
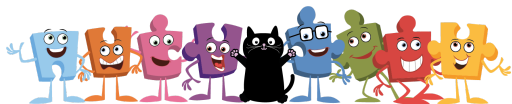




## SHS PSHE Long Term Plan


Year 1						
 Ages 5-6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	See RSE knowledge progression	
Content Outline	<ol style="list-style-type: none"> <li>1. Feeling safe and special</li> <li>2. My class</li> <li>3. Rights and Responsibilities</li> <li>4. Rewards and Feeling Proud</li> <li>5. Consequences</li> <li>6. Owning our Learning Charter</li> </ol>	<ol style="list-style-type: none"> <li>1. Similarities</li> <li>2. Differences</li> <li>3. What is 'bullying'?</li> <li>4. What do I do about bullying?</li> <li>5. Making New Friends</li> <li>6. Celebrating Difference Celebrating Me</li> </ol>	<ol style="list-style-type: none"> <li>1. My Treasure Chest of Success</li> <li>2. Steps to Goals</li> <li>3. Achieving Together</li> <li>4. Stretchy Learning</li> <li>5. Overcoming Obstacles</li> <li>6. Celebrating My Success</li> </ol>	<ol style="list-style-type: none"> <li>1. Being Healthy</li> <li>2. Healthy Choices</li> <li>3. Clean and Healthy</li> <li>4. Medicine Safety</li> <li>5. Road Safety</li> <li>6. Happy, Healthy Me</li> </ol>		
Assessment Outcomes	<p>I can explain why my class is a happy and safe place to learn.</p> <p>I can give different examples where I or others make my class happy and safe.</p>	<p>I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special.</p> <p>I can explain what bullying is and how being bullied might make somebody feel.</p>	<p>I can explain how I feel when I am successful and how this can be celebrated positively.</p> <p>I can say why my internal treasure chest is an important place to store positive feelings.</p>	<p>I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.</p> <p>I can give examples where being healthy can help me feel happy.</p>		
Protected characteristics						
Safeguarding Focus	<ul style="list-style-type: none"> <li>• Anti-bullying week</li> </ul>		<ul style="list-style-type: none"> <li>• E-safety</li> </ul>		<ul style="list-style-type: none"> <li>• Water safety</li> </ul>	



## SHS PSHE Long Term Plan



	<ul style="list-style-type: none"> <li>• Fire Safety (Bonfire Night)</li> <li>• NSPCC PANTS lesson</li> </ul>	<ul style="list-style-type: none"> <li>• Safer Internet Day</li> <li>• Road safety</li> <li>• How to stay healthy</li> <li>• Stranger Danger</li> </ul>	<ul style="list-style-type: none"> <li>• Sun safety</li> <li>• Growing up (how your body grows)</li> </ul>
Awareness Days / Cultural Capital Opportunities	Children In Need Anti-Bullying Week Selby Abbey Visit	Sports Relief Safer Internet Day Chinese New Year Children's Mental Health Week	Mental Health Awareness Week National Children's Day - 14th May

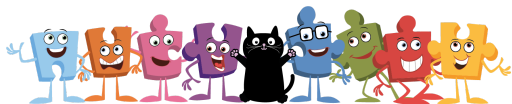
Year 2						
 Ages 6-7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	See RSE knowledge progression	
Content Outline	1. Hopes and Fears for the Year 2. Rights and Responsibilities 3/4. Rewards and Consequences 5. Our Learning Charter 6. Owning our Learning Charter	1/2. Boys and Girls 3. Why does Bullying Happen? 4. Standing Up for Myself and Others 5. Gender Diversity 6. Celebrating Difference and Still Being Friends	1. Goals to Success 2. My Learning Strengths 3. Learning with Others 4/5. A Group Challenge 6. Celebrating our Achievement	1. Being Healthy 2. Being Relaxed 3. Medicine Safety 4/5. Healthy Eating 6. Happy, Healthy Me		




