



# Federation of St. Cuthbert's and St. Sebastian's Catholic Primary Schools



## PSHE : CURRICULUM : LONG TERM PLAN

### RETURN AND REVIEW

Assessment of retained knowledge, understanding and skills

	AUTUMN TERM <i>RELATIONSHIPS</i>	SPRING TERM <i>LIVING IN THE WIDER WORLD</i>	SUMMER TERM <i>HEALTH AND WELLBEING</i>
EYFS 30 – 50M	<p><b><u>PSED-Making Relationships (30-50months)</u></b> Can play in a group, extending and elaborating play ideas, e.g. building up a role-play activity with other children. Initiates play, offering cues to peers to join them. Keeps play going by responding to what others are saying or doing. Demonstrates friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults.</p> <p><b><u>PSED-Managing Feelings and Behaviour (30-50months)</u></b> Can usually adapt behaviour to different events, social situations and changes in routine.</p>	<p><b><u>UW-The World (30-50months)</u></b> Shows interest in the lives of people who are familiar to them. Remembers and talks about significant events in their own experiences. Recognises and describes special times or events for family or friends. Shows interest in different occupations and ways of life. Knows some of the things that make them unique, and can talk about some of the similarities and differences in relation to friends or family.</p>	<p><b><u>PSED-Health &amp; Self-care (30-50months)</u></b> Can tell adults when hungry or tired or when they want to rest or play. Observes the effects of activity on their bodies. Understands that equipment and tools have to be used safely. Gains more bowel and bladder control and can attend to toileting needs most of the time themselves. Can usually manage washing and drying hands. Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.</p>
EYFS 40-60M	<p><b><u>PSED-Making Relationships (40-60months)</u></b> Initiates conversations, attends to and takes account of what others say. Explains own knowledge and understanding, and asks appropriate questions of others. Takes steps to resolve conflicts with other children, e.g. finding a compromise.</p> <p><b><u>PSED-Managing Feelings and Behaviour (40-60months)</u></b> Understands that own actions affect other people, for example, becomes upset or tries to comfort another child when they realise they have upset them. Aware of the boundaries set, and of behavioural expectations in the setting. Beginning to be able to negotiate and solve problems without aggression, e.g. when someone has taken their toy.</p> <p><b><u>ELG- Making Relationships</u></b> 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.</p>	<p><b><u>UW-The World (40-60months)</u></b> Comments and asks questions about aspects of their familiar world such as the place where they live or the natural world. Can talk about some of the things they have observed such as plants, animals, natural and found objects. Talks about why things happen and how things work. Developing an understanding of growth, decay and changes over time. Shows care and concern for living things and the environment</p> <p><b><u>ELG-The World</u></b> Children know about similarities and differences in relation to places, objects, materials and living things. They talk about the features of their own immediate environment and how environments might vary from one another. They make observations of animals and plants and explain why some things occur, and talk about changes.</p>	<p><b><u>PSED-Health &amp; Self-care (40-60months)</u></b> Eats a healthy range of foodstuffs and understands need for variety in food. Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. Shows understanding of how to transport and store equipment safely. Practices some appropriate safety measures without direct supervision.</p> <p><b><u>ELG-Health &amp; Self-care</u></b> Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p>

