

BWJPS
PSHE Whole School Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<ul style="list-style-type: none"> Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them. Develop their sense of responsibility and membership of a community. Become more outgoing with unfamiliar people, in the safe context of their setting. Show more confidence in new social situations. Play with one or more other children, extending and elaborating play ideas. Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. Increasingly follow rules, understanding why they are important. Do not always need an adult to remind them of a rule. Develop appropriate ways of being assertive. Talk with others to solve conflicts. Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Begin to understand how others might be feeling. 					
Reception	<ul style="list-style-type: none"> See themselves as a valuable individual. Build constructive and respectful relationships. Express their feelings and consider the feelings of others. Show resilience and perseverance in the face of challenge. Identify and moderate their own feelings socially and emotionally. Think about the perspectives of others. Manage their own needs. 					
	<p>ELG Self Regulation</p> <ul style="list-style-type: none"> 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. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. 	<p>ELG Managing Self</p> <ul style="list-style-type: none"> 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. 	<p>ELG Building Relationships</p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and others' needs. 			
Year 1 and 2 (Odd Years)	<p>Keeping/Staying Healthy • Healthy eating</p> <p>Keeping/Staying Safe •Who Keeps Us Safe</p> <p>Black history month – October</p> <p>World Mental Health Day</p>	<p>Keeping/Staying Safe</p> <ul style="list-style-type: none"> Road Safety Relationships <p>Relationships</p> <ul style="list-style-type: none"> Bullying Friendship Body language <p>Anti – bullying week - November</p> <p>Children in Need – November</p> <p>Road Safety -November</p>	<p>Computer Safety</p> <ul style="list-style-type: none"> Online bullying Image sharing (StreetWise) <p>British Values day</p>	<p>Being Responsible</p> <ul style="list-style-type: none"> Practice makes perfect <p>Looking after our planet Earth</p>	<p>Families and People Who Care for Me</p> <ul style="list-style-type: none"> Different types of families Families are characterised by love and care for each other. Respecting differences between types of families Who helps to keep our environment safe and clean? <p>E-safety focus</p>	<p>Hazard Watch</p> <ul style="list-style-type: none"> Warning signs <p>Wimbledon – June</p> <p>European Cup -June/July</p>

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<p>Year 1 and 2 (Even years)</p>	<p>Keeping/Staying Healthy</p> <ul style="list-style-type: none"> • Healthy eating • Brushing teeth <p>Keeping/Staying Safe</p> <ul style="list-style-type: none"> • Leaning out of windows 	<p>Keeping/Staying Safe</p> <ul style="list-style-type: none"> • Road Safety <p>Relationships</p> <ul style="list-style-type: none"> • Bullying • Friendship • Body language <p>Respectful Relationships</p> <ul style="list-style-type: none"> • Importance of self respect 	<p>Computer Safety</p> <ul style="list-style-type: none"> • Online bullying • Image sharing 	<p>Being Responsible</p> <ul style="list-style-type: none"> • Water spillage <p>Money Matters</p>	<p>Feelings and Emotions</p> <ul style="list-style-type: none"> • Anger • Jealousy • Worry • 	<p>Hazard Watch</p> <ul style="list-style-type: none"> • Is it safe to eat or drink?
<p>Year 3</p>	<p>Health & well being</p> <ul style="list-style-type: none"> • What is meant by a healthy lifestyle? • How to maintain physical, mental, and emotional health and wellbeing • How to manage risks to physical and emotional health and wellbeing • Ways of keeping physically and emotionally safe • Black History Month – October • World Mental Health Day – 10th October 	<p>Relationships</p> <ul style="list-style-type: none"> • How to develop and maintain a variety of healthy relationships, within a range of social/ cultural contexts • How to recognise and manage emotions within a range of relationships • Remembrance Sunday – 10th November • Anti – bullying week (11th – 15th November) • Children in Need Day (15th November) 	<p>Living in the wider world – Economic wellbeing and being a responsible citizen</p> <ul style="list-style-type: none"> • Respect for self and others and the importance of responsible behaviours and actions • Rights and responsibilities as members of families, other groups and ultimately as citizens • Different groups and communities • Respect equality and be a productive member of a diverse community • Martin Luther King Day – 20th January • Holocaust Memorial Day – 27th January • Chinese New Year – 25th January • Safer Internet Day – 11th January 	<p>Health & well being</p> <ul style="list-style-type: none"> • Managing change, such as growing up, transition and loss • How to make informed choices about health and wellbeing and to recognise sources to help us with this • How to respond to an emergency • To identify different influences on health and wellbeing • Fair trade Fortnight (24th February) • British Science Week (9th – 13th March) • World Autism Awareness Day – 2nd April 	<p>Relationships</p> <ul style="list-style-type: none"> • How to recognise risky or negative relationships including all forms of bullying and abuse • How to respond to risky or negative relationships and ask for help • How to respect equality and diversity in relationships • E-safety focus <p>Mental Well-being</p> <ul style="list-style-type: none"> • Simple self-care techniques/ • Earth Day (22nd April) • VE Day (8th May) 	<p>Living in the wider world – Economic wellbeing and being a responsible citizen</p> <ul style="list-style-type: none"> • The importance of respecting and protecting the environment • Where money comes from, keeping it safe and the importance of managing it effectively • How money plays an important part in people's lives • A basic understanding of enterprise • Wimbledon - July

