

PSHE Long Term Plan

| YrA      | Autumn1                            | Autumn2                                       | Spring1                             | Spring2                                                                                                                                 | Summer1                                   | Summer2                         |
|----------|------------------------------------|-----------------------------------------------|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|---------------------------------|
| Ruby     | New Beginnings                     | Making relationships<br>Family and friendship | Going for Goals                     | Getting on and Falling out                                                                                                              | Changes                                   | Good to be Me!                  |
| Emerald  | What makes a good friend?          | Who is special to us?                         | How do we recognise our feelings?   | What helps us stay safe?                                                                                                                | What helps us grow and stay healthy?      | What jobs do people do?         |
| Sapphire | How can we be a good friend?       | What makes a community?                       | What keeps us safe?                 | What are families like?                                                                                                                 | Why should we keep active and sleep well? | How can we manage our feelings? |
| Diamond  | What makes up a person's identity? | What decisions can people make with money?    | How can the media influence people? | What will change as we become more independent?<br>How can drugs common to everyday life affect health?<br>Yr 5 Puberty                 |                                           |                                 |
|          |                                    |                                               |                                     | What will change as we become more independent?<br>How do friendships change as we grow?<br>Yr6 Puberty, relationships and reproduction |                                           |                                 |

PSHE Long Term Plan

| YrB      | Autumn1                                         | Autumn2                                          | Spring1                                      | Spring2                      | Summer1                                                                                                                                 | Summer2                                                              |
|----------|-------------------------------------------------|--------------------------------------------------|----------------------------------------------|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| Ruby     | New Beginnings                                  | Making relationships<br>Family and friendship    | Going for Goals                              | Getting on and Falling out   | Changes                                                                                                                                 | Good to be Me!                                                       |
| Emerald  | How can we look after each other and the world? | What helps us stay healthy?                      | Who helps keep us safe?                      | What is bullying?            | What is the same and different about us?                                                                                                | What can we do with money?                                           |
| Sapphire | How do we treat each other with respect?        | Why should we eat well and look after our teeth? | How can we manage risk in different places?  | How will we grow and change? | What strengths, skills and interests do we have?                                                                                        | How can our choices make a difference to others and the environment? |
| Diamond  | How can we keep healthy as we grow?             |                                                  | How can we help in an accident or emergency? | What jobs would we like?     | What will change as we become more independent?<br>How can drugs common to everyday life affect health?                                 | Yr 5 Puberty                                                         |
|          |                                                 |                                                  |                                              |                              | What will change as we become more independent?<br>How do friendships change as we grow?<br>Yr6 Puberty, relationships and reproduction |                                                                      |