



Church Preen PSHE Long Term Planning



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 Being Me in My World	How am I feeling today? Being at school; gentle hands; our rights; our responsibilities	Help others to feel welcome; make our school a better place; consider everyone's right to learn; care about other's feelings; work well with others; develop and follow our learning charter	Hopes and fears; rights and responsibilities; rewards and consequences; developing and owning our learning charter	Getting to know each other; our nightmare school; our dream school; rewards and consequences; our learning charter; owning our learning charter	Becoming a class team; being a school citizen; rights, responsibilities and democracy; rewards and consequences; our learning charter; owning our learning charter	My year ahead; being a citizen in my country; responsibilities, rewards and consequences; our learning charter; owning our learning charter	My year ahead; being a global citizen; the learning charter; our learning charter; owning our learning charter
Autumn 2 Celebrating Difference	What am I good at? I am special; families; houses and homes; making friends; standing up for yourself	Identify similarities and differences between people in my class; say what bullying is; know who to talk to about being bullied; know how to make new friends; know some ways I am different to my friends	Accept that everyone is different; include others when working and playing; know how to help if someone is being bullied; try to solve problems; use kind words; give and receive compliments	Families; family conflict; witness and solution; words that harm; celebrating difference: compliments	Judging by appearances; understanding influences; understanding bullying; problem-solving; special me; celebrating difference: how we look	Different cultures; racism, rumours and name calling; types of bullying; does money matter; celebrating differences across the world	Am I normal? Understanding difference; power struggles; why bully? Celebrating difference
Spring 1 Dreams and Goals	Challenge; never give up; setting a goal; obstacles and support; flight to the future; feeling proud	My treasure chest of success; steps to goals; achieving together; having a positive attitude to my learning; overcoming obstacles; celebrating my success	Goals to success; my learning strengths; learning with others; showing a positive attitude to working with others; help others to achieve their goals; celebrating our achievements	Dreams and goals; dreams and ambitions; a new challenge; overcoming obstacles; celebrating my learning	Hopes and dreams; broken dreams; overcoming disappointment; creating new dreams; achieving goals; contributing to achievements	My dream lifestyle; investigate jobs and careers; my dream job; dreams and goals in other cultures; how can we support each other? Rallying support	Personal learning goals; steps to success; my dreams for the world; helping to make a difference; recognising our achievements
Spring 2 Healthy Me	Everybody's body; moving and resting; healthy/unhealthy foods; keeping clean; stranger danger	Being healthy; healthy choices; clean and healthy; medicine safety; road safety; happy, healthy me	Being healthy; being relaxed; medicine safety; healthy eating; healthy, happy me	Being fit and healthy; what do I know about drugs; being safe; safe or unsafe? My amazing body	My friends and me; group dynamics; smoking; alcohol; healthy friendships; celebrating my inner strength and assertiveness	Smoking; alcohol; emergency aid; body image; my relationship with food; healthy me	Take responsibility for my health and wellbeing; drugs; exploitation; gangs; emotional and mental health; managing stress and pressure



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Relationships	My family and me; making friends; solving problems in friendships; falling out and bullying; being the best friend I can	Families; making friends; greetings; people who help us; being my own best friends; celebrating my special relationships	Families; keeping safe (exploring physical contact); friends and conflict; secrets; trust and appreciation; celebrating my special relationships	Family roles and responsibilities; friendships; keeping myself safe online; being a global citizen; celebrating my web of relationships	Jealousy; love and loss; memories; getting on and falling out; girlfriends/boyfriends; celebrating my relationships with people and animals	Recognising me; safety with online communities; being in an online community; gaming; my relationship with technology; staying safe and happy online	What is mental health? My mental health; love and loss; power and control; being online; using technology responsibly
Changing Me	My body; respecting my body; growing up; talk about worries and things I am looking forward to; celebrating memories and achievements	Lifecycles; changing me; my changing body; boys' and girls' bodies; learning and growing; coping with changes	Lifecycles in nature; growing from young to old; the changing me; girls' and boys' bodies; assertiveness; looking forward to my new class	How babies grow; babies; outside body changes; inside body changes; family stereotypes; looking ahead to changes	Unique me; having a baby; girls and puberty; circles of change; accepting change; looking forward to change	Self-image and body image; girl talk; boy talk; conception; worries about change; thinking ahead to change	Self-image; puberty; babies: conception and birth; boyfriends and girlfriends; real self and ideal self; the year ahead

We follow the Primary Jigsaw scheme of work to teach our PSHE curriculum.

We hold weekly Jigsaw assemblies and celebrate our children's successes demonstrating these attitudes and behaviours.