



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

## PSHE : CURRICULUM : LONG TERM PLAN



	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 play 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>How to be a good friend and discussing and exploring arguments including how they are caused and how to resolve them.</li> </ul> <p><b><u>Safe Relationships</u></b></p> <ul style="list-style-type: none"> <li>Identify different types of bullying and understanding how to ask for help if they feel unsafe, worried, pressured or uncomfortable.</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 what we can do to keep ourselves healthy.</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 safety at home and emergencies.</li> </ul>
Y3	<p><b><u>Families and Friendships</u></b></p> <ul style="list-style-type: none"> <li>Recognise that families are different and why family is so important to us.</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.</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 what affects our feelings including expressing them.</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 assessing safe information online.</li> </ul> <p><b><u>Money and Work</u></b></p> <ul style="list-style-type: none"> <li>The different types of jobs available and challenging job 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 risk and hazards in both the local environment and unfamiliar places.</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 what it means to communicate respectfully.</li> </ul> <p><b><u>Safe Relationships</u></b></p> <ul style="list-style-type: none"> <li>How to respond to hurtful behavior including online and how to manage risk online exploring confidentiality.</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>Sharing responsibility within a community.</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 it safe.</li> </ul>	<p><b><u>Physical Health and Mental Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>How to maintain a balanced lifestyle and the importance of oral hygiene.</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, external genitalia; personal hygiene routines; support with puberty.</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>Identifying safe touch including physical contact.</li> </ul> <p><b><u>Respecting Ourselves and Others</u></b></p> <ul style="list-style-type: none"> <li>Knowing how to respectfully respond to different people while recognising prejudice and discrimination.</li> </ul>	<p><b><u>Belonging to a Community</u></b></p> <ul style="list-style-type: none"> <li>Understanding the importance of protecting the environments and showing compassion towards others including 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 and understanding there are different types of media and its role/impact.</li> </ul> <p><b><u>Money and Work</u></b></p> <ul style="list-style-type: none"> <li>To identify job interests and aspirations as well as the influences people have on the job they choose.</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: Healthy sleep habits; 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 personal identify and focus on boosting wellbeing in different ways.</li> </ul> <p><b><u>Keeping Safe</u></b></p> <ul style="list-style-type: none"> <li>Knowing how to keep safe in different situations including responding in emergencies, first aid and FGM.</li> </ul>
Y6	<p><b><u>Families and Friendships</u></b></p> <ul style="list-style-type: none"> <li>To understand different loving relationship and their differences.</li> </ul> <p><b><u>Safe Relationships</u></b></p> <ul style="list-style-type: none"> <li>To recognise how to manage pressure within different relationships and giving consent in different situations.</li> </ul> <p><b><u>Respecting Ourselves and Others</u></b></p>	<p><b><u>Belonging to a Community</u></b></p> <ul style="list-style-type: none"> <li>To reflect on different stereotypes and valuing diversity including challenging discrimination.</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 sharing things online.</li> </ul> <p><b><u>Money and Work</u></b></p>	<p><b><u>Physical Health and Mental Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>To understand what affects mental health and ways to take care of it including managing change, loss and bereavement; managing time online.</li> </ul> <p><b><u>Growing and Changing</u></b></p> <ul style="list-style-type: none"> <li>To identify independence as we grow older and the human reproduction system.</li> </ul> <p><b><u>Keeping Safe</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>	<ul style="list-style-type: none"><li>• To assess financial risks and how not having money can impact someone's life.</li></ul>	<ul style="list-style-type: none"><li>• Knowing how to keep personal information safe and understanding drug use including laws and media coverage.</li></ul>
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