**Crowle First School PSHE Long Term Planning**

**RECEPTION CLASS**

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| Aut A | Aut B | Spring A | Spring B | Summer A | Summer B |
| Me and my Relationships | Keeping Myself Safe | Valuing Difference | Being My Best | Rights and Responsibilities | Growing and Changing |
| What makes me special?  People close to me  Getting help | Keeping my body safe.  Safe secrets and touches  People who keep us safe | Similarities and Differences.  Celebrating Difference  Showing kindness. | Keeping my body healthy – food, exercise, sleep.  Growth Mindset | Looking after things: friends, environment, money | Cycles  Life stages |

**YEARS 1 AND 2**

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| --- | --- | --- | --- | --- | --- | --- |
| Unit | Me and my Relationships | | Valuing Difference | | Keeping Myself Safe | |
| **KS1 Cycle 1** | Feelings  Getting help  Classroom rules | Bullying and teasing  School rules about bullying  Being a good friend  Feelings/self regulation | Recognise, value and celebrate difference  Develop tolerance and respect | Being kind and helping others  Listening skills | How our feelings can keep us safe.  Keeping healthy.  Medicine safety | Safe and unsafe secrets  Appropriate touch  Medicine safety continued. |
| Unit | Rights and Responsibilities | | Being my Best | | Growing and Changing | |
| **KS1 Cycle 2** | Taking care of things:  My self  My money  My environment | Cooperation  Self regulation | Growth Mindset  Keeping my body healthy | Growth Mindset continued.  Looking after my body | Getting help  Becoming independent  My body parts | Life cycles  Dealing with loss  Being supportive |

YEARS 3 AND 4

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| Unit | Me and my Relationships | | Valuing Difference | | Keeping Myself Safe | |
| **LKS2 Cycle 1** | Cooperation  Friendship (including respectful relationships) | Recognising feelings  Bullying  Assertive skills | Recognise and respect diversity  Being respectful and tolerant | Recognise and celebrate difference (religions and cultural)  Understand and challenge stereotypes | Manage risk  Drugs and their risks  Staying safe online | Managing risk  Understand the norms of drug use (cigarettes and alcohol)  Influences |
| Unit | Rights and Responsibilities | | Being my Best | | Growing and Changing | |
| **LKS2 Cycle 2** | Skills we need to develop and grow up  Helping and being helped | Making a difference (different ways to help others and the environment)  Media influence  Decisions about spending money | Keeping myself healthy  Celebrating and developing my skills | Having choices and making decisions about my health  Taking care of my environment | Relationships  Keeping Safe | Body changes during puberty  Managing difficult feelings  Relationships, including marriage |

Due to having mixed aged classes we have decided to do the younger year group unit, followed by the older year group unit (hence why the children do Me and my Relationships for a whole term etc) – so that the learning is built upon over the whole term, and children do not miss out an element of the unit if they are not in that class the previous year.