## SHS PSHE Long Term Plan

Assessment Outcomes	<p>I can explain why my behaviour can impact on other people in my class.</p> <p>I can compare my own and my friends' choices and can express why some choices are better than others.</p>	<p>I can explain that sometimes people get bullied because they are seen to be different. This might include people who do not conform to gender stereotypes.</p> <p>I can explain how it feels to have a friend and be a friend. I can also explain why it is ok to be different from my friends.</p>	<p>I can explain how I played my part in a group and the parts other people played to create an end product.</p> <p>I can explain how our skills compliment each other. I can explain how it felt to be part of a group and can identify a range of feelings about group work.</p>	<p>I can explain why foods and medicines are good for my body by comparing my ideas with less healthy/unsafe choices.</p> <p>I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.</p>		
Protected Characteristics		Sex				
Safeguarding Focus	<ul style="list-style-type: none"> <li>• Anti-bullying week</li> <li>• Fire Safety (Bonfire Night)</li> <li>• NSPCC PANTS lesson</li> <li>• Celebrating difference (gender diversity, boys/girls stereotypes)</li> </ul>		<ul style="list-style-type: none"> <li>• E-safety</li> <li>• Safer Internet Day</li> <li>• Stranger Danger</li> <li>• Staying healthy</li> </ul>		<ul style="list-style-type: none"> <li>• Water safety</li> <li>• Sun safety</li> <li>• Body changes</li> <li>• Correct terminology for boys and girl's bodies</li> </ul>	
Awareness Days / Cultural Capital Opportunities	<p>Children In Need</p> <p>Anti-Bullying Week</p> <p>Selby Abbey Visit</p>		<p>Sports Relief</p> <p>Safer Internet Day</p> <p>Chinese New Year</p> <p>Children's Mental Health Week</p>		<p>Mental Health Awareness Week</p> <p>National Children's Day - 14th May</p>	

Year 3




## SHS PSHE Long Term Plan

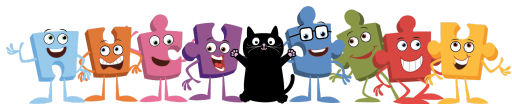
 Ages 7-8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	See RSE knowledge progression	
Content Outline	1. Getting to Know Each Other 2. Our Nightmare School 3. Our Dream School 4. Rewards and Consequences 5. Our Learning Charter 6. Owning our Learning Charter	1. Families 2. Family Conflict (and how to manage it) 3. Witnessing bullying and feelings 4. Witnessing bullying and solutions 5. Words That Harm 6. Celebrating Difference: Compliments	1. Dreams and Goals 2. My Dreams and Ambitions 3. A New Challenge 4. Our New Challenge (motivation and enthusiasm) 5. Our New Challenge (overcoming obstacles) 6. Celebrating My Learning	1/2. Being Fit and Healthy 3. What do I Know About Drugs? 4. Being Safe 5. Safe or Unsafe? 6. My Amazing Body (why it's important to take care of it)		
Assessment Outcomes	I can explain how my behaviour can affect how others feel and behave.  I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.	I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.  I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g. Solve It Together or ask for help.	I can explain the different ways that help me learn and what I need to do to improve.  I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important.	I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.  I can express how being anxious/ scared and unwell feels.		
Protected Characteristics		Being married/in a civil partnership				
Safeguarding	<ul style="list-style-type: none"> <li>Be Internet Legends Day</li> </ul>		<ul style="list-style-type: none"> <li>E-safety</li> </ul>		<ul style="list-style-type: none"> <li>Body changes</li> </ul>	



