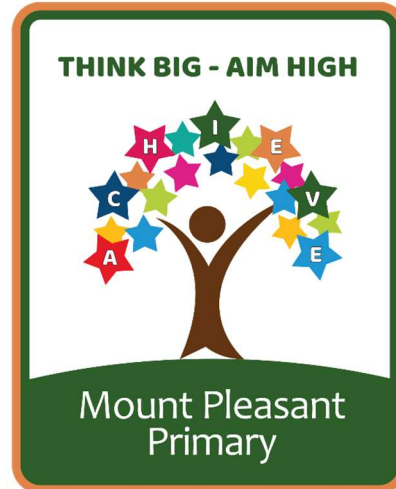


Mount Pleasant Primary School

PSHE Curriculum



MPPS PSHE Long Term Plan

	Me and My Relationships	Valuing Differences	Keeping Myself Safe	Rights & Respect	Being My Best	Growing & Changing
YR	-All about me -What makes me special? -Me and my special people -Who can help me? -My feelings -My feelings (2) -What are rules?	-I'm special, you're special -Same and different -Same and different families -Same and different homes -I am caring -I am a friend	-What's safe to go in my body -Keeping myself safe- what's safe to go into my body -Safe indoors and outdoors -Listening to my feelings -Keeping safe online -People who help keep me safe	-Looking after my special people -Looking after my friends -Being helpful at home and caring for our classroom -Caring for our world -Looking after money- recognising, spending, using -Looking after money: saving money and keeping it safe	-Bouncing back when things go wrong -Yes, I can! -Healthy eating -My healthy mid -Move your body -A good night's sleep	-Seasons -Life stages-plants animals and humans -Life stages-human life stage-who will I be? -Where do babies come from? -Getting bigger -Me and my body-girls and boys -Who are the police and how to do they help us?
Y1	-Why we have classroom rules -How are you listening? -Thinking about feelings -Our feelings -Feelings and Bodies -Good friends -Why are safe hands important?	-Same or Different? -Unkind, tease or bully -Harold's school rules -It's not fair -Who are our special people? -Our special people balloons	-Super sleep -Who can help? -Good or bad touches? (-PANTS lesson on NSPCC) -Sharing pictures -What could Harold do? -Harold loses Geoffrey	-Harold has a bad day -Around and about school -Taking care of something -Harold's money -How should we look after our money -Basic first aid -What is bullying?	-I can eat a rainbow -Eat well -Harold's wash up and brush up -Catch it, Bin it, Kill it! - Harold learns to ride a bike -Pass on the praise	-Healthy me -Then and now -Taking care of a baby -Who can help? -Secrets and surprises -Keeping privates private -How can I keep safe in new places?
Y2	-Our Ideal Classroom -How are you feeling today? -Let's all be happy -Being a good friend -Types of bullying -Don't do that!	-What makes us who we are -My special people -How do we make others feel? -When someone's feeling left out	-Harold's picnic -How safe would you feel? -What should Harold say? -I don't like that -Fun or not?	-Getting on with others -When I feel like erupting -Feeling safe -Playing games -Harold saves for something special	-You can't do it! -My day! -Harold's postcard -Harold's bathroom -What does my body do? -Basic first aid	-A helping hand -Sam moves away -Haven't you grown! -My body, your body! -Respecting privacy -Some secrets should never be kept

