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

Relationships – Health and Wellbeing – Living in the Wider World

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

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

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

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