## SHS PSHE Long Term Plan

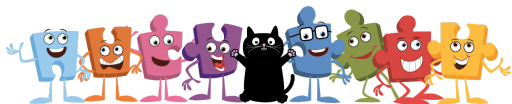
Focus	<ul style="list-style-type: none"> <li>Anti-bullying Week</li> <li>Everyone is different - bullying/families look different</li> </ul>	<ul style="list-style-type: none"> <li>Safer Internet Day</li> <li>How to stay safe</li> <li>Staying healthy</li> </ul>	<ul style="list-style-type: none"> <li>Healthy friendships/relationships</li> </ul>
Awareness Days / Cultural Capital Opportunities	KS2 Internet Legends Day Children In Need Anti-Bullying Week Osbourne House visit	Sports Relief Safer Internet Day Chinese New Year Children's Mental Health Week	Mental Health Awareness Week National Children's Day - 14th May

Year 4						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	See RSE knowledge progression	
Content Outline	<ol style="list-style-type: none"> <li>Becoming a Class 'Team'</li> <li>Being a School Citizen</li> <li>Rights, Responsibilities and Democracy</li> <li>Rewards and Consequences</li> <li>Our Learning Charter</li> <li>Owning our Learning Charter</li> </ol>	<ol style="list-style-type: none"> <li>Judging by Appearances</li> <li>Understanding influences</li> <li>Understanding Bullying</li> <li>Problem Solving</li> <li>Special Me</li> <li>Celebrating Difference: How We Look</li> </ol>	<ol style="list-style-type: none"> <li>Hopes and Dreams</li> <li>Broken Dreams</li> <li>Overcoming Disappointment</li> <li>Creating New Dreams</li> <li>Achieving Goals</li> <li>We Did It!!</li> </ol>	<ol style="list-style-type: none"> <li>My Friends and Me</li> <li>Group Dynamics</li> <li>Smoking</li> <li>Alcohol</li> <li>Healthy Friendships</li> <li>Celebrating (My Inner Strength and Assertiveness)</li> </ol>		
Assessment	I can explain why being listened to and listening to	I can tell you a time when my first impression of	I can plan and set new goals even after a	I can recognise when people are putting me		




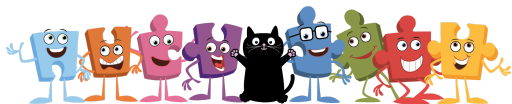
## SHS PSHE Long Term Plan

Outcomes	<p>others is important in my school community.</p> <p>I can explain why being democratic is important and can help me and others feel valued.</p>	<p>someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.</p> <p>I can explain why it is good to accept myself and others for who we are.</p>	<p>disappointment.</p> <p>I can explain what it means to be resilient and have a positive attitude.</p>	<p>under pressure and can explain ways to resist this when I want to.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure.</p>		
Protected Characteristics		<p>Gender reassignment</p> <p>Race</p> <p>Disability</p> <p>Age</p>				
Safeguarding Focus	<ul style="list-style-type: none"> <li>• Be Internet Legends Day</li> <li>• Anti-bullying Week</li> <li>• Everyone is different - bullying/we all look different</li> </ul>		<ul style="list-style-type: none"> <li>• E-safety</li> <li>• Safer Internet Day</li> <li>• Alcohol/smoking</li> </ul>		<ul style="list-style-type: none"> <li>• Mental health</li> <li>• Body image</li> <li>• Dealing with change/body changes</li> </ul>	
Awareness Days / Cultural Capital Opportunities	<p>KS2 Internet Legends Day</p> <p>Children In Need</p> <p>Anti-Bullying Week</p> <p>Osbourne House visit</p>		<p>Sports Relief</p> <p>Safer Internet Day</p> <p>Chinese New Year</p> <p>Children's Mental Health Week</p>		<p>Mental Health Awareness Week</p> <p>National Children's Day - 14th May</p>	