		-An act of kindness -Solve the problem	-Should I tell? -PANTS lesson NSPCC - How do I share family worries?	-How can we look after our environment?		- Why have different rules in different places?
Y3	-As a rule -Looking after our special people -How can we solve this problem? -Friends are special -Thunks -Dan's Dare - What do we mean by consent in friendships?	-Respect and challenge -Family and friends -My community -Our friends and neighbours -Let's celebrated our differences -Zeb	-Safe or unsafe -Danger or risk? -The risk robot -Super searcher -Help or harm -Alcohol and cigarettes: the facts	-Helping each other stay safe -Our helpful volunteers -Recount task -Can Harold afford it? -Earning money -Harold's environmental project	-Derek cooks dinner -Poorly Harold -Body team work -For or against? -I am fantastic -Top talents	-Relationship tree -Body space -None of your business -Secret or surprise -Basic first aid -What is the law and why do we have it? -What do we mean by risk? - PSHE Week: First aid: Emergencies and calling for help.
Y4	-Human machines -Okay or not okay (1) -Okay or not okay (2) -An email from Harold -Different feelings -Under pressure -What is peer pressure?	-Can you sort it? -What would I do? -The people we share our world with -That is such a stereo type! -Friend or acquaintance? -Islands -How can we be a responsible citizen?	-Danger, risk or hazard? -How dare you! -Keeping ourselves safe -Raisin challenge -Picture wise -Medicines; check the label	-Who helps us stay safe and healthy? -It's your right! -How do we make a difference? -In the news! -Safety in numbers -Why pay taxes?	-What makes me ME! -Making choices? -SCARF Hotel -Harold's 7 Rs -My school community -Basic first aid	-Moving house -My feelings are all over the place! -Preparing for changes at puberty -Secret or surprise? -Together - PSHE Week: First aid: Bites and stings Allergies
Y5	-Collaboration challenge -Give and take -How good a friend are you?	-Qualities of friendship -Kind conversation -Happy being me -The land of the Red People -Is it true?	-Spot bullying -Play, like, share 1 -Play, like, share 2 -Decision's dilemma -Vaping- healthy or unhealthy?	-What's the story? -Fact or opinion? -Mo makes a difference -Rights, respect, and duties	-It all adds up! -Different skills -My school community -Independence and responsibility -Star qualities?	-How are they feeling? -Taking notice of our feelings -Dear Ash -Growing up and changing bodies

	-Relationship recipe cake -Our emotional needs -Being assertive - What is the issue with addition? (Vaping/Smoking)	-It could happen to anyone. -Stop, start, stereotypes	-Would you risk it?	-Spending wisely -Lend us a fiver!	-Basic first aid -How do we enforce the law?	-Help! I'm a teenager, get me out of here -The Effects of Crime (And effects of crime scenarios) -Knife Crime (Ben Kingsley) PSHE Week: First aid: Bleeding Burns and scalds
Y6	-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 stereotypes -What is Grooming?	-Think before you click! -To share or not to share -Rat Park! -What sort of a drug is...? -Drugs: It's the law -Alcohol: what is normal? -After effects of grooming?	-Two sides to every story -Fakebook friends -What's it worth? -Happy shoppers -Democracy in Britain Elections -Democracy in Britain How (most laws are made)	-This will be your life! -Our recommendations -What's the risk? 1 -What's the risk? 2 -5 ways to well-being project -Basic first aid -After effects of grooming - What do we mean by consent in friendships?	-I look great! -Media manipulation -Pressure online -Helpful or unhelpful: managing change -Is this normal? -Making babies - Knife Crime – The Danny C Foundation - How can we use our phones sensibly? PSHE Week: First aid: Basic life support Head injuries

In Nursery, we teach PSED through the Think Equal Early Years Programme.

This is based on 30 different stories; this is a valuable process that can be used to bring about positive change in the lives of children. The programme focuses on the individual level and then as a result of individual changes, moves to collective level building on social cohesion.

YN	Positive sense of self-identity, self-confidence and esteem. Celebrate individuality and uniqueness Recognise and value similarities and differences.	Friendship and kindness Mindfulness and breathing techniques Name emotions and connection emotion word to feelings	Celebrate diversity, accept and understand others Kind behaviour Demonstrate a sense of empowerment Personal boundaries	All jobs can be done by men and women No one should be excluded Feelings of empathy Associate head for thinking and heart with emotion and hand action	Know that we all have a brain and what the brain can do. Learn to apologies and forgive others Gratitude	All people deserve shelter Homes look different Feelings of excitement and frustration Looking after the Earth Depending upon others Kindness and sharing Being kind to animals Positive actions can have a positive effect on others Celebrate diversity Gener equality All families are different
----	--	---	---	--	---	--