



St Anthony of Padua Catholic Primary School Long Term Plan

PSHE Long Term Plan

Reception

Early Learning Goals – Personal Social and Emotional Development:

Making Relationships:

Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.

Self-confidence and self-awareness:

Children are confident to try new activities and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.

Managing Feelings and Behaviour:

Children talk about how they and others show feelings, talk about their own and others' behaviour and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class and understand and follow the rules. They adjust their behaviour to different situations and take changes of routine in their stride.

	Autumn- Relationships			Spring – Living in the wider world			Summer Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Year 1	Roles of different people; families; feeling cared for (4 lessons)	Recognising privacy; staying safe; seeking permission (1 lesson)	How behaviour affects others; being polite and respectful (3 lessons) Kind and Caring Friends (1 lesson - SIL)	What rules are; caring for others' needs; looking after the environment (5 lessons)	My Online Life Taught through computing (6 lessons)	Strengths and interests; jobs in the community (4 lessons)	Keeping healthy; food and exercise, hygiene routines; sun safety (4 lessons)	Recognising what makes them unique and special; feelings; managing when things go wrong (5 lessons)	How rules and age restrictions help us; keeping safe online (3 lessons)
Year 2	Making friends; feeling lonely and getting help (3 lessons)	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour (3 lessons)	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community (3 lessons)	My Online Life Taught through computing (8 lessons)	What money is; needs and wants; looking after money (2 lessons)	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing	Children know and understand that they are growing and developing in a God-given community.	Safety in different environments; risk and safety at home; emergencies (3 lessons)



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			<p>(1 lesson)</p> <p>Positive and Negative Emotions in Relationships (2 lessons -SIL)</p>				feelings and asking for help (4 lessons)	(Covered throughout the year in RSE)	
Year 3	What makes a family; features of family life (3 lessons)	Personal boundaries; safely responding to others; the impact of hurtful behaviour (4 lessons)	<p>Recognising respectful behaviour; the importance of self-respect; courtesy and being polit (3 lessons)</p> <p>I have argued with my best friend (1 lesson - SIL)</p>	The value of rules and laws; rights, freedoms and responsibilities (4 Lessons)	My Online Life Taught through computing (8 lessons)	Different jobs and skills; job stereotypes; setting personal goals (1 lesson)	Health choices and habits; what affects feelings; expressing feelings (3 lessons)	Personal strengths and achievements; managing and reframing setbacks (1 lesson)	Risks and hazards; safety in the local environment and unfamiliar places (4 lessons)
Year 4	Positive friendships, including online (5 lessons)	<p>Responding to hurtful behaviour; managing confidentiality; recognising risks online (4 lessons)</p> <p>Getting Help (1 lesson – SIL)</p>	Respecting differences and similarities; discussing difference sensitively (3 lessons)	What makes a community; (5 lessons)	My Online Life Taught through computing (8 lessons)	Making decisions about money; using and keeping money safe (2 lessons)	Maintaining a balanced lifestyle; oral hygiene and dental care (3 lessons)	To understand that they are all different and celebrate these difference as they appreciate that God’s love accepts us as we are and as we change. (Covered	Medicines and household products; drugs common to everyday life (2 lessons)



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								throughout the year in RSE)	
Year 5	Managing friendships and peer influence (3 lessons) Being Exploited (1 lesson -SIL)	Physical contact and feeling safe (4 lessons)	Responding respectfully to a wide range of people; recognising prejudice and discrimination (3 lessons)	Protecting the environment; compassion towards others (1 lesson)	My Online Life Taught through computing (8 lessons)	Identifying job interests and aspirations; what influences career choices; workplace stereotypes (1 lesson)	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies (4 lessons)	Children know and become aware of the physical and emotional changes that accompany puberty, sensitivity, mood, swings, anger and boredom. (Covered throughout the year in RSE)	Keeping safe in different situations, including responding in emergencies, first aid (3 lessons)
Year 6	Attraction to others; romantic relationships; civil partnership and marriage (1 lesson) Managing Family Arguments (1 lesson -SIL)	Recognising and managing pressure; consent in different situations (4 lessons)	Expressing opinions and respecting other points of view, including discussing topical issues (6 lessons)	Valuing diversity; challenging discrimination and stereotypes (2 lessons)	My Online Life Taught through computing (8 lessons)	Influences and attitudes to money; money and financial risks (4 lessons)	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online (6 Lessons)	Children develop, in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God. (Covered throughout	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media (3 lessons)



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	Managing Peer Influences (1 lesson – SIL)							the year in RSE)	
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RSE will be taught following 'Journey in Love' the first week of each half term – See additional plan for further details