

WCPS PSHE Long Term Plan

Year	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
1	<b>Me and My Feelings</b> What do we like and dislike? <i>Likes and dislikes</i> <i>Feeling uncomfortable</i> <i>Being special</i>	<b>Me and My Health</b> How do we keep ourselves healthy? <i>Being clean</i> <i>Clean hands and teeth</i> <i>Healthy choices</i>	<b>Me and My Relationships</b> What is the best way to behave? <i>Behaviour and bullying</i> <i>Recognising feelings</i> <i>Fairness and kindness</i>	<b>Me and My Safety</b> How do I feel safe? <i>Feeling safe</i> <i>Who keeps me safe</i> <i>Ownership</i>	<b>Me and My Safety</b> How do I keep myself safe at home? <i>Safe at home</i> <i>Safe choices</i> <i>Hazards</i>	<b>Me and My Relationships</b> What is a family? <i>Growing and changing</i> <i>Types of family</i> <i>Asking for help</i>
2	<b>Me and My Community</b> Where do I belong? <i>Needs, wants &amp; belonging</i> <i>Recognition of difference</i> <i>Working cooperatively</i>	<b>Me and My Feelings</b> What are feelings like? <i>Happy and Sad</i> <i>Angry, Calm and Scared</i> <i>Other people's emotions</i>	<b>Me and My Health</b> How can we stay healthy? <i>Healthy body</i> <i>Healthy mind</i> <i>Being resilient - work</i>	<b>Me and My Relationships</b> What is bullying? <i>Behaviour and bullying</i> <i>Good friendships</i> <i>How to resolve bullying</i>	<b>Me and My Safety</b> How do I keep myself safe outside? <i>Safe at home</i> <i>Safe outside</i> <i>Road safety</i>	<b>Me and My Relationships</b> What makes us the same or different? <i>Body parts</i> <i>Lifecycles</i> <i>Males and females</i>
3	<b>Me and My Feelings</b> How do we feel? <i>Excitement, shame &amp; pride</i> <i>Loss and Disappointment</i> <i>Recognising feelings</i>	<b>Me and My Health</b> What do healthy people do? <i>Habits</i> <i>Healthy routine</i> <i>Being resilient - lifestyle</i>	<b>Me and My Relationships</b> What makes a good friend? <i>Private and secret</i> <i>Special people</i> <i>Friendship and Fall-outs</i>	<b>Me and My Relationships</b> How do I behave online? <i>Online and offline behaviour</i> <i>Emotional impact</i> <i>Managing risk</i>	<b>Me and My Safety</b> What should be done in an emergency? <i>Safe and unsafe situations</i> <i>Measuring safety</i> <i>Emergencies</i>	<b>Me and My Relationships</b> What does personal mean? <i>Body parts</i> <i>Personal space</i> <i>Types of family</i>
4	<b>Me and My Community</b> What impacts on my community? <i>Assets and harms</i> <i>Improving the community</i> <i>Tolerance</i>	<b>Me and My Relationships</b> What should we do about bullying? <i>Empathy</i> <i>Bullying</i> <i>Choices</i>	<b>Me and My Feelings</b> Who am I Inside Out? (Inside Out scheme pt.1) <i>Complex emotions</i> <i>Anger</i> <i>Choices and consequences</i>	<b>Me and My Health</b> How can I be mentally healthy? (Inside Out scheme pt.2) <i>What humans need</i> <i>Happiness and anxiety</i> <i>Mental health</i>	<b>Me and My Safety</b> What should I do with uncomfortable feelings? <i>Uncomfortable feelings</i> <i>Consent</i> <i>Being assertive</i>	<b>Me and My Health</b> Who am I going to be? <i>Human Lifecycle</i> <i>Babies and Pregnancy</i> <i>Puberty</i>
5	<b>Me and My Community</b> What are my rights and responsibilities? <i>Rights and responsibilities</i> <i>Equality</i> <i>Laws, rules &amp; democracy</i>	<b>Me and My Feelings</b> How do I manage my feelings? <i>Intensity of feelings</i> <i>Recognising feelings</i> <i>Expressing feelings</i>	<b>Me and My Health</b> How can I be resilient? <i>Healthy lifestyle</i> <i>Mental health</i> <i>Managing feelings</i>	<b>Me and My Relationships</b> What are different relationships like? <i>Relationships (inc. marriage)</i> <i>Aggressive and assertive</i> <i>Barriers and conflict</i>	<b>Me and My Safety</b> How risky is this? <i>Identifying risks</i> <i>Reducing risks</i> <i>Peer pressure and prejudice</i>	<b>Me and My Health</b> How do I become an adult? <i>Puberty</i> <i>Emotional changes</i> <i>Puberty and hygiene</i>
6	<b>Me and My Feelings</b> How can I stay resilient? <i>Self esteem</i> <i>Stress</i> <i>Media</i>	<b>Me and My Health</b> How can I be responsible for myself? <i>Responsible choices</i> <i>Diet, sun, allergies, vaccines</i> <i>First aid</i>	<b>Me and My Relationships</b> What is a healthy relationship? <i>Managing difficult relationships</i> <i>Self-respect</i> <i>Body ownership</i>	<b>Me and My Safety</b> What risks will I encounter? <i>Managing risks – alcohol, smoking</i>	<b>Me and My Community</b> What's my future? <i>Future planning</i> <i>Careers</i>	<b>Sex Education (non-statutory)</b> Where do I come from? <i>Puberty and reproduction</i> <i>Sex and Pregnancy</i>

