

**St Joseph's Catholic Primary School**  
**PSHE Long Term Plan**

**EYFS**

**Children will be able to;**

**Self Regulation**

- Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

**Managing Self**

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

**Building Relationships**

- Work and play cooperatively and take turns with others.
- Form positive attachments to adults and friendships with peers.
- Show sensitivity to their own and to others' needs.

**KS1**

	<b>Autumn</b>		<b>Spring</b>		<b>Summer</b>	
<b>Cycle A (Year 1 units)</b>	<b><u>Unit: Me and My Relationships</u></b> Why we have classroom rules How are you listening? Thinking about feelings Our feelings Feelings and bodies Good friends	<b><u>Unit: Valuing Difference</u></b> Same or different? Unkind, tease or bully? Harold's school rules It's not fair! Who are our special people? Our special people balloons	<b><u>Unit: Keeping Safe</u></b> Super sleep Who can help? (1) Good or bad touches Sharing pictures What could Harold do? Harold loses Geoffrey	<b><u>Unit: Rights and Responsibilities</u></b> Harold has a bad day Around and about the school Taking care of something Harold's money How should we look after our money? Basic first aid	<b><u>Unit: Being My Best</u></b> I can eat a rainbow Eat well Harold's wash and brush up Catch it! Bin it! Kill it! Harold learns to ride his bike Pass on the praise!	<b><u>Unit: Growing and Changing</u></b> Healthy me Then and now Taking care of a baby Who can help (2) Suprises and secrets Keeping privates private
<b>Cycle B (Year 2 units)</b>	<b><u>Unit: Me and My Relationships</u></b> Our ideal classroom How are you feeling today? Let's all be happy Being a good friend Types of bullying Don't do that!	<b><u>Unit: Valuing Difference</u></b> What makes us who we are? My special people How do we make others feel? When someone is feeling left out An act of kindness	<b><u>Unit: Keeping Safe</u></b> Harold's picnic How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell?	<b><u>Unit: Rights and Respect</u></b> Getting on with others When I feel like erupting Feeling safe Playing games Harold saves for something special How can we look after our environment?	<b><u>Unit: Being my Best</u></b> You can do it! My day Harold's postcard - helping us to keep clean and healthy Harold's bathroom What does my body do? Basic first aid	<b><u>Unit: Growing and Changing</u></b> A helping hand Sam moves away Haven't you grown! My body, your body Respecting privacy Some secrets should never be kept

		Solve the problem				
<b>Lower KS2</b>						
	<b>Autumn</b>	<b>Spring</b>			<b>Summer</b>	
<b>Cycle A (Year 3 units)</b>	<b><u>Unit: Me and My Relationships</u></b> As a rule Looking after our special people How can we solve this problem? Friends are special Thunks Dan's dare	<b><u>Unit: Valuing Difference</u></b> Respect and challenge Family and friends My community Our friends and neighbours Let's celebrate our differences Zeb	<b><u>Unit: Keeping Safe</u></b> Safe or unsafe? Danger or risk? The Risk robot Super Searcher Help or harm? Alcohol and cigarettes: the facts	<b><u>Unit: Rights and Respect</u></b> Helping each other to stay safe Recount task Our helpful volunteers Can Harold afford it? Earning money Harold's environment project	<b><u>Unit: Being my Best</u></b> Derek cooks dinner! (healthy eating) Poorly Harold Body teamwork For or against? I am fantastic! Top talents	<b><u>Unit: Growing and Changing</u></b> Lesson Plans Relationship tree Body space None of your business! Secret or surprise? My changing body Basic first aid
<b>Cycle B (Year 4 units)</b>	<b><u>Unit: Me and My Relationships</u></b> Human machines Ok or not ok? (part 1) Ok or not ok? (part 2) An email from Harold! Different feelings Under pressure	<b><u>Unit: Valuing Difference</u></b> Can you sort it? What would I do? The people we share our world with That is such a stereotype! Friend or acquaintance? Islands	<b><u>Unit: Keeping Safe</u></b> Danger, risk or hazard? How dare you! Keeping ourselves safe Raisin challenge (2) Picture wise Medicines: check the label	<b><u>Unit: Rights and Respect</u></b> Who helps us stay healthy and safe? It's your right How do we make a difference? In the news! Safety in numbers Why pay taxes?	<b><u>Unit: Being my Best</u></b> What makes me ME! Making choices SCARF hotel Harold's Seven Rs My school community (1) Basic first aid	<b><u>Unit: Growing and Changing</u></b> Moving house My feelings are all over the place! All change! Preparing for changes at puberty Secret or surprise? Together
<b>Upper KS2</b>						
	<b>Autumn</b>	<b>Spring</b>			<b>Summer</b>	
<b>Cycle A (Year 5 units)</b>	<b><u>Unit: Me and My Relationships</u></b> Collaboration Challenge! Give and take How good a friend are you? Relationship cake recipe Our emotional needs Being assertive	<b><u>Unit: Valuing Difference</u></b> Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true? Stop, start, stereotypes	<b><u>Unit: Keeping Safe</u></b> Spot bullying Play, like, share Decision dilemmas Ella's diary dilemma Vaping: healthy or unhealthy? Would you risk it?	<b><u>Unit: Rights and Respect</u></b> What's the story? Fact or opinion? Mo makes a difference Rights, respect and duties Spending wisely Lend us a fiver!	<b><u>Unit: Being my Best</u></b> It all adds up! Different skills My school community (2) Independence and responsibility Star qualities? Basic first aid, including Sepsis Awareness	<b><u>Unit: Growing and Changing</u></b> How are they feeling? Taking notice of our feelings Dear Ash Growing up and changing bodies Changing bodies and feelings Help! I'm a teenager - get me out of here!
<b>Cycle B (Year 6 units)</b>	<b><u>Unit: Me and My Relationships</u></b> Working together Solve the friendship problem Behave yourself Assertiveness skills Don't force me Acting appropriately	<b><u>Unit: Valuing Difference</u></b> OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships!	<b><u>Unit: Keeping Safe</u></b> Think before you click! To share or not to share? Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal?	<b><u>Unit: Rights and Respect</u></b> Two sides to every story Fakebook friends What's it worth? Happy shoppers - caring for the environment Democracy in Britain 1 - Elections	<b><u>Unit: Being my Best</u></b> This will be your life! Our recommendations What's the risk? (1) What's the risk? (2) Basic first aid, including Sepsis Awareness Five Ways to Wellbeing project	<b><u>Unit: Growing and Changing</u></b> I look great! Media manipulation Pressure online Helpful or unhelpful? Managing change Is this normal? Making babies

		Boys will be boys? - challenging gender stereotypes		Democracy in Britain 2 - How (most) laws are made		
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All Children receive an annual visit from life education during health week which includes RSE sessions for years 4, 5 and 6.