

The John Moore Primary School PSHCE (Life Skills) Long Term Plan



	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Little Foxes Preschool						
Foundation Stage						
Year 1/2 Year A	<p>HEALTH AND WELL BEING Physical Health and Mental Well Being <i>Managing Feelings and Asking For Help</i></p> <p>RELATIONSHIPS Safe Relationships <i>Managing Secrets Resisting Pressure and Getting Help</i> Recognising Hurtful Behaviour</p>	<p>RELATIONSHIPS Families and Friendships <i>Making Friends Feeling Lonely and Getting Help</i></p> <p>Respecting Ourselves and Others <i>Recognising Things in Common and Differences</i> <i>Playing and Working Co-operatively</i> <i>Sharing Opinions</i></p>	<p>RELATIONSHIPS Safe Relationships <i>Managing Secrets Resisting Pressure and Getting Help</i></p> <p>HEALTH AND WELL BEING Keeping Safe <i>Safety in Different Environments</i></p>	<p>HEALTH AND WELL BEING Physical Health and Mental Well Being <i>Why Sleep is Important Medicines and Keeping Healthy</i> <i>Keeping Teeth Healthy</i></p> <p>Growing and Changing <i>Growing Older</i> <i>Naming Body Parts</i></p>	<p>LIVING IN THE WIDER WORLD Belonging to a Community <i>Belonging to a Group Roles and Responsibilities</i> <i>Being the Same and Different in the Community</i></p> <p>Media Literacy and Digital Resilience <i>The Internet in Everyday Life</i> <i>Online Content and Information</i></p>	<p>HEALTH AND WELL BEING Keeping Safe <i>Safety in Different Environments</i> <i>Risk and Safety at Home</i> <i>Emergencies</i></p> <p>Money and Work <i>What Money is</i> <i>Needs and Wants</i> <i>Looking After Money</i></p> <p>HEALTH AND WELL BEING Growing and Changing <i>Moving Class</i></p>
Year 1/2 Year B	<p>HEALTH AND WELL BEING Growing and Changing <i>Feelings</i> <i>Managing when Things go Wrong</i></p> <p>RELATIONSHIPS Safe Relationships <i>Recognising Privacy</i></p>	<p>RELATIONSHIPS Families and Friendships <i>Roles of Different People</i> <i>Families</i> <i>Feeling Cared For</i></p> <p>Respecting Ourselves and Others <i>How Behaviour Affects Others</i></p>	<p>HEALTH AND WELL BEING Physical Health and Mental Well Being <i>Keeping Healthy</i> <i>Food and Exercise</i></p> <p>Keeping Safe <i>Rules for Being Safe Online</i></p>	<p>HEALTH AND WELL BEING Growing and Changing <i>Recognising What Makes Them Unique and Special</i></p> <p>Physical Health and Mental Well Being <i>Hygiene Routines</i></p>	<p>LIVING IN THE WIDER WORLD Belonging to a Community <i>What Rules Are</i> <i>Caring for Others' Needs</i> <i>Looking After the Environment</i></p>	<p>HEALTH AND WELL BEING Keeping Safe <i>How Rules and Age Restrictions Help Us</i> <i>Keeping Safe Online</i></p> <p>Physical Health and Mental Well Being <i>Sun Safety</i></p>



