaviour affect others? <b>PS1f</b>
<b>Year 2</b>	<b>Living in the wider world</b>	<b>Healthy lifestyles</b>	<b>Relationships and sex education</b>	<b>Keeping safe</b>	<b>Living in the wider world</b>	<b>Mental and emotional health</b>
<b>Objectives</b>	What groups and communities am I a part of? <b>PS2m</b>	How do I keep myself healthy? <b>PS2j</b> Why is it important to keep active? <b>PS2k</b> How can I stop diseases spreading? <b>PS2l</b>	What is private? (Body parts) <b>PS2a</b> What happens when the body grows? (young to old) <b>PS2b</b> What is fair/unfair, kind/unkind? (friendships) <b>PS2c</b>	What is private? (Body parts) <b>PS2a</b> What happens when the body grows? (young to old) <b>PS2b</b> What is fair/unfair, kind/unkind? (friendships) <b>PS2c</b>	How do we make choices about spending money? <b>PS2n</b> How can we look after the environment? <b>PS2o</b>	What is the difference between small and big feelings? <b>PS2d</b> How can I keep safe online? <b>PS2e</b> What makes others happy? What is the difference between joking, teasing and bullying? <b>PS2f</b>
<b>Year 3</b>	<b>Living in the wider world</b>	<b>Healthy lifestyles</b>	<b>Relationships and sex education</b>	<b>Keeping safe</b>	<b>Living in the wider world</b>	<b>Mental and emotional health</b>
<b>Objectives</b>	What is the difference between my local British communities and	How do I keep safe in the sun? <b>PS3j</b>	That is personal space? <b>PS3a</b>	What happens when I breathe in second hand smoke? <b>PS3g</b>	What are the links between work and money? <b>PS3o</b>	How do my feelings affect my behaviour? <b>PS3d</b>

	global communities? <b>PS3n</b> How do rules and law protect me? <b>PS3m</b>	What is a healthy/unhealthy diet? <b>PS3k</b> Why is personal hygiene important? <b>PS3l</b>	What does a healthy relationship look like? <b>PS3b</b> Why is being equal important in relationships? <b>PS3c</b>	How do I recognize risks in my life? <b>PS3h</b> What do I do in an emergency? <b>PS3i</b>		What are the ways we are communicating online? <b>PS3e</b> What am I good at? <b>PS3f</b>
<b>Year 4</b>	<b>Living in the wider world</b>	<b>Healthy lifestyles</b>	<b>Relationships and sex education</b>	<b>Keeping safe</b>	<b>Living in the wider world</b>	<b>Mental and emotional health</b>
<b>Objectives</b>	What are the rights of the child? <b>PS4m</b>	How do I make sure I sleep well? <b>PS4j</b> What is fuel for the body? <b>PS4k</b> How do I know if I am physically ill? <b>PS4l</b>	<ul style="list-style-type: none"> <li>What is diversity? <b>PS4a</b></li> <li>Do boys and girls have different roles? <b>PS4b</b></li> </ul> What changes happen to my body? <b>PS4c</b>	How do I manage risks in my life? <b>PS4g</b> What is self-control? <b>PS4h</b> What is the difference between legal and illegal drugs? Are they all harmful? <b>PS4i</b>	How do we look after our money? <b>PS4n</b> What is sustainability? <b>PS4o</b>	What is resilience? <b>PS4d</b> What does it mean to have responsibility over my choices and actions? <b>PS4e</b> What is discrimination? <b>PS4f</b>
<b>Year 5</b>	<b>Living in the wider world</b>	<b>Healthy lifestyles</b>	<b>Relationships and sex education</b>	<b>Keeping safe</b>	<b>Living in the wider world</b>	<b>Mental and emotional health</b>
<b>Objectives</b>	What is fair trade? <b>PS5o</b> How can I develop my enterprise skills? <b>PS5p</b>	How can we stop the spread of infection? <b>PS5l</b> Why is it important to know about nutritional food content? <b>PS5m</b>	What is puberty? <b>PS5a</b> What are the different relationships in my life? <b>PS5b</b> What is unwanted touch? <b>PS5c</b> Understanding FGM. <b>PS5d</b>	How do I respond to dares? <b>PS5i</b> What are habits? <b>PS5j</b> Who or what influences me? <b>PS5k</b>	How are rules and law made and changed? <b>PS5n</b>	What is mental health? <b>PS5e</b> How do I negotiate and compromise? <b>PS5f</b> How do I stay safe on a mobile or tablet? <b>PS5g</b> How can I be happy being me? (body image) <b>PS5h</b>
<b>Year 6</b>	<b>Living in the wider world</b>	<b>Healthy lifestyles</b>	<b>Relationships and sex education</b>	<b>Keeping safe</b>	<b>Living in the wider world</b>	<b>Mental and emotional health</b>
<b>Objectives</b>	Why is important to be critical of media? (online and offline) <b>PS6m</b>	How is my mental and physical wellbeing connected? <b>PS6j</b> How do I keep physically healthy? <b>PS6k</b> Can I plan and prepare a healthy meal? <b>PS6l</b>	What changes happen in my life? <b>PS6a</b> What happens in a loving relationship? <b>PS6b</b> What is forced marriage? <b>PS6b</b> How is a baby made? <b>PS6c</b>	How do drugs affect the mind and body? <b>PS6g</b> How do I manage peer pressure? <b>PS6h</b> What are basic first aid skills? <b>PS6i</b>	What do I want to be/do? <b>PS6o</b> How do people manage money? <b>PS6n</b>	How can I challenge negative feelings and thoughts? <b>PS6d</b> What is stereotyping? <b>PS6e</b> How can the internet affect our mental health? (positive and negative) <b>PS6f</b>

