

LPS PSHE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	International Democracy day – 15.09 World Mental Health Day – 08.10 Black History Month - October	Remembrance Day – 11.11 World Kindness Day – 13.11 Children in Need 13.11 Anti Bullying Week 15.11 Human Rights Day – 10.11	World Religion Day -22.01 LGBT Month – February Time to Talk day – 01.02 Children’s Mental Health Week 07.02 Safer Internet Day – 08.02	Autism Awareness Day 02.04	World Environment Day 05.06	World Refugee Day – 20.06
F2	Me and My relationships 1. All about me 2. What makes me special 3. Me and my special people 4. Who can help me? 5. My feelings 6. My feelings (2)	Valuing Difference 1. I’m special, you’re special 2. Same and different 3. Same and different families 4. Same and different homes 5. I am caring 6. I am a friend	Keeping Myself Safe 1. What’s safe to go onto my body 2. Keeping myself safe – what’s safe to go into my body? 3. Safe indoors and outdoors 4. Listening to my feelings 5. Keeping safe online 6. People who help to keep me safe	Rights and Responsibilities 1. Looking after my special people 2. Looking after my friends 3. Being helpful at home and caring for our classroom 4. Caring for our world 5. Looking after money (recognising, spending, using) 6. Looking after money (saving and keeping it safe)	Being my best 1. Bouncing back when things go wrong 2. Yes, I can 3. Healthy eating 4. My healthy mind 5. Move your body 6. A good night’s sleep	Growing and changing 1. Seasons 2. Life stages – plants, animals, humans 3. Life stages – who will I be? 4. Where do babies come from? 5. Getting bigger 6. Me and my body – girls and boys
	British Values: Individual Liberty Respect Rule of Law		British Values: Respect		British Values:	
Year 1	Me and My relationships 1. Why we have classroom rules 2. Thinking about feelings 3. Our feelings 4. Feelings and bodies	Valuing Difference 1. Same or different? 2. Unkind, tease or bully? 3. Harold’s school rules 4. Who are our special people?	Keeping Myself Safe 1. Healthy me 2. Super sleep 3. Who can help? 4. Harold loses Geoffrey 5. What could Harold do?	Rights and Responsibilities 1. Harold’s wash and brush up 2. Around and about the school 3. Taking care of something 4. Harold’s money	Being my best 1. I can eat a rainbow 2. Eat well 3. Catch it! Bin it! Kill it! 4. Harold learns to ride a bike	Growing and changing 1. Inside my wonderful body! 2. Taking care of a baby 3. Then and now 4. Who can help? (2)

	<ul style="list-style-type: none"> 5. Our special people balloons 6. Good friends 7. How are you listening? 	<ul style="list-style-type: none"> 5. It's not fair! 	<ul style="list-style-type: none"> 6. Good or bad touches? 7. Sharing pictures 	<ul style="list-style-type: none"> 5. How should we look after our money? 6. Basic first aid 	<ul style="list-style-type: none"> 5. Pass on the praise! 6. Harold has a bad day 	<ul style="list-style-type: none"> 5. Surprises and secrets 6. Keepings privates private
	British Values: Individual Liberty Tolerance Rule of Law		British Values: Respect		British Values:	
Year 2	Me and My relationships <ul style="list-style-type: none"> 1. Our ideal classroom 2. Our ideal classroom (2) 3. How are you feeling today? 4. Bullying or teasing? 5. Don't do that! 6. Types of bullying 7. Being a good friend 8. Lets all be happy 	Valuing Difference <ul style="list-style-type: none"> 1. What makes us who we are? 2. How do we makes others feel? 3. My special people 4. When someone is feeling left out 5. An act of kindness 6. Solve the problem 	Keeping Myself Safe <ul style="list-style-type: none"> 1. Harold's picnic 2. How safe would you feel? 3. What should Harold say? 4. I don't like that! 5. Fun or not? 6. Should I tell? 7. Some secrets should never be kept 	Rights and Responsibilities <ul style="list-style-type: none"> 1. Getting on with others 2. When I feel like erupting 3. Feeling safe 4. How can we look after our own environment 5. Harold saves for something special 6. Harold goes camping 7. Playing games 	Being my best <ul style="list-style-type: none"> 1. You can do it! 2. My day 3. Harold's postcard - helping us to keep clean and healthy 4. Harold's bathroom 5. My body needs... 6. What does my body do? 	Growing and changing <ul style="list-style-type: none"> 1. A helping hand 2. Sam moves away 3. Haven't you grown! 4. My body, your body 5. Respecting privacy 6. Basic first aid (Why is First Aid important and how to help someone having asthma attack or bleeding)
	British Values: Individual Liberty Respect Tolerance		British Values: Tolerance Respect		British Values: Respect	
Year 3	Me and My relationships <ul style="list-style-type: none"> 1. As a rule 2. My special pet 3. Tangram team challenge 4. Looking after our special people 5. How can we solve this problem? 6. Dan's dare 	Valuing Difference <ul style="list-style-type: none"> 1. Family and friends 2. My community 3. Respect and challenge 4. Our friends and neighbours 5. Lets celebrate our differences 6. Zeb 	Keeping Myself Safe <ul style="list-style-type: none"> 1. Safe or unsafe? 2. Danger or risk? 3. The Risk Robot 4. Alcohol and Cigarettes: the facts 5. Super Searcher 6. None of your business 7. Raisin Challenge 	Rights and Responsibilities <ul style="list-style-type: none"> 1. Our helpful volunteers 2. Helping each other to stay safe 3. Recount task 4. Harold's environment project 5. Can Harold afford it? 	Being my best <ul style="list-style-type: none"> 1. Derek cooks dinner 2. Poorly Harold 3. For or against? 4. I am fantastic 5. Getting on your nerves 6. Body teamwork 7. Top talents 	Growing and changing <ul style="list-style-type: none"> 1. Relationship Tree 2. Body space 3. Secret or surprise? 4. Basic First Aid (How to help someone who has a broken bone or burn)