<p>Y1</p>	<p><b><u>Families and Friendships</u></b></p> <ul style="list-style-type: none"> <li>About people who care for them eg. Parents, siblings, grandparents, relatives and teachers and the role these people pay in children's lives.</li> </ul> <p><b><u>Safe Relationships</u></b></p> <ul style="list-style-type: none"> <li>Identify different types of touch and how to respond if this makes them feel uncomfortable, recognising parts of the body that are private.</li> </ul> <p><b><u>Respecting Ourselves and Others</u></b></p> <ul style="list-style-type: none"> <li>How kind and unkind behaviour can make people feel, being polite to others, sharing and taking turns.</li> </ul>	<p><b><u>Belonging to a Community</u></b></p> <ul style="list-style-type: none"> <li>How we care for people, animals and other living things in different ways and the rules to protect them.</li> </ul> <p><b><u>Media Literacy and Digital Resilience</u></b></p> <ul style="list-style-type: none"> <li>How and why people use the internet and ways of safe communication online.</li> </ul> <p><b><u>Money and Work</u></b></p> <ul style="list-style-type: none"> <li>That everyone has different strengths that are required to do different jobs in the community.</li> </ul>	<p><b><u>Physical Health and Mental Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>Explore ways to stay healthy and why this is important as we grow up.</li> </ul> <p><b><u>Growing and Changing</u></b></p> <ul style="list-style-type: none"> <li>Recognise ways we are the same and different to others and ways to manage / share our feelings.</li> </ul> <p><b><u>Keeping Safe</u></b></p> <ul style="list-style-type: none"> <li>To begin to appreciate how rules keep us safe and who we can tell if we are feeling unhappy.</li> </ul>
<p>Y2</p>	<p><b><u>Families and Friendships</u></b></p> <ul style="list-style-type: none"> <li>Explore how to be a good friend, sharing strategies for positive play and identifying those who can help when feeling unhappy / lonely.</li> </ul> <p><b><u>Safe Relationships</u></b></p> <ul style="list-style-type: none"> <li>Recognising hurtful behavior which may lead to bullying and ways to resist pressure and speak out against things which make them feel uncomfortable / unsafe.</li> </ul> <p><b><u>Respecting Ourselves and Others</u></b></p> <ul style="list-style-type: none"> <li>Recognising things in common and differences with their peers and other people, how to work co-operatively with people in a group.</li> </ul>	<p><b><u>Belonging to a Community</u></b></p> <ul style="list-style-type: none"> <li>How we belong to different groups and the importance of community involving rights and responsibilities and how communities can come together and include those who are left out.</li> </ul> <p><b><u>Media Literacy and Digital Resilience</u></b></p> <ul style="list-style-type: none"> <li>Recognising the internet is part of our everyday life and information on the internet can be both factual and entertaining, yet might not always be true.</li> </ul> <p><b><u>Money and Work</u></b></p> <ul style="list-style-type: none"> <li>Different forms of money and the uses it has including spending, receiving, earning, and choices.</li> </ul>	<p><b><u>Physical Health and Mental Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>Understanding how routines and habits help maintain good physical and mental health and ways to manage big feelings.</li> </ul> <p><b><u>Growing and Changing</u></b></p> <ul style="list-style-type: none"> <li>The cycle of growing older and labelling and naming the main body parts.</li> </ul> <p><b><u>Keeping Safe</u></b></p> <ul style="list-style-type: none"> <li>Assessing risk in everyday situations including familiar and unfamiliar environments.</li> </ul>
<p>Y3</p>	<p><b><u>Families and Friendships</u></b></p> <ul style="list-style-type: none"> <li>Appreciate that all familiars are different but all proved support, stability and love.</li> </ul> <p><b><u>Safe Relationships</u></b></p> <ul style="list-style-type: none"> <li>Understanding personal boundaries with different people including online and exploring the effects of bullying.</li> </ul> <p><b><u>Respecting Ourselves and Others</u></b></p> <ul style="list-style-type: none"> <li>Recognising respectful behavior and how this can be modelled in different situations as well as the importance of self-respect.</li> </ul>	<p><b><u>Belonging to a Community</u></b></p> <ul style="list-style-type: none"> <li>The value of rules and laws and understanding who has rights, freedom and responsibilities including basic examples of human rights.</li> </ul> <p><b><u>Media Literacy and Digital Resilience</u></b></p> <ul style="list-style-type: none"> <li>How to use the internet safely and make safe and reliable choices online.</li> </ul> <p><b><u>Money and Work</u></b></p> <ul style="list-style-type: none"> <li>Exploring jobs within different sectors and challenging stereotypes. Beginning to think about their future jobs and goals for themselves.</li> </ul>	<p><b><u>Physical Health and Mental Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>Exploring the benefits of healthy choices and habits and the impact this can have on our feelings and mental wellbeing.</li> </ul> <p><b><u>Growing and Changing</u></b></p> <ul style="list-style-type: none"> <li>Recognising our uniqueness through personal strengths and achievements as well as managing and reaffirming setbacks.</li> </ul> <p><b><u>Keeping Safe</u></b></p> <ul style="list-style-type: none"> <li>Identifying typical risk and hazards in both the local environment and unfamiliar places as well as ways to keep themselves safe.</li> </ul>
<p>Y4</p>	<p><b><u>Families and Friendships</u></b></p> <ul style="list-style-type: none"> <li>What makes a positive and healthy friendship and ways to seek support and share feelings regarding friendships.</li> </ul>	<p><b><u>Belonging to a Community</u></b></p> <ul style="list-style-type: none"> <li>Different groups that make up and contribute to a community and the shared responsibilities of caring for them.</li> </ul>	<p><b><u>Physical Health and Mental Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>What good physical health means and that common illness can be treated with the right care. Maintaining oral hygiene and dental health.</li> </ul>

