**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 meGetting help | Keeping my body safe.Safe secrets and touchesPeople who keep us safe | Similarities and Differences.Celebrating DifferenceShowing kindness. | Keeping my body healthy – food, exercise, sleep.Growth Mindset | Looking after things: friends, environment, money | CyclesLife stages |

**YEARS 1 AND 2**

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| Unit | Me and my Relationships | Valuing Difference | Keeping Myself Safe |
| **KS1 Cycle 1** | FeelingsGetting helpClassroom rules | Bullying and teasingSchool rules about bullyingBeing a good friendFeelings/self regulation | Recognise, value and celebrate differenceDevelop tolerance and respect | Being kind and helping othersListening skills | How our feelings can keep us safe.Keeping healthy.Medicine safety | Safe and unsafe secretsAppropriate touchMedicine safety continued. |
| Unit | Rights and Responsibilities | Being my Best | Growing and Changing |
| **KS1 Cycle 2** | Taking care of things:My selfMy moneyMy environment | CooperationSelf regulation | Growth MindsetKeeping my body healthy | Growth Mindset continued. Looking after my body | Getting helpBecoming independentMy body parts | Life cyclesDealing with lossBeing supportive |

YEARS 3 AND 4

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| Unit | Me and my Relationships | Valuing Difference | Keeping Myself Safe |
| **LKS2 Cycle 1** | CooperationFriendship (including respectful relationships) | Recognising feelingsBullyingAssertive skills | Recognise and respect diversityBeing respectful and tolerant | Recognise and celebrate difference (religions and cultural)Understand and challenge stereotypes | Manage riskDrugs and their risksStaying safe online | Managing riskUnderstand 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 upHelping and being helped | Making a difference (different ways to help others and the environment)Media influenceDecisions about spending money | Keeping myself healthyCelebrating and developing my skills | Having choices and making decisions about my healthTaking care of my environment | RelationshipsKeeping Safe | Body changes during pubertyManaging difficult feelingsRelationships, 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.