



## Salway Ash School PSHE Long-term Plan

Year/Half-termly unit titles	Autumn 1 Me and my Relationships	Autumn 2 Valuing Difference	Spring 1 Keeping Safe	Spring 2 Rights and Respect	Summer 1 Being my Best	Summer 2 Growing and Changing
<b>Reception</b>	<p>All about me</p> <p>What makes me special</p> <p>Me and my special people</p> <p>Who can help me?</p> <p>My feelings</p>	<p>Similarities and difference</p> <p>Celebrating difference</p> <p>Showing kindness</p>	<p>Keeping my body safe</p> <p>Safe secrets and touches</p> <p>Safe indoors and outdoors</p> <p>Keeping safe online</p> <p>Listening to my feelings</p> <p>People who help to keep us safe</p>	<p>Looking after things: special people, friends, environment, classroom, money</p>	<p>Bouncing back when things go wrong</p> <p>Yes, I can</p> <p>Healthy eating</p> <p>My healthy mind</p> <p>Move your body</p> <p>A good night's sleep</p>	<p>Seasons</p> <p>Life stages</p> <p>Getting bigger</p> <p>Me and my body-girls and boys</p>

<p><b>YEAR A</b> Y1/2</p>	<p>Feelings (1) Getting help Classroom rules Special people Being a good friend</p>	<p>Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help</p>	<p>How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep</p>	<p>Taking care of things: Myself My money My environment</p>	<p>Growth Mindset Healthy eating Hygiene and health Cooperation</p>	<p>Getting help Becoming independent My body parts (Y1 unit/ Y2 units) Taking care of self and others</p>
<p><b>YEAR B</b> Y1/2</p>	<p>Our school rules about bullying Being a good friend Feelings/self-regulation</p>	<p>Being kind and helping others Bullying and teasing Celebrating difference People who help us Listening Skills</p>	<p>Safe and unsafe secrets Appropriate touch Medicine safety</p>	<p>Cooperation Self-regulation Online safety Looking after money – saving and spending</p>	<p>Growth Mindset Looking after my body Hygiene and health Exercise and sleep</p>	<p>Life cycles Dealing with loss Being supportive Growing and changing (Y1 unit/Y2 unit) Privacy</p>
<p><b>YEAR A</b> Y3/4</p>	<p>Rules and their purpose Cooperation</p>	<p>Recognising and respecting diversity Being respectful and tolerant</p>	<p>Managing risk Decision-making skills</p>	<p>Skills we need to develop as we grow up Helping and being helped</p>	<p>Keeping myself healthy and well Celebrating and developing my skills</p>	<p>Relationships Changing bodies and puberty (Y4 and Y3 unit) Keeping safe</p>

	<p>Friendship (including respectful relationships)</p> <p>Coping with loss</p>	<p>My community</p>	<p>Drugs and their risks</p> <p>Staying safe online</p>	<p>Looking after the environment</p> <p>Managing money</p>	<p>Developing empathy</p>	<p>Safe and unsafe secrets</p>
<p><b>YEAR B</b></p> <p><b>Y3/4</b></p>	<p>Healthy relationships</p> <p>Listening to feelings</p> <p>Bullying</p> <p>Assertive skills</p>	<p>Recognising and celebrating difference (including religions and cultural difference)</p> <p>Understanding and challenging stereotypes</p>	<p>Managing risk</p> <p>Understanding the norms of drug use (cigarette and alcohol use)</p> <p>Influences</p> <p>Online safety</p>	<p>Making a difference (different ways of helping others or the environment)</p> <p>Media influence</p> <p>Decisions about spending money</p>	<p>Having choices and making decisions about my health</p> <p>Taking care of my environment</p> <p>My skills and interests</p>	<p>Body changes during puberty (Y4 and Y3 unit)</p> <p>Managing difficult feelings</p> <p>Relationships including marriage</p>
<p><b>YEAR 5</b></p>	<p>Collaboration Challenge!</p> <p>Give and take</p> <p>How good a friend are you?</p> <p>Relationship cake recipe</p>	<p>Qualities of friendship</p> <p>Kind conversations</p> <p>Happy being me</p> <p>The land of the Red People</p> <p>Is it true?</p>	<p>Spot bullying</p> <p>Play, like, share</p> <p>Decision dilemmas</p> <p>Ella's diary dilemma</p>	<p>What's the story?</p> <p>Fact or opinion?</p> <p>Mo makes a difference</p> <p>Rights, respect and duties</p> <p>Spending wisely</p> <p>Lend us a fiver!</p>	<p>It all adds up!</p> <p>Different skills</p> <p>My school community (2)</p> <p>Independence and responsibility</p> <p>Star qualities</p>	<p>How are they feeling?</p> <p>Taking notice of our feelings</p> <p>Dear Ash</p> <p>Growing up and changing bodies</p>

	Our emotional needs Being assertive	Stop, start, stereotypes	Vaping: healthy or unhealthy?  Would you risk it?		Basic first aid, including Sepsis Awareness	Changing bodies and feelings  Help! I'm a teenager – get me out of here!
<b>YEAR 6</b>	Working together  Solve the friendship problem  Behave yourself  Assertiveness skills  Don't force me  Acting appropriately	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	Think before you click!  It's a puzzle  To share or not to share?  Rat Park  What sort of drug is...?  Drugs: it's the law!  Alcohol: what is normal?	Two sides to every story  Fakebook friends  What's it worth?  Happy shoppers – caring for the environment  Democracy in Britain 1 – Elections  Democracy in Britain 2 – How (most) laws are made	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	I look great!  Media manipulation  Pressure online  Helpful or unhelpful? Managing change  Is this normal?  Making babies