	<p><b><u>Safe Relationships</u></b></p> <ul style="list-style-type: none"> <li>How to respond to hurtful behaviour including online and ways to report concerns if uncomfortable about someone's behaviour online.</li> </ul> <p><b><u>Respecting Ourselves and Others</u></b></p> <ul style="list-style-type: none"> <li>How to respect our own differences and similarities, using vocabulary sensitively to discuss differences including everyone.</li> </ul>	<p><b><u>Media Literacy and Digital Resilience</u></b></p> <ul style="list-style-type: none"> <li>Exploring digital footprints and how online data is shared / used.</li> </ul> <p><b><u>Money and Work</u></b></p> <ul style="list-style-type: none"> <li>Decisions that involve money and how to keep track of how it can be spent and saved.</li> </ul>	<p><b><u>Growing and Changing</u></b></p> <ul style="list-style-type: none"> <li>Exploring aspects of puberty including physical and emotional changes.</li> </ul> <p><b><u>Keeping Safe</u></b></p> <ul style="list-style-type: none"> <li>To know the importance of taking medicines correctly and know drugs are common to everyday life.</li> </ul>
Y5	<p><b><u>Families and Friendships</u></b></p> <ul style="list-style-type: none"> <li>How to manage healthy friendships and recognising it is common for friendships to face challenges.</li> </ul> <p><b><u>Safe Relationships</u></b></p> <ul style="list-style-type: none"> <li>Identify safe touch including physical contact and whom to tell if they are concerned about unwanted physical contact or a secret.</li> </ul> <p><b><u>Respecting Ourselves and Others</u></b></p> <ul style="list-style-type: none"> <li>Know how to respectfully respond to different people while recognising different types of discrimination and the right for everyone to be treated equally.</li> </ul>	<p><b><u>Belonging to a Community</u></b></p> <ul style="list-style-type: none"> <li>Understanding the allocation of resources and the importance of showing compassion towards others including the environment and animals.</li> </ul> <p><b><u>Media Literacy and Digital Resilience</u></b></p> <ul style="list-style-type: none"> <li>To know how information online is targeted, understanding there are different types of media and ways to report unsafe content.</li> </ul> <p><b><u>Money and Work</u></b></p> <ul style="list-style-type: none"> <li>To identify job interests and aspirations on choosing a future career as well as diversity in the workplace.</li> </ul>	<p><b><u>Physical Health and Mental Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>To focus on a range of healthy lifestyle choices and risks including: sun safety; medicines, vaccinations, immunisations and allergies.</li> </ul> <p><b><u>Growing and Changing</u></b></p> <ul style="list-style-type: none"> <li>To recognise and celebrate personal identify and focus on boosting their mood and improve emotional / mental wellbeing.</li> </ul> <p><b><u>Keeping Safe</u></b></p> <ul style="list-style-type: none"> <li>Identify occasions when they can take responsibility for their own safety, knowing when and how to deliver first aid / contact emergency services.</li> </ul>
Y6	<p><b><u>Families and Friendships</u></b></p> <ul style="list-style-type: none"> <li>To acknowledge everyone's right to be loved in a healthy relationship and the ways in which couples may show love and commitment.</li> </ul> <p><b><u>Safe Relationships</u></b></p> <ul style="list-style-type: none"> <li>Recognise strategies to respond to pressure including online, and how to give / not give consent in different situations.</li> </ul> <p><b><u>Respecting Ourselves and Others</u></b></p> <ul style="list-style-type: none"> <li>Positive role models and behaviours, as well as effectively sharing points of view to manage conflicts / disagreements.</li> </ul>	<p><b><u>Belonging to a Community</u></b></p> <ul style="list-style-type: none"> <li>To differentiate between prejudice and discrimination, how stereotypes are perpetrated and ways to challenge this.</li> </ul> <p><b><u>Media Literacy and Digital Resilience</u></b></p> <ul style="list-style-type: none"> <li>To evaluate media sources and what is appropriate to have online including rules and laws for protection.</li> </ul> <p><b><u>Money and Work</u></b></p> <ul style="list-style-type: none"> <li>To appreciate the value of money, assess financial risks and the impact of this upon daily lives including where to get help if they are concerned.</li> </ul>	<p><b><u>Physical Health and Mental Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>To understand that mental health is just as important as physical health, ways to look after this and that support is available.</li> </ul> <p><b><u>Growing and Changing</u></b></p> <ul style="list-style-type: none"> <li>To become aware of growing independence and transition to secondary school. Physical changes as we grow - the human reproduction system / menstrual cycle.</li> </ul> <p><b><u>Keeping Safe</u></b></p> <ul style="list-style-type: none"> <li>Identify the potential risks of personal information being misused and how the media influences opinions and decisions relating to drugs as well as laws to protect us.</li> </ul>

