



PSHCE Long Term Plan 2022 – 2023

Year/Half termly units	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<b>Rights and Respect</b> Looking after things: friends, environment, money	<b>Being my Best</b> Keeping my body healthy - food, exercise, sleep Growth Mindset	<b>Me and my relationships</b> What makes me special People close to me Getting help	<b>Valuing Difference</b> Similarities and difference Celebrating difference Showing Kindness	<b>Keeping Safe</b> Keeping my body safe Safe secrets and touches People who help to keep us safe	<b>Growing and Changing</b> Cycles Life stages Girls and Boys – similarities and difference
Y1	<b>Rights and Respect</b> Taking care of things: Myself My money My environment	<b>Being my Best</b> Growth Mindset Healthy eating Hygiene and health Exercise and sleep	<b>Me and my relationships</b> Feelings Getting help Classroom rules Special people Being a good friend	<b>Valuing Difference</b> Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	<b>Keeping Safe</b> How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	<b>Growing and Changing</b> Getting help Becoming independent My body parts Taking care of self and others
Y2	<b>Rights and Respect</b> Cooperation Self-regulation Online safety Looking after money – saving and spending	<b>Being my Best</b> Growth Mindset Looking after my body Hygiene and health Exercise and sleep	<b>Me and my relationships</b> Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	<b>Valuing Difference</b> Being kind and helping others Celebrating difference People who help us Listening Skills	<b>Keeping Safe</b> Safe and unsafe secrets Appropriate touch Medicine safety	<b>Growing and Changing</b> Life cycles Dealing with loss Being supportive Growing and changing Privacy
Y3	<b>Me and my relationships</b> Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	<b>Being my Best</b> Keeping myself healthy and well Celebrating and developing my skills Developing empathy	<b>Rights and Respect</b> Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	<b>Valuing Difference</b> Recognising and respecting diversity Being respectful and tolerant My community	<b>Keeping Safe</b> Managing risk Decision-making skills Drugs and their risks Staying safe online	<b>Growing and Changing</b> Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets



Y4	<b>Rights and Respect</b> Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	<b>Me and my relationships</b> Healthy relationships Listening to feelings Bullying Assertive skills	<b>Valuing Difference</b> Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	<b>Keeping Safe</b> Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	<b>Being my Best</b> Having choices and making decisions about my health Taking care of my environment My skills and interests	<b>Growing and Changing</b> Body changes during puberty Managing difficult feelings Relationships including marriage
Y5	<b>Rights and Respect</b> Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	<b>Being my Best</b> Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	<b>Me and my relationships</b> Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	<b>Valuing Difference</b> Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	<b>Keeping Safe</b> Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	<b>Growing and Changing</b> Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Y6	<b>Me and my relationships</b> Assertiveness Cooperation Safe/unsafe touches Positive relationships	<b>Valuing Difference</b> Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotypes	<b>Keeping Safe</b> Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	<b>Rights and Respect</b> Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	<b>Being my Best</b> Aspirations and goal setting Managing risk Looking after my mental health	<b>Growing and Changing</b> Coping with changes Keeping safe Body image Sex education Self-esteem