## SHS PSHE Long Term Plan

 Ages 9-10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	See RSE knowledge progression	
Content Outline	1. My Year Ahead 2. Being a Citizen of My Country 3. Responsibilities 4. Rewards and Consequences 5. Our Learning Charter 6. Owning our Learning Charter	1. Different Cultures 2. Racism 3. Rumours and Name-Calling 4. Types of Bullying 5. Does Money Matter? 6. Celebrating Difference Across the World	1. When I Grow Up (My Dream Lifestyle) 2. Jobs and Careers 3. My Dream Job 4. Dreams and Goals of Other People in Other Cultures 5. How Can We Support Each Other? 6. Rallying Support (supporting others)	1. Smoking 2. Alcohol 3. Emergency Aid Procedures (recovery position & how to get help) 4. Body Image 5. My Relationship With Food 6. Healthy Me		
Assessment Outcomes	<p>I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.</p> <p>I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.</p>	<p>I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.</p> <p>I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.</p>	<p>I can compare my hopes and dreams with those of young people from different cultures.</p> <p>I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</p>	<p>I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p> <p>I can summarise different ways that I respect and value my body</p>		
Protected Characteristics		Race				



## SHS PSHE Long Term Plan

Safeguarding Focus	<ul style="list-style-type: none"> <li>• Be Internet Legends Day</li> <li>• Anti-bullying Week</li> <li>• Everyone is different - bullying/racism</li> </ul>	<ul style="list-style-type: none"> <li>• E-safety</li> <li>• Safer Internet Day</li> <li>• First aid</li> <li>• Alcohol/smoking</li> <li>• Body image</li> </ul>	<ul style="list-style-type: none"> <li>• Having a healthy relationship with technology</li> <li>• Self-image</li> <li>• Puberty talk</li> </ul>
Awareness Days / Cultural Capital Opportunities	KS2 Internet Legends Day Children In Need Anti-Bullying Week Osbourne House visit	Sports Relief Safer Internet Day Chinese New Year Children's Mental Health Week	Mental Health Awareness Week National Children's Day - 14th May

Year 6						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	See RSE knowledge progression	
Content Outline	1. My Year Ahead 2/3. Being a Global Citizen (universal rights for children/how my actions affect others) 4. The Learning Charter 5. Our Learning Charter 6. Owning our Learning Charter	1. Am I Normal? 2. Understanding Difference 3. Power Struggles 4. Why Bully? 5/6. Celebrating Difference (looking at how people with disabilities live amazing lives and how differences can be a cause for	1. Personal Learning Goals 2. Steps to Success 3. My Dreams for the World 4/5. Helping to Make a Difference (having a positive attitude/helping others to achieve their goals)	1. Taking Responsibility for my health/wellbeing 2. Drugs 3. Exploitation 4. Gangs 5. Emotional and Mental Health 6. Managing Stress and Pressure		





## SHS PSHE Long Term Plan

		celebration/conflict)	6. Recognising Our Achievements			
<b>Assessment Outcomes</b>	<p>I can explain how my choices can have an impact on people in my immediate community and globally.</p> <p>I can empathise with others in my community and globally and explain how this can influence the choices I make.</p>	<p>I can explain ways in which difference can be a source of conflict or a cause for celebration.</p> <p>I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.</p>	<p>I can explain different ways to work with others to help make the world a better place.</p> <p>I can explain what motivates me to make the world a better place.</p>	<p>I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.</p> <p>I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure</p>		
<b>Protected Characteristics</b>		<b>Disability Gender reassignment</b>				
<b>Safeguarding Focus</b>	<ul style="list-style-type: none"> <li>• Be Internet Legends Day</li> <li>• Anti-bullying Week</li> <li>• Everyone is different - bullying/racism/disabilities/gender identity</li> </ul>		<ul style="list-style-type: none"> <li>• E-safety</li> <li>• Safer Internet Day</li> </ul>		<ul style="list-style-type: none"> <li>• Puberty talk</li> </ul>	
<b>Awareness Days / Cultural Capital Opportunities</b>	<p>KS2 Internet Legends Day</p> <p>Children In Need</p> <p>Anti-Bullying Week</p> <p>Osbourne House visit</p>		<p>Sports Relief</p> <p>Safer Internet Day</p> <p>Chinese New Year</p> <p>Children's Mental Health Week</p>		<p>Mental Health Awareness Week</p> <p>National Children's Day - 14th May</p>	