



## PSHE Long-Term Plan: Topic Narrative

	<b>Autumn Health and Wellbeing</b>	<b>Spring Relationships</b>	<b>Summer Living in the Wider World</b>
Year 1	Children will learn what constitutes, and how to maintain a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health. Pupils will learn about people who look after them and responsibility for keeping themselves and others safe.	Children will learn how to communicate their feelings to others, to recognise how others show feelings and how to respond. Children will identify and respect the differences and similarities between people and identify their special people (family, friends, carers) what makes them special and how special people should care for one another.	Children will learn ways in which they are unique; understand that there has never been and will never be another 'them'. Children will learn how they can contribute to the life of the classroom and school and understand that they belong to different groups and communities such as family and school. Children will learn that money comes from different sources and can be used for different purposes, including the concepts of spending and saving.
Year 2	Children will learn what constitutes, and how to maintain a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health. Children will recognise likes and dislikes and use vocabulary to describe good and not so good feelings. Children will learn the process of growing and changing and new opportunities that independence may bring. Pupils will learn about people who look after them and responsibility for keeping themselves and others safe.	Children will recognise that their behaviour can affect other people and know the difference between secrets and nice surprises and the importance of not keeping secrets that makes them feel uncomfortable, anxious or afraid. Children will share their opinions on things that matter and explain their views alongside listening to others and working cooperatively. Children will recognise when people are being unkind either to them or others, teasing and bullying and how to respond and understand that these are unacceptable and how to get help.	Children will learn ways in which they are unique; understand that there has never been and will never be another 'them'. Pupils will learn ways in which we are the same as all other people; what we have in common with everyone else and about 'special people' who work in their community and who are responsible for looking after them and protecting them. Children will learn that money comes from different sources and the role money plays in their lives including how to keep it safe, choices about spending or saving money and what influences those choices.
Year 3	Children will learn what positively and negatively affects their physical, mental and emotional health and how to make informed choices for having a 'balanced lifestyle'. Children will develop skills to make their own choices about food and understand what might influence their choices and the benefits of a balanced diet. Children will differentiate between risk, danger and hazard and assess risks in different situation and decide how to manage them responsibly. School rules about health and safety.	Children will recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive relationships. Children will learn that their actions affect themselves and others and to develop strategies to resolve conflict.	Children will research, discuss and debate topical issues, problems and events that are of a concern to them and offer their recommendations to appropriate people. Children will learn about what being part of a community means and about the varied institutions that support communities locally and nationally.
Year 4	Children will reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals. Children will deepen their understanding of good and not so good feelings, extend their vocabulary to enable them to explain both the range and intensity of their feelings to others. Pupils will recognise how their increasing independence brings increased responsibility to keep themselves and others safe.	Children will work collaboratively towards shared goals and listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feeling and to try to see, respect and if necessary constructively challenge others' point of view. develop strategies to resolve conflict and disputes through appropriate compromise and give rich and constructive feedback and support to benefit others as well as themselves.	Children will learn how to appreciate the range of national, regional, religious and ethnic diversities in the United Kingdom and consider lives of people living in others places and people with different values. Children will learn that resources can be allocated in different ways and that these choices affect individuals, communities and the sustainability of the environment across the world.

Year 5	<p>Children will learn what positively and negatively affects their physical, mental and emotional health and recognising that they may experience conflicting emotions and when they might need to listen to or overcome these. Children will learn what is meant by the term 'habit' and why habits can be hard to change. Pupils will recognise when they need help and to develop the skills to ask for help; use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious. Children will learn strategies for keeping physically and emotionally safe, including road and cycle safety.</p>	<p>Children will understand that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender and disability (Equality Act). Children will listen to and respond respectfully to a wide range of people and understand that two people who love and care for one another can be in a relationship.</p>	<p>Children will recognise the role of voluntary, community and pressure groups and to develop initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax' and how the role money plays in their own and others' livings, including how to manage their money and about being a critical consumer.</p>
Year 6	<p>Children will learn what positively and negatively affects their physical, mental and emotional health. Children will know how their body will and their emotions may, change as they approach and move through puberty. Children will learn about human reproduction and about taking care of their body, understanding that they have the right to protect their body. Children will learn strategies for keeping physically and emotionally safe, and keeping safe online; protecting personal information and the responsible use of mobile phones.</p>	<p>Children will realise the nature of discrimination, teasing, bullying and aggressive behaviours (cyber bullying). Pupils will understand that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender and disability (Equality Act).</p> <p>Pupils will recognise and challenge stereotypes and manage 'dares'. Children will recognise bullying in all its forms and understand personal boundaries; identify what they are willing to share with their most special people; friends, classmates and others; and that we all have rights to privacy.</p>	<p>Children will learn how to appreciate the range of national, regional, religious and ethnic diversities in the United Kingdom and consider lives of people living in others places and people with different values. Children will learn what is meant by enterprise and begin to develop enterprise skills and explore and critique how the media present information. Pupils will critically examine what is presented to them in social media and why it is important to do so; understand how information contained in social media can misrepresent or mislead; the importance of being careful what they forward to others.</p>