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Year 4	<p>Health & Well being</p> <ul style="list-style-type: none"> • What is meant by a healthy lifestyle? • How to maintain physical, mental and emotional health and wellbeing • How to manage risks to physical and emotional health and wellbeing • Ways of keeping physically and emotionally safe • Black History Month – October • World Mental Health Day – 10th October 	<p>Relationships</p> <ul style="list-style-type: none"> • How to develop and maintain a variety of healthy relationships, within a range of social/ cultural contexts • How to recognise and manage emotions within a range of relationships • Remembrance Sunday – 10th November • Anti – bullying week (11th – 15th November) • Children in Need Day (15th November) 	<p>Living in the wider world – Economic wellbeing and being a responsible citizen</p> <ul style="list-style-type: none"> • Respect for self and others and the importance of responsible behaviours and actions • Rights and responsibilities as members of families, other groups and ultimately as citizens • Different groups and communities • Respect equality and be a productive member of a diverse community • Martin Luther King Day – 20th January • Holocaust Memorial Day – 27th January • Chinese New Year – 25th January • Safer Internet Day – 11th January 	<p>Health & Well being</p> <ul style="list-style-type: none"> • Managing change, such as growing up, puberty, transition and loss • How to make informed choices about health and wellbeing and to recognise sources to help us with this • How to respond to an emergency • To identify different influences on health and wellbeing • Fair trade Fortnight (24th February) • British Science Week (9th – 13th March) • World Autism Awareness Day – 2nd April 	<p>Relationships</p> <ul style="list-style-type: none"> • How to recognise risky or negative relationships including all forms of bullying and abuse • How to respond to risky or negative relationships and ask for help • How to respect equality and diversity in relationships • VE Day (8th May) 	<p>Living in the wider world – Economic wellbeing and being a responsible citizen</p> <ul style="list-style-type: none"> • The importance of respecting and protecting the environment • Where money comes from, keeping it safe and the importance of managing it effectively • How money plays an important part in people's lives • A basic understanding of enterprise
Year 5	<p>Keeping/ Staying Safe</p> <ul style="list-style-type: none"> • Peer Pressure • Concept of privacy and its implications • Sometimes it's not ok to keep secrets if it links to being safe. <p>Caring Friendships:</p> <ul style="list-style-type: none"> • Trust 	<p>A World Without Judgement</p> <ul style="list-style-type: none"> • Inclusion & Acceptance • Remembrance Sunday • Anti – bullying week • Children in Need Day 	<p>Computer Safety</p> <ul style="list-style-type: none"> • Image Sharing • Martin Luther King Day • Holocaust Memorial Day • Chinese New Year • Safer Internet Day 	<p>Being Responsible</p> <ul style="list-style-type: none"> • Looking Out for Others • Fair trade Fortnight • British Science Week • World Autism Awareness Day 	<p>Growing and Changing:</p> <ul style="list-style-type: none"> • Menstrual cycle and menstrual well-being • Puberty <p>Feelings and Emotions</p> <ul style="list-style-type: none"> • Anger • VE Day 	<p>The Working World</p> <ul style="list-style-type: none"> • Enterprise

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	<ul style="list-style-type: none"> • Healthy friendships • Managing conflict <p>Keeping/ Staying Healthy</p> <ul style="list-style-type: none"> • Smoking <ul style="list-style-type: none"> • Black history month – October • World Mental Health Day 					
Year 6	<p>Keeping/ Staying safe – Water Safety</p>	<p>Keeping/ Staying healthy – Alcohol</p>	<p>Growing and changing – Conception</p>	<p>Being responsible – Stealing</p> <p>Families and People Who Care for Me</p> <ul style="list-style-type: none"> • Marriage 	<p>Computer safety & The working world –</p> <p>Making friends online & In-App purchases</p> <p>Enterprise</p>	<p>Feelings & emotions & A world without judgement</p> <p>Worry & British Values</p> <p>Respectful Relationships</p> <ul style="list-style-type: none"> • Stereotypes
<p>Study of worldwide and local events will also take place, in the most part these will be child led and relevant to the season – these will vary depending on pupil interests and current affairs.</p>						