

Rackham Primary School – PSHE **Personal Development Programme** – Long Term Plan

Cycle A PDP Long term plan with statutory objectives		Autumn		Spring		Summer	
	Theme	Rights, Rules & Responsibilities	Me & My Emotions; Anti-bullying	Diversity & Communities	Managing Safety and Risk	Managing Change	Sex & Relationships Education
Foundation	Citizenship Myself & My Relationships	Myself & My Relationships Families and people who care for me: Obj: 1, 2, 3. Caring friendships: Obj: 1, 3, 4.	Citizenship	Healthy & Safer Lifestyles	Healthy & Safer Lifestyles Physical health and fitness: Obj: 1, 2, 3, 4. Myself & My Relationships	Healthy & Safer Lifestyles Basic first aid: Obj: 1, 2.	
Year 1/2	Citizenship	Myself & My Relationships Respectful relationships Obj: 6	Citizenship	Healthy & Safer Lifestyles Health and prevention Obj: 2, 3, 4, 5, 6.	Myself & My Relationships Online relationships Obj: 1, 2, 3, 4.	Healthy & Safer Lifestyles Healthy eating Obj: 1, 2, 3.	
Year 3/4	Citizenship	Myself & My Relationships Mental wellbeing Obj: 7, 9, 10.	Citizenship Respectful relationships Obj: 1, 2, 3, 4, 5, 7.	Healthy & Safer Lifestyles Being safe Obj: 1, 2.	Myself & My Relationships	Healthy & Safer Lifestyles Year 4 girls only: Changing adolescent body Obj: 1, 2. Basic first aid Obj: 1, 2.	
Year 5/6	Citizenship	Myself & My Relationships Respectful relationships Obj: 6, 7. Mental wellbeing Obj: 8 <i>Good To Be Me Say No To Bullying Anti-bullying week Nov.</i>	Citizenship Respectful relationships Obj: 1, 2, 3, 4, 5, 7, 8.	Healthy & Safer Lifestyles Being safe Obj: 1, 2, 3, 4, 5, 6, 7, 8.	Myself & My Relationships <i>Relationships, Changes To be included in Summer Term Maths: Economic Wellbeing - Financial Capability.</i>	Healthy & Safer Lifestyles Internet safety and harms Obj: 1, 2, 3, 4, 5, 6, 7. <i>Conflict resolution</i>	
Notes SEAL links	<i>Inc. class rules, School Council, Buddies, etc. New Beginnings</i>						

