

PSHE Long Term Plan 2019-2020

| Theme | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|----------------------|--|---|--|---|---|--|
| Relationships | <p>-Who are my special people and what makes them special? - What do my friends do for me? -How can I show respect in different situations? - What is physical contact? -What is my personal data, and how can I keep it safe?</p> | <p>-How do my special people show me they care for me, even through difficult times? -How did I choose my friends? -If I respect others, will they respect me? -What do I do if I meet a stranger? -How can I find things safely on the internet?</p> | <p>-What different relationships do I have in my life? - Would I like to feel lonely or sad? -How can I respect all people at all times? - Should I keep secrets, no matter what? - How can I show respect online?</p> | <p>-Are everyone's families the same as mine? -What makes a good friend? -What is bullying, and am I responsible if I see it happening? -Do I know you? -Are people always who they say they are?</p> | <p>Are all of my relationships good for me? - How can I repair a friendship? - Can I challenge a stereotype? - What are boundaries in my relationships? - What shall I do if someone is pressuring me to do something I don't want to do?</p> | <p>-What are civil partnerships and marriages? - What should I do if a friendship is making me unhappy? -How can I respect myself? -What can I do if I or someone I know is feeling unsafe? -Is everything I see on social media true?</p> |
| Health and Wellbeing | <p>How do people use the internet? -What are harmful substances? - How can I stop germs spreading? -What are emotions? -How does it feel to be lonely?</p> | <p>-How much time should I spend online? -Why do we take medicine, and how do we do it safely? -What can I do to keep my teeth clean? - How do I know if I am happy? -</p> | <p>Is everything I read on the internet true? - What are harmful substances? - How can I keep safe in the sun? - What is the difference between physical and mental</p> | <p>-How can online behaviour affect people in real life? -Why is smoking a bad idea? -Am I getting enough sleep? -How can exercise help my happiness? -Who can I speak to if</p> | <p>-How can what I see on the internet affect me? -Is it bad to drink alcohol? - How can I spot illness? -How intense are my feelings? -Is it common for people to be mentally ill?</p> | <p>What are the rules and laws for being online? -What are legal and illegal drugs? -What is immunisation and vaccination? -What if my emotions don't make sense? - How would I feel</p> |

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| | | Why is teasing people wrong? | illness? -What do I do in my own time that makes me happy? | me or my friend feel unhappy? | | if I helped in the community? |
| Living in the Wider World | Living in the Wider World | Living in the Wider World | Living in the Wider World | Living in the Wider World | Living in the Wider World | Living in the Wider World |