**Key concepts:** These are developed throughout the curriculum and revisited in greater depth and in new contexts as children go through the school.

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<p><b>Emotional literacy</b> – recognising, discussing and managing emotions</p> <ul style="list-style-type: none"> <li>- Year 1: Likes and dislikes; comfortable and uncomfortable</li> <li>- Year 2: Recognising feelings in yourself and others</li> <li>- Year 3: Recognising and managing more complex emotions</li> <li>- Year 4: Managing conflicting or difficult emotions; recognising choices and consequences</li> <li>- Year 5: Acknowledging intensity of feelings; expressing feelings</li> <li>- Year 6: Recognising and understanding emotional health in self esteem</li> </ul>	<p><b>Resilience</b> – managing change and difficulty</p> <ul style="list-style-type: none"> <li>- Year 1: Understanding you can choose beyond your emotions</li> <li>- Year 2: Understanding what resilience means</li> <li>- Year 3: Being resilient as part of a wider lifestyle; online awareness</li> <li>- Year 4: Recognising mental health; managing anxiety</li> <li>- Year 5: Managing feelings to promote good mental health</li> <li>- Year 6: Managing stress and self-esteem</li> </ul>	<p><b>Respect</b> – recognising and promoting diversity and equality</p> <ul style="list-style-type: none"> <li>- Year 1: Types of family</li> <li>- Year 2: Recognising diversity in a community; challenging stereotypes</li> <li>- Year 3: Recognising diversity</li> <li>- Year 4: Showing tolerance in a community</li> <li>- Year 5: Equality in society</li> </ul>
<p><b>Consent</b> – understanding of their own rights and responsibilities across a range of contexts, including managing their own privacy</p> <ul style="list-style-type: none"> <li>- Year 1: Understanding ownership; recognising fair and unfair, kind and unkind</li> <li>- Year 2: Compromise</li> <li>- Year 3: Understanding the difference between something being private and secret; understanding your own privacy; personal space</li> <li>- Year 4: Understanding consent in terms of managing behaviour; being assertive</li> <li>- Year 5: Rights and responsibilities; understanding the difference between aggressiveness and assertive; peer pressure and prejudice</li> <li>- Year 6: Body ownership</li> </ul>	<p><b>Risk</b> – how to recognise and manage risks across a range of contexts</p> <ul style="list-style-type: none"> <li>- Year 1: Safety at home; recognising hazards; what it feels like to be safe</li> <li>- Year 2: Being safe in and out of home; Road safety</li> <li>- Year 3: Recognising safe and unsafe situations; measuring safety inc. online; emergencies</li> <li>- Year 4: Risk in the context of feeling uncomfortable in relationships</li> <li>- Year 5: Identifying and managing risks</li> <li>- Year 6: Managing risks independently; alcohol, smoking.</li> </ul>	<p><b>Healthy relationships</b> – how to recognise and manage healthy and unhealthy relationships</p> <ul style="list-style-type: none"> <li>- Year 1: Knowing who keeps me safe; recognising positive and negative behaviour</li> <li>- Year 2: Recognising other people’s emotions and empathy; bullying</li> <li>- Year 3: Identifying special people; managing friendships and fall-outs</li> <li>- Year 4: Showing empathy; understanding choices in relationships; recognising bullying</li> <li>- Year 5: Recognising a positive and negative relationship</li> <li>- Year 6: Managing a difficult relationship</li> </ul>