

Hesleden Primary School - Long Term Plan for PSHCE - B

Relationships <i>Families and Relationships / Safe Relationships / Respecting ourselves and others</i>	Class 1 - EY	Class 4 - Y5/6
Living in the Wider World <i>Belonging to a community / Media Literacy & Digital Resilience / Money & Work</i>	Class 2 - Y1/2	
Health and Wellbeing <i>Physical Health and Mental Wellbeing / Growing & Changing / Keeping Safe</i>	Class 3 - Y3/4	

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1	ELGs relevant to PSHE/Personal Development include: Listening, attention & understanding; Speaking; Building relationships; Managing self; Self-regulation; People culture and communities: - Work and play cooperatively and take turns with others; • Form positive attachments to adults and friendships with peers; • Show sensitivity to their own and to others' needs. - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; • Explain the reasons for rules, know right from wrong and try to behave accordingly; • Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices. - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate To be KS1 ready: - Knows right from wrong and can explain the importance of rules; work and play cooperatively and take turns with others; recognise and show sensitivity to their own and others' needs; recognise similarities and differences between themselves and others - Manage their own personal hygiene and basic needs; show understanding of their own feelings and those of others - Be able to regulate their own behaviour; show an understanding of how to stay safe in a range of situations - Show care and concern for living things; name and describe people who help us in the local community					
Class 2	How do we decide to behave? (CONSENT) How can we help?	What is bullying? What can we do with money?	How do we keep safe? How can we be healthy?	How do we keep safe? What is the same and different about us?	How do we feel? How do we show our feelings?	What makes us special? How can we keep safe in different places?
Class 3	What are the rules of keeping us safe? (CONSENT) What is diversity?	What can we do about bullying? How can we be a good friend?	What are we responsible for? How do we grow and change?	How can we describe our feelings?	How do we keep safe in our local areas?	What jobs would we like?

Class 4	What makes a community? (CONSENT) How can we manage risk?	What does discrimination mean? What are Human Rights?	What choices help health? Yr 5 Puberty/Menstruation	What makes us enterprising? How can we manage our money?	How can money affect us?	What makes a healthy and happy relationship?
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