



For with God, everything is possible



PSHE Long Term Plan

Our PSHE curriculum is delivered through purposeful connections between a PSHE strand and a subject area. In some instances, PSHE is explicitly taught. Visitors, outside agencies and specialists deliver some of our PSHE curriculum sessions. We have whole school focus days to enhance PSHE at Queen's Park.

The expectations of the Relationships, Sex and Health Education (RSHE) guidance are taught throughout our curriculum but are specifically covered in the Relationships and Changing Me topics.

Age Group	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships, Sex and Health Education
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer (1/2)
EYFS	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety Talking Teeth Workshop	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend
Year 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and	Keeping myself healthy Healthier lifestyle choices (DT) Keeping clean Linking health and happiness Being safe	Summer 1 Yasmine and Tom - Differences

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	Consequences Owning the Learning Charter	differences in everyone	overcoming obstacles Feelings of success	Medicine safety/safety with household items Road safety (Being safe)		
Year 2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings (Myself and others)	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food (DT)	Summer 1 Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation	Summer 2 Yasmine and Tom - My Brilliant Body
Year 3	setting personal goals Self-identity and worth positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices (Healthy lifestyles) School nurse - discuss hearing and sight tests and impairments	Summer 2 - Yasmine and Tom Me, Myself and I	
Year 4	being part of a class team Being a school citizen	challenging assumptions Judging by appearance	Hopes and dreams Overcoming disappointment Creating new, realistic dreams	Healthier friendships Group dynamics Smoking (Smoking workshop)	Summer 1 Relationships jealousy Love and loss	Summer 2 Yasmine and Tom - Introduction



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	Rights, responsibilities and democracy (school council) (Rights and responsibilities) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Alcohol Assertiveness Peer pressure Celebrating inner strength Junior Road Safety Talking Teeth Workshop (links to science)	Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	to body changes
Year 5	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	future dreams The importance of money (Money Matters Workshop) Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour (Crucial Crew Workshop)	Summer 2 - Yasmine and Tom Changes	
Year 6	identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	personal learning goals, in and out of school Careers workshop by St.Helens Chamber Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	taking personal responsibility How substances affect the body Drug education workshop Exploitation, including 'county lines' and gang culture (County lines external programme) Emotional and mental health Managing stress	Summer 1 - Relationships	Summer 2 - Yasmine and Tom - Living and Growing



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Taught through DT

Taught through science

Taught through PE

National Online Safety resources/other resources

Enhanced through Digital Wellbeing

External agency/curriculum enhancement

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