

Relationships – Health and Wellbeing – Living in the Wider World

PSHE+C Long Term Plan 2020 / 21						
	Autumn 1 – 7 weeks	Autumn 2 – 7 weeks	Spring 1 – 6 weeks	Spring 2 – 5 weeks	Summer 1 – 7 weeks	Summer 2 – 7 weeks
Year 3	<p>Mental Health and Emotional Wellbeing Post Covid 19 Social Skills, connecting with others, keeping happy and healthy returning to school. Loss of friendship and social interaction. Routine, structure, friendship, opportunity, freedom. Friendships: Making and maintaining healthy friendships; Similarities and differences</p>	<p>Emotional wellbeing: Expressing and managing every day feelings; seeking support for self or others</p> <p>Families: Different types of relationships; Characteristics of healthy family relationships; Feeling safe and cared for.</p> <p>Communities: What makes a community; Diversity; Freedom of</p>	<p>Staying safe: Trusted people and feeling safe; Keeping secrets and when to break confidentiality; Recognising and reporting feeling unsafe</p> <p>Opportunities to connect online; The nature of online only friendships; Choosing age appropriate TV; games and online content; Safer Internet Week 5.2.21</p>	<p>Economic wellbeing: Attitudes and ideas about spending, saving and giving money; Wants and needs; Keeping money safe. How managing money makes us feel;</p>	<p>Physical health: Healthy lifestyles; Physical exercise and its impact on mental wellbeing; Balanced diets and making choices; Sun safety. S and R</p>	<p>Shared Rights and responsibilities; Why we have rules; Responsibility for the local environment; Sustainability; Safety in different environments; Safety at home.</p> <p>Transition</p>

	BAME / Black History Month	expression; Online communities; Identifying and responding to prejudice.	Feeling Good Week			
Year 4	<p>Mental Health and Emotional Wellbeing Post Covid 19 Social Skills, connecting with others, keeping happy and healthy returning to school. Loss of friendship and social interaction.</p> <p>Routine, structure, friendship, opportunity, freedom.</p> <p>BAME / Black History Month</p>	<p>Communities: What makes a community; Diversity; Freedom of expression; Online communities; Identifying and responding to prejudice.</p> <p>Friendships: Managing conflict and repairing friendships; Feeling lonely; Friendship skills, Listening and responding;</p>	<p>Staying safe: Trusted people and feeling safe; Keeping secrets and when to break confidentiality; Recognising and reporting feeling unsafe</p> <p>Opportunities to connect online; The nature of online only friendships; Choosing age appropriate TV; games and online content;</p>	<p>Economic wellbeing: Attitudes and ideas about spending, saving and giving money; Wants and needs; Keeping money safe. How managing money makes us feel;</p>	<p>Staying healthy: Dental health; Hygiene, germs; Basic first aid; Early signs of illness and seeking help.</p> <p>S and R</p> <p>Growing and changing: Growing up; Puberty, including periods and wet dreams; Sleep</p>	<p>Shared Rights and responsibilities; Why we have rules; Responsibility for the local environment; Sustainability; Safety in different environments; Safety at home.</p> <p>Transition</p>

		Respecting self and others	Safer Internet Week 5.2.21 Feeling Good Week			
Year 5	<p>Mental Health and Emotional Wellbeing Post Covid 19 Social Skills, connecting with others, keeping happy and healthy returning to school. Loss of friendship and social interaction.</p> <p>Routine, structure, friendship, opportunity, freedom. BAME / Black History Month</p>	<p>Respect and bullying: Mutual Respect; Sharing points of view; Stereotypes; Types of bullying and how to get help; Discrimination</p> <p>Stonewall</p> <p>Managing change: Developing friendship skills; Changing and ending friendships; Managing change; loss and bereavement.</p>	<p>Staying Safe: Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal Safety.</p> <p>Media literacy: Opportunities to connect online; The nature of online only friendships; Reporting Harmful content and contact; Staying safe online. Evaluating</p>	<p>Economic wellbeing: Attitudes and ideas about spending, saving and giving money; Wants and needs; Keeping money safe. How managing money makes us feel;</p>	<p>Keeping active: Benefits of a balanced lifestyle; Balancing internet use; how physical activity affects wellbeing.</p> <p>Substances: drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws.</p> <p>S and R</p>	<p>Mental wellbeing: Taking care of mental health and emotional wellbeing; Managing challenges; Seeking support for themselves and others.</p> <p>Transition</p>

			reliability of sources; Misinformation and targeted information; Choosing age appropriate TV; games and online content; influences relating to gambling.			
Year 6	Mental Health and Emotional Wellbeing Post Covid 19 Social Skills, connecting with others, keeping happy and healthy returning to school. Loss of friendship and social interaction. Routine, structure, friendship,	Respect and bullying: Mutual Respect; Sharing points of view; Stereotypes; Types of bullying and how to get help; Discrimination Stonewall Managing change:	Staying Safe: Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal Safety. FGM Moved to Summer 1	Economic wellbeing: Attitudes and ideas about spending, saving and giving money; Wants and needs; Keeping money safe. How managing money makes us feel;	Health and hygiene: Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria viruses; Allergies and getting help in an emergency; Vaccination and immunisation.	Personal identity: What contributes to who we are; Personal strengths; Interests; Setting goals; Managing setbacks; new opportunities and responsibilities. Mental wellbeing: Taking care of mental health and

	<p>opportunity, freedom.</p> <p>BAME / Black History Month</p>	<p>Developing friendship skills; Changing and ending friendships; Managing change; loss and bereavement.</p>	<p>Media literacy: Opportunities to connect online; The nature of online only friendships; Reporting Harmful content and contact; Staying safe online. Evaluating reliability of sources; Misinformation and targeted information; Choosing age Appropriate TV; games and online content; influences relating to gambling.</p>		<p>Substances: drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws.</p> <p>S and R Puberty and reproduction: menstrual wellbeing; Managing the changes of puberty; Developing independence; How a baby is made.</p> <p>FGM moved from Spring 1</p>	<p>emotional wellbeing; Managing challenges; Seeking support for themselves and others.</p> <p>Transition</p>
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