

PSHE – Long Term Plan

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<u>Physical Health and Wellbeing</u> : Fun Times	<u>Physical Health and Wellbeing</u> : What Keeps Me Healthy Dental Health Prevention (vaccines)	<u>Drugs, Alcohol and Tobacco</u> : Tobacco is a Drug Asthma	<u>Identity, Society and Equality</u> : Democracy	<u>Physical Health and Wellbeing</u> : In the Media	<u>Drug, Alcohol and Tobacco</u> : Weighing up risk Health Education Sleep
Autumn 2	<u>Keeping Safe and Managing Risk</u> : Feeling Safe	<u>Mental Health and Wellbeing</u> : Friendship	<u>Keeping Safe and Managing Risk</u> : Bullying – see it, say it, stop it	<u>Drugs, Alcohol and Tobacco</u> : Making Choices Asthma	<u>Identity, Society and Equality</u> : Stereotypes, discrimination and prejudice	<u>Identity, Society and Equality</u> : Human Rights Prevent
Spring 1	<u>Identity, Society and Equality</u> : Me and Others	<u>Keeping Safe and Managing Risk</u> : Indoors and Outdoors	<u>Mental Health and Wellbeing</u> : Strengths and Challenges	<u>Physical Health and Wellbeing</u> : What is important to me?	<u>Keeping Safe and Managing Risk</u> : When Things Go Wrong First Aid: Calling for Help/Head Injuries/UAB/UANB Bleeding	<u>Mental Health and Wellbeing</u> : Healthy Minds
Spring 2	<u>Drugs, Alcohol and Tobacco</u> : What do we put into and onto our bodies?	<u>Drugs, Alcohol and Tobacco</u> : Medicines and Me Asthma	<u>Identity, Society and Equality</u> : Celebrating Difference	<u>Keeping Safe and Managing Risk</u> : Playing Safe	<u>Mental Health and Wellbeing</u> : Dealing with feelings	<u>Keeping Safe and Managing Risk</u> : Out and about Internet Safety FGM/CSE/CCE
Summer 1	<u>Mental Health and Wellbeing</u> : Feelings	<u>RSE</u> : Boys, Girls and Families	<u>Careers and Financial Capability</u> : Saving, spending and budgeting	<u>First Aid</u> : Calling for Help/Head Injuries/Burns/UAB/UANB	<u>Drugs, Alcohol and Tobacco</u> : Different Influences	<u>First Aid</u> : Calling for Help/Head Injuries Choking/Allergies UAB/UANB/Broken Bones
Summer 2	<u>Careers and Financial Capability</u> : My Money		<u>Physical Health and Wellbeing</u> : What Helps Me Choose? <u>First Aid</u> : Calling for Help/Head Injuries Bites and Stings	<u>Careers and Financial Capability</u> : Borrowing and earning money	<u>RSE</u> : Growing up and changing	<u>RSE</u> : Healthy relationships, how a baby is made

Every year group to deliver one Mind Mate lesson each half term.