

# PSHE and wellbeing long-term plan – including DfE statutory requirements

Year	1 Me and my Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
Devonshire School Value	Co-operation	Respect	Pride	Honesty	Integrity	Resilience
<b>EYFS</b>	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe I know to keep my hands clean and tie my hair back. (Head lice)	Looking after things: friends, environment, money	<b>Health and wellbeing week</b> <b>Dental hygiene</b>  Keeping my body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages Girls and boys – similarities and difference
<b>Y1</b>	Feelings Getting help Classroom rules Special people Being a good friend Explain right and wrong.	<b>Anti-bullying week</b> Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	<b>Mental Health week</b> How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment  Take part in a debate	<b>Health and wellbeing week</b> <b>Dental hygiene</b>  Growth Mindset Healthy eating Hygiene and health Cooperation	Getting help Becoming independent My body parts Taking care of self and others
<b>Y2</b>	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation Understand the zones of regulation	<b>Anti-bullying week</b> Being kind and helping others Celebrating difference People who help us Listening Skills	<b>Mental Health week</b> Safe and unsafe secrets  Appropriate touch  Medicine safety Know who are strangers and who are safer strangers	Cooperation Self-regulation Online safety Looking after money – saving and spending	<b>Health and wellbeing week</b> <b>Dental hygiene</b>  Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
<b>Y3</b>	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	<b>Anti-bullying week</b> Recognising and respecting diversity Being respectful and tolerant My community	<b>Mental Health week</b> Managing risk Decision-making skills Drugs and their risks Staying safe online  Crossing the road safely	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	<b>Health and wellbeing week</b>  Keeping myself healthy and well Celebrating and developing my skills Developing empathy  Career/ job aspirations - understand there are a range of jobs we can do when we are older.	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets

<b>Y4</b>  <b>Water safety – swimming lessons</b>	Healthy relationships Listening to feelings Bullying Assertive skills	<b>Anti-bullying week</b> Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	<b>Mental Health week</b> Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety  <b>Sun safety</b>	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	<b>Health and wellbeing week</b> <b>Personal hygiene</b>  Having choices and making decisions about my health Taking care of my environment My skills and interests  <b>Career/ job aspirations</b>	Body changes during puberty Managing difficult feelings Relationships including marriage
<b>Y5</b>	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	<b>Anti-bullying week</b> Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	<b>Mental Health week</b> Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills  <b>Water safety, especially at the beach</b>	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	<b>Health and wellbeing week</b> <b>Personal hygiene</b>  Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community  <b>Discuss global concerns</b>	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
<b>Y6</b>	Assertiveness Cooperation Safe/unsafe touches Positive relationships	<b>Anti-bullying week</b> Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	<b>Mental Health week</b> Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	<b>Health and wellbeing week</b>  Aspirations and goal setting Managing risk Looking after my mental health  <b>Debate topical issues</b>	Coping with changes Keeping safe Body Image Sex education Self-esteem