

Pleasant Street Primary PHSCE Long Term Plan

KEY STAGE 1 Theme (SEAL Theme)	Autumn 1 Our Happy School (New Beginnings)	Autumn 2 Out and About (Getting On & Falling Out / Say No to Bullying)	Spring 1 Looking Forward (Going for Goals)	Spring 2 My Friends and Family (Relationships)	Summer 1 Healthy Bodies, Healthy Minds (Good to be Me)	Summer 2 Ready, Steady, Go (Changes)
Year 1/ Year A	Belonging Recognising diversity and establishing class rules and rewards.	People who Help Us - Safety Road, fire and fireworks safety and anti-bullying.	Our Goals Jobs people do, with a focus on goal setting.	Relationships and Loss Sex Education Unit See Living and Growing	Personal responsibility – Drugs/ Medicines Medicines, sun safety and healthy lifestyles See: Christopher Winter Project	Staying Safe Keeping safe in everyday situations, playing outside, cyber / road safety.
Year 2 /Year B	Friendship Learning to work and play together and establishing class rules and rewards.	Helping Others Includes contacting emergency services. It also links to National Anti-Bullying week.	Economic Wellbeing The children collaborate on a project to raise funds for a charity or school project of their choice.	Growing and Changing Growing and changing and personal hygiene.	Healthy Choices Drugs Education Unit See: Christopher Winter Project	Dealing With Change Coping with change and building resilience to change.
PSHE Focus	Citizenship (Me & my community)	Safety	Economic Wellbeing	Sex & Relationships Education	Healthy Lifestyles / Drug Education	Resilience / Preparing for Change

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Year 3/Year A	Ground Rules This unit focuses on creating a happy and collaborative learning environment.	Personal Safety /Communication Focus on keeping ourselves safe.	Global Goals Pupils explore their learning styles and work collaboratively to set and achieve goals through an enterprise activity.	Friends and Family See: Living and Growing sex education resources. Include Personal hygiene.	Health and Fitness See: Drugs Education Christopher Winter Project Plan healthy meals as well as considering the effects and benefits of exercise.	Staying Safe – Getting Help Children identify people they can trust to help them and learn how and where to get help.
Year 4/Year B	Rules and Responsibilities Children re-establish class ground rules. They also consider how to manage difficult situations.	Myself and Others Solving problems and anger management. Later, pupils learn about staying safe during the darker nights and investigate bullying issues.	Helping Others Fair Trade – Enterprise with an emphasis on responsibility and teamwork.	Myself and My Family - Changes See: Living and Growing Personal hygiene and puberty, recognising that changes we experience are natural and can be embraced positively.	Healthy Choices Children learn about the effects of alcohol risk and the importance of making healthy choices.	Safety – Outdoors and Online Children identify people they can trust to help them and learn how and where to get help.
PSHE Focus	Citizenship (Me & my community)	Safety	Economic Wellbeing	Sex & Relationships Education	Healthy Lifestyles / Drug Education	Resilience / Preparing for Change

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Upper KEY STAGE 2 Theme <small>(SEAL Theme)</small>	Autumn 1 Our Happy School <small>(New Beginnings)</small>	Autumn 2 Out and About <small>(Getting On & Falling Out / Say No to Bullying)</small>	Spring 1 Looking Forward <small>(Going for Goals)</small>	Spring 2 My Friends and Family <small>(Relationships)</small>	Summer 1 Healthy Bodies, Healthy Minds <small>(Good to be Me)</small>	Summer 2 Ready, Steady, Go <small>(Changes)</small>
Year 5/Year A	Rules and Responsibility The focus is on taking personal responsibility for behaviour and working with others.	Safety – Taking Responsibility Pupils also explore stereotyping and discrimination in this Unit.	Money Sense The concepts of saving and budgeting and earning money are developed.	Growing and Changing Physical and emotional changes that occur in puberty.	Healthy Lifestyles Managing both physical and mental health to promote wellbeing. Drugs – Christopher Winter Project	Changes Changes around loss and bereavement. Children also learn about keeping safe and responding to emergencies.
Year 6/Year B	Ground Rules Pupils will create ground rules to establish a constructive learning environment based on principles from previous years.	Safety – Identifying and Managing Risk	Money Sense Explore choices that have to be made regarding money, developing concepts of saving, budgeting and earning money.	Growing and Changing Sensitive issues such as loss, self- image, stereotyping . Also: Sex Education Unit Living and Growing	Healthy Lifestyles Managing risk and building resilience. Drugs – Christopher Winter Project	Moving On Transition to secondary school and the thoughts and feelings that accompany change. Pupils reflect on their achievements and plan their 'legacy'.
PSHEE Focus	Citizenship (Me & my community)	Safety	Economic Wellbeing	Sex & Relationships Education	Healthy Lifestyles / Drug Education	Resilience / Preparing for Change