

PSHE Long Term Plan

Our PSHE curriculum is delivered through purposeful connections between a PSHE strand and a subject area. In some instances, PSHE is explicitly taught. Visitors, outside agencies and specialists deliver some of our PSHE curriculum sessions. We have whole school focus days to enhance PSHE at Queen's Park.

The expectations of the Relationships, Sex and Health Education (RSHE) guidance are taught throughout our curriculum but are specifically covered in the Relationships and Changing Me topics.

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PSHE Long Term Plan

Queen's Park Crown Curriculum			
All our planning is based on our key principles and intent for our curriculum			
Challenge Resilience Opportunities Wellbeing Knowledge			
Year Group	Autumn	Spring	Summer
EYFS	<p>Being me in My World (Self-identity, Understanding feelings, Being in a classroom, Being gentle, Rights and responsibilities)</p> <p>Celebrating Difference (Identifying talents, Being special, Families, Where we live, Making friends, Standing up for yourself)</p>	<p>Dreams and Goals (Challenges, Perseverance, Goal setting, Overcoming obstacles, Seeking help, Jobs, Achieving goals)</p> <p>Healthy me (Exercising bodies, Physical activity, Healthy food, Sleep, Keeping clean, Safety, Teeth Workshop)</p>	<p>Relationships, Sex and Health Education (Family life, Friendships, Breaking friendships, Falling out, Dealing with bullying, Being a good friend)</p>
Year One	<p>Being me in My World (Feeling special and safe, Being part of a class, Rights and responsibilities, Rewards and feeling proud, Consequences, Owning the Learning Charter)</p> <p>Celebrating Difference (Similarities and differences, Understanding bullying and knowing how to deal with it, Making new friends, Celebrating the differences in everyone)</p>	<p>Dreams and Goals (Setting goals, Identifying successes and achievements, Learning styles, Working well and celebrating achievement with a partner, Tackling new challenges, Identifying and overcoming obstacles, Feelings of success)</p> <p>Healthy Me (Keeping myself healthy, Healthier lifestyle choices (DT), Keeping clean, Linking health and happiness, Being safe, Teeth Workshop, Medicine safety/safety with household items, Road safety)</p>	<p>Relationships, Sex and Health Education (Yasmine and Tam - Differences)</p>
Year Two	<p>Being me in My World (Hopes and fears for the year, Rights and responsibilities, Rewards and consequences, Safe and fair learning environment, Valuing</p>	<p>Dreams and Goals (Achieving realistic goals, Perseverance, Learning strengths, Learning with others, Group co-operation, Contributing to and sharing success)</p>	<p>Relationships, Sex and Health Education (Different types of family, Physical contact boundaries, Friendship and conflict, Secrets, Trust and appreciation)</p>

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	<p>contributions, Choices, Recognising feelings- Myself and others)</p> <p>Celebrating Difference (Assumptions and stereotypes about gender, Understanding bullying, Standing up for self and others, Making new friends, Gender diversity, Celebrating difference and remaining friends)</p>	<p>Healthy Me (Motivation, Healthier choices, Relaxation, Healthy eating and nutrition, Healthier snacks and sharing food (DT), Teeth Workshop)</p>	<p>Relationships (Yasmine and Tam - My Brilliant Body)</p>
Year Three	<p>Being me in My World (Setting personal goals, Self-identity and worth, Positivity in challenges, Rules, Rights and responsibilities, Rewards and consequences, Responsible choices, Seeing things from others' perspectives)</p> <p>Celebrating Difference (Families and their differences, Family conflict and how to manage it (child-centred), Witnessing bullying and how to solve it, Recognising how words can be hurtful, Giving and receiving compliments)</p>	<p>Dreams and Goals (Difficult challenges and achieving success, Dreams and ambitions, New challenges, Motivation and enthusiasm, Recognising and trying to overcome obstacles, Evaluating learning processes, Managing feelings, Simple budgeting)</p> <p>Healthy Me (Exercise, Fitness challenges, Food labelling and healthy swaps, Attitudes towards drugs, Keeping safe and why it's important online and offline scenarios, Respect for myself and others, Healthy and safe choices -Healthy lifestyles, School nurse - discuss hearing and sight tests and impairments)</p>	<p>Relationships, Sex and Health Education (Yasmine and Tam- Me, Myself and I)</p>

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Year Four	<p>Being me in My World (Being part of a class team, Being a school citizen, Rights, responsibilities and democracy, Rights and responsibilities, Rewards and consequences, Group decision-making, Having a voice, What motivates behaviour)</p> <p>Celebrating Difference (Challenging assumptions, Judging by appearance, Accepting self and others, understanding influences, Understanding bullying, Problem-solving, Identifying how special and unique everyone is First impressions)</p>	<p>Dreams and Goals Hopes and dreams, Overcoming disappointment, Creating new realistic dreams, Achieving goals, Working in a group, Celebrating contributions Resilience, Positive attitudes)</p> <p>Healthy Me (Healthier friendships, Group dynamics, Smoking (Smoking workshop), Alcohol Assertiveness, Peer pressure, Celebrating inner strength, Junior Road Safety, Teeth Workshop)</p>	<p>Relationships, Sex and Health Education (Yasmine and Tam - Introduction to body changes)</p> <p>Relationships (Relationships, jealousy, Love and loss, Memories of loved one, Getting on and Falling Out, Girlfriends and boyfriends, Showing appreciation to people and animals)</p>
Year Five	<p>Being me in My World (Planning the forthcoming year, Being a citizen, Rights and responsibilities, Rewards and consequences, How behaviour affects groups, Democracy, having a voice, participating)</p> <p>Celebrating Difference (Cultural differences and how they can cause conflict, Racism, Rumours and name-calling, Types of bullying, Material wealth and happiness, Enjoying and respecting other cultures)</p>	<p>Dreams and Goals (Future dreams, The importance of money, Jobs and careers, Dream job and how to get there, Goals in different cultures, Supporting others- charity, Motivation)</p> <p>Healthy Me (Smoking- including vaping, Alcohol, Alcohol and anti-social behaviour, Emergency aid, Body image, Relationships with food, Healthy choices Motivation and behaviour- Crucial Crew Workshop)</p>	<p>Relationships, Sex and Health Education (Yasmine and Tam- Changes)</p>
Year Six	<p>Being me in My World (Identifying goals for the year, Global citizenship, Children's universal rights, Feeling welcome and valued, Choices, consequences and rewards, Group dynamics, Democracy, having a voice, Anti-social behaviour, Role-modelling)</p>	<p>Dreams and Goals (Personal learning goals- in and out of school, Careers workshop, Debt workshop, Success criteria Emotions in success, Making a difference in the world, Motivation, Recognising achievements, Compliments)</p> <p>Healthy Me</p>	<p>Relationships, Sex and Health Education (Yasmine and Tam - Living and Growing)</p> <p><u>Summer transition to high school 'Backpack' units:</u> Grassing or Grooming PSHE Drug Education Workshops</p>

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	<p><i>Celebrating Difference</i> <i>(Perceptions of normality, Understanding disability, Power struggles, Understanding bullying, Inclusion/exclusion Differences as conflict, difference as celebration, Empathy)</i></p>	<p><i>(Taking personal responsibility, How substances affect the body, Emotional and mental health, Managing stress)</i></p>	
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