

'Shine like stars in the world. 'Philippians 2:15



St Paul's Church of England Primary School

PSHE
Long Term Curriculum

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	Being me in my world	Celebrating Differences	Dreams and goals	Healthy Me	Relationships	Changing Me
EYFS	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up yourself	Challenges Perseverance Goal- setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
YEAR 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning our rules	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement Tackling new challenges and overcoming obstacles Feeling of success	Keeping myself healthy Healthy lifestyle choices Keeping clean Being safe Medicine safety Road safety Linking health with happiness	Belonging to a family Making friends Being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles animal and human Changes in me Changes since being a baby. Differences between male and female bodies (correct terminology) Linking growing and learning Coping with change
	Being me in my world	Celebrating Differences	Dreams and goals	Healthy Me	Relationships	Changing Me
YEAR 2	Hopes and fears for the year Rights and responsibilities	Assumptions and stereotypes about gender Understanding bullying	Achieving realistic goals Dreams and ambitions Perseverance	Motivation Healthier choices Relaxations Healthy eating Nutrition	Different types of family Physical contact boundaries	How babies grow Life cycles in nature Growing from young to old

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	Rewards and consequences Safe and fair learning environment Valuing contributions choices	Standing up for self and others Making new friends Gender diversity	Learning strengths Learning with others Group cooperation Contributing to sharing success	Healthier snacks and sharing food	Freindship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Differences between make and female bodies (correct terminology) Increasing independence Preparing for transition
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	Being me in my world	Celebrating Differences	Dreams and goals	Healthy Me	Relationships	Changing Me
YEAR 3	Setting personal goals Self-identity and worth Positivity in challenges Rules rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectie	Families and their differences Family conflict and how to manage it Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivations and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it is important, online/ offline Respect for myself and others Healthy and safe choices	Family Roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others	How babies grow Family stereo types Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

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					Awareness of how other children have different lives Expressing appreciation for family and friends	
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YEAR 4	Being part of a class team Being a school citizen Rights and responsibilities and democracy (school council)	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem solving Understanding how special and unique everyone is	Hopes and dreams Overcoming disappointment Creating new realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength Motivation and behaviour	Jealousy Love and loss Memories of loved ones Getting on and falling out Showing appreciation to people and animals	Being unique Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
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YEAR 5	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups	Cultural differences and how they can cause conflict Racism Rumours and name calling Types of bullying Material wealth and happiness Enjoying and respecting other	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking including vaping Alcohol Alcohol and antisocial behaviour	Self recognition and self worth Building self esteem Safer online communities Rights and responsibilities online Online gaming and gambling	Self and body image Influence of online and media on body image Puberty for boys and girls Conception Growing responsibility Coping with change

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	Democracy, having a voice, participating	cultures			Dangers of online grooming Reducing screen time SMAART internet safety rules	Preparing for transition
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YEAR 6	Identifying goals for the year ahead Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Democracy- having a voice Anti-social behaviour Role modelling	Perceptions of normality Understanding disability Understanding bullying Inclusion / Exclusion Difference as conflict Difference as celebration Empathy	Personal learning goals in and out of school Success criteria and emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotion and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Taking responsibility with technology use	Self image Body image Puberty and feelings Conception to birth Reflections about change Physical attractions Respect and consent Sexting Transition