



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. 					
ELG	<p>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>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>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. 	

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<p>Year 1 and 2 (Odd Years)</p>	<p>Keeping/Staying Healthy</p> <ul style="list-style-type: none"> • Healthy eating • Washing Hands <p>Keeping/Staying Safe</p> <ul style="list-style-type: none"> • Tying Shoelaces 	<p>Keeping/Staying Safe</p> <ul style="list-style-type: none"> • Road Safety <p>Relationships</p> <ul style="list-style-type: none"> • Bullying • Friendship <p>Respectful Relationships</p> <p>Importance of permission seeking in friendships with friends, peers and adults.</p>	<p>Computer Safety</p> <ul style="list-style-type: none"> • Online bullying • Image sharing 	<p>Being Responsible</p> <ul style="list-style-type: none"> • Practice makes perfect <p>Money Matters</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. <p>Respecting differences between types of families.</p>	<p>Hazard Watch</p> <ul style="list-style-type: none"> • Is it safe to eat or drink?
<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>Keeping/Staying Healthy</p> <ul style="list-style-type: none"> • Brushing teeth • Medicine 	<p>Keeping/Staying Safe</p> <ul style="list-style-type: none"> • Road safety <p>Relationships</p> <ul style="list-style-type: none"> • Bullying • Friendship • Touch 	<p>Computer Safety</p> <ul style="list-style-type: none"> • Making friends online • Computer safety documentary 	<p>Being Responsible</p> <ul style="list-style-type: none"> • Helping someone in need <p>Money Matters</p>	<p>Feelings and Emotions</p> <ul style="list-style-type: none"> • Grief <p>Mental Well-being</p> <ul style="list-style-type: none"> • Simple self care techniques/ 	<p>Hazard Watch</p> <ul style="list-style-type: none"> • Is it safe to play with?
<p>Year 4</p>	<p>Keeping/Staying Healthy</p> <ul style="list-style-type: none"> • Healthy Living 	<p>Keeping/Staying Safe</p> <p>Cycle safety</p> <p>Growing and Changing/ Relationships</p> <ul style="list-style-type: none"> • Appropriate touch 	<p>Computer Safety</p> <ul style="list-style-type: none"> • Online bullying 	<p>Being Responsible</p> <ul style="list-style-type: none"> • Coming home on time <p>The Working World</p> <ul style="list-style-type: none"> • Chores at home 	<p>Feelings and Emotions</p> <ul style="list-style-type: none"> • Jealousy • Importance of talking about feelings <p>Respectful Relationships</p> <ul style="list-style-type: none"> • Importance of self respect 	<p>A World Without Judgement</p> <ul style="list-style-type: none"> • Breaking down barriers <p>Health and Prevention</p> <ul style="list-style-type: none"> • Safe and unsafe exposure to sun. • How to reduce the risk of sun damage. • Importance of good quality sleep. Know the affects of bad sleep on the body.

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<p>Year 5 and 6 (Odd)</p>	<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. <ul style="list-style-type: none"> • Black history month – October • World Mental Health Day • 	<p>Keeping/ Staying Healthy</p> <p>Alcohol</p> <ul style="list-style-type: none"> • Remembrance Sunday • Anti – bullying week • Children in Need Day 	<p>Being Responsible</p> <p>Stealing</p> <p>Computer Safety</p> <p>Making Friends Online</p> <ul style="list-style-type: none"> • Martin Luther King Day • Holocaust Memorial Day • Chinese New Year • Safer Internet Day 	<p>The Working World</p> <p>In-App Purchases</p> <p>Feelings and Emotions</p> <ul style="list-style-type: none"> • Anger <ul style="list-style-type: none"> • Fair trade Fortnight • British Science Week • World Autism Awareness Day <ul style="list-style-type: none"> • International Women's Day 	<p>A World Without Judgement</p> <p>British Values</p> <p>Families and People</p> <p>Who Care for Me</p> <p>Marriage</p> <ul style="list-style-type: none"> • VE Day 	<p>Growing & Changing</p> <ul style="list-style-type: none"> • Conception • Menstrual cycle and menstrual well-being • Puberty
<p>Year 5 and 6 (Even)</p>	<p>Keeping/ Staying safe –</p> <ul style="list-style-type: none"> • Water Safety • Smoking <ul style="list-style-type: none"> • Black history month – October • World Mental Health Day 	<p>A World Without Judgement</p> <p>Inclusion & Acceptance</p> <ul style="list-style-type: none"> • Remembrance Sunday • Anti – bullying week • Children in Need Day 	<p>Computer Safety</p> <ul style="list-style-type: none"> • Image Sharing <ul style="list-style-type: none"> • Martin Luther King Day • Holocaust Memorial Day • Chinese New Year • Safer Internet Day 	<p>Being Responsible</p> <p>Looking Out for Others</p> <p>Feelings & Emotions</p> <p>Worry</p> <ul style="list-style-type: none"> • Fair trade Fortnight • British Science Week • World Autism Awareness Day International Women's Day 	<p>Growing and Changing:</p> <ul style="list-style-type: none"> • Menstrual cycle and menstrual well-being • Puberty <i>(repeated as goes in more depth with older children)</i> <ul style="list-style-type: none"> • VE Day 	<p>The Working World</p> <p>Enterprise</p>
<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>						