



# 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>
Y1	<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>How we care for people, animals and other living things in different ways and the rules to protect them.</li> </ul> <p><b><u>Growing and Changing</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>Keeping Safe</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>
Y2	<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>
Y3	<p><b><u>Families and Friendships</u></b></p> <ul style="list-style-type: none"> <li>Appreciate that all families are different but all provide support, stability and love.</li> </ul> <p><b><u>Safe Relationships</u></b></p>	<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>	<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>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>	<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>	<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>
Y4	<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>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>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>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>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>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>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>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</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>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>reproduction system / menstrual cycle.</p> <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>
--	--	---	---