	7. Thunks 8. Friends are special people		8. Help or harm?	6. Earning money		
	British Values: Individual Liberty Tolerance Respect Rule of Law		British Values:		British Values: Democracy	
Year 4	Me and My relationships 1. An email from Harold! 2. Ok or not ok? (1) 3. Ok or not ok? (2) 4. Human machines 5. Different feelings 6. When feelings change 7. Under pressure	Valuing Difference 1. Can you sort it? 2. Islands 3. Friend or acquaintance? 4. What would I do? 5. The people we share our world with 6. This is such a stereotype	Keeping Myself Safe 1. Danger, risk or hazard? 2. Picture wise 3. How dare you! 4. Medicines, Check the label 5. Know the norms 6. Keeping ourselves safe 7. Raisin challenge	Rights and Responsibilities 1. Who helps us to stay healthy and safe? 2. It's your right 3. How do we make a difference? 4. In the news! 5. Safety in numbers 6. Logo quiz 7. Harold's expenses 8. Why pay taxes?	Being my best 1. What makes me ME! 2. Making choices 3. SCARF hotel 4. Harold's seven R's 5. My school community (1) 6. Basic First Aid (How to help someone who is choking or had head injury)	Growing and changing 1. Moving house 2. My feelings are all over the place! 3. My changing body (Y3 Puberty Lesson) 4. All change! 5. Preparing for changes at puberty 6. Secret or surprise? 7. Together
	British Values: Individual Liberty Tolerance Respect		British Values: Rule of Law Democracy		British Values: Individual Liberty	
Year 5	Me and My relationships 1. Collaboration challenge 2. Give and take 3. How good a friend are you? 4. Relationship cake recipe 5. Being assertive 6. Our emotional needs 7. communication	Valuing Difference 1. Qualities of friendship 2. Kind conversations 3. Happy being me 4. The land of the red people 5. Is it true? 6. It could happen to anyone	Keeping Myself Safe 1. Thinking about habits 2. Jay's dilemma 3. Spot bullying 4. Ella's diary dilemma 5. Decision dilemmas 6. Play, like, share 7. Drugs: true or false? 8. Smoking: what is normal?	Rights and Responsibilities 1. What's the story? 2. Fact or opinion? 3. Rights, responsibilities and duties 4. Mo makes a difference 5. Spending wisely 6. Lend us a fiver! 7. Local councils	Being my best 1. Getting Fit 2. It all adds up! 3. Different skills 4. My school community (2) 5. Independence and responsibility 6. Star qualities 7. Basic First Aid (Unresponsive and breathing and unresponsive and not breathing) – also	Growing and changing 1. How are they feeling? 2. Taking notice of our feelings 3. Dear Hetty 4. Changing bodies and feelings 5. Growing up and changing bodies 6. Help! I'm a teenager – get me out of here!

			9. Would you risk it?		need to include sepsis awareness	7. Dear Ash 8. Stop, start, stereotypes
	British Values: Individual Liberty Respect Tolerance		British Values: Individual Liberty The Rule of Law		British Values: Respect Tolerance Individual Liberty	
Year 6	<p>Me and My relationships</p> <ol style="list-style-type: none"> Working together Lets negotiate Solve the friendship problem Assertiveness skills Behave yourself Dan's day Don't force me Acting appropriately It's a puzzle 	<p>Valuing Difference</p> <ol style="list-style-type: none"> OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? – challenging gender stereotypes 	<p>Keeping Myself Safe</p> <ol style="list-style-type: none"> Think before you click! Traffic lights To share or not to share? Rat park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal? Joe's story (1) Joe's story (2) 	<p>Rights and Responsibilities</p> <ol style="list-style-type: none"> Two sides to every story Facebook friends What's it worth? Jobs and taxes Action statements Project pitch Happy shoppers Democracy in Britain (Elections) Democracy in Britain (How most laws are made) 	<p>Being my best</p> <ol style="list-style-type: none"> Five ways to wellbeing project This will be your life! Our recommendations What's the risk? (1) What's the risk? (2) Basic First Aid (Final recap on all skills previously learnt) 	<p>Growing and changing</p> <ol style="list-style-type: none"> Helpful or unhelpful? I look great! Media manipulation Pressure online Is this normal? Dear Ash Making babies What is HIV?
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