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	<i>Staying Safe Seeking Permission</i>	<i>Being Polite and Respectful</i>				LIVING IN THE WIDER WORLD Media Literacy and Digital Resilience <i>Using the Internet and Digital Devices</i> <i>Communicating Online</i> Money and Work <i>Strengths and Interests</i> <i>Jobs in the Community</i>
Year 3/4 Year A	HEALTH AND WELL BEING Physical Health and Mental Well Being <i>What Affects Feelings</i> <i>Expressing Feelings</i>	RELATIONSHIPS Families and Friendships <i>Positive Friendships, including Online</i> Safe Relationships <i>Responding to Hurtful Behaviour</i> <i>Managing Confidentiality</i> <i>Recognising Risks Online</i>	HEALTH AND WELL BEING Physical Health and Mental Well Being <i>Maintaining a Balanced Lifestyle</i> <i>Oral Hygiene and Dental Care</i> Keeping Safe <i>Medicines and Household Products</i> <i>Drugs Common to Everyday Life</i>	HEALTH AND WELL BEING Growing and Changing Physical and Emotional Changes in Puberty External Genitalia Personal Hygiene Routines Support with Puberty	RELATIONSHIPS Respecting Ourselves and Others <i>Respecting Differences and Similarities</i> <i>Discussing Difference Sensitively</i> LIVING IN THE WIDER WORLD Belonging to a Community <i>What Makes a Community</i> <i>Shared Responsibilities</i>	LIVING IN THE WIDER WORLD Media Literacy and Digital Resilience <i>How Data is Shared and Used</i> Money and Work <i>Making Decisions About Money</i> <i>Using and Keeping Money Safe</i>
Year 3/4 Year B	HEALTH AND WELL BEING Physical Health and Mental Well Being <i>The Five Ways to Well Being</i> Growing and Changing <i>Personal Strengths and Achievements</i>	RELATIONSHIPS Families and Friendships <i>What makes a family</i> <i>Features of Family Life</i> Safe Relationships <i>Personal Boundaries</i> <i>Safely Responding to Others</i>	HEALTH AND WELL BEING Physical Health and Mental Well Being <i>Health Choices and Habits</i>	RELATIONSHIPS Respecting Ourselves and Others <i>Recognising Respectful Behaviour</i> <i>The importance of Self Respect</i> <i>Courtesy and Being Polite</i>	LIVING IN THE WIDER WORLD Media Literacy and Digital Resilience <i>How the Internet is Used</i> <i>Assessing Information Online</i>	LIVING IN THE WIDER WORLD Belonging to a Community <i>The Value of Rules and Laws</i> <i>Rights, Freedoms and Responsibilities</i>



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	<i>Managing and reframing Setbacks</i>	<i>The Impact of Hurtful Behaviour</i>				
Year 5	<p>HEALTH AND WELL BEING</p> <p>Growing and Changing</p> <p><i>Personal Identity</i> <i>Recognising Individuality and Different Qualities</i> <i>Mental Wellbeing</i></p> <p>RELATIONSHIPS</p> <p>Safe Relationships</p> <p><i>Physical Contact and Feeling Safe</i></p>	<p>RELATIONSHIPS</p> <p>Families and Friendships</p> <p><i>Managing Friendships and Peer Influence</i></p> <p>Respecting Ourselves and Others</p> <p><i>Respecting Differences and Similarities</i> <i>Discussing Difference Sensitively</i></p>	<p>HEALTH AND WELL BEING</p> <p>Physical Health and Mental Well Being</p> <p><i>Healthy Sleep Habits</i> <i>Medicines</i> <i>Vaccinations</i> <i>Immunisations and Allergies</i></p> <p>Keeping Safe</p> <p><i>Keeping Safe in Different Situations, including Responding in Emergencies, First Aid and FGM</i></p>	<p>HEALTH AND WELL BEING</p> <p>Growing and Changing</p> <p><i>Physical and Emotional Changes in Puberty</i> <i>External Genitalia</i> <i>Personal Hygiene</i> <i>Routines</i> <i>Support with Puberty</i></p>	<p>LIVING IN THE WIDER WORLD</p> <p>Belonging to a Community</p> <p><i>Protecting the Environment</i> <i>Compassion Towards Others</i></p> <p>Media Literacy and Digital Resilience</p> <p><i>How Information online is targeted</i> <i>Different Media Types, their Role and Impact</i></p>	<p>LIVING IN THE WIDER WORLD</p> <p>Money and Work</p> <p><i>Identifying Job Interests and Aspirations</i> <i>What Influences Career Choices</i> <i>Workplace Stereotypes</i></p>
Year 6	<p>HEALTH AND WELL BEING</p> <p>Physical Health and Mental Well Being</p> <p><i>What Affects Mental Health and Ways to Take Care of It</i> <i>Managing Change</i> <i>Loss and Bereavement</i> <i>Managing Time Online</i></p>	<p>RELATIONSHIPS</p> <p>Families and Friendships</p> <p><i>Managing Friendships and Peer Influence</i></p> <p>Safe Relationships</p> <p><i>Recognising and Managing Pressure</i> <i>Consent in Different Situations</i></p> <p>Respecting Ourselves and Others</p> <p><i>Expressing opinions and respecting other points of view, including discussing topical issues</i></p>	<p>HEALTH AND WELL BEING</p> <p>Keeping Safe</p> <p><i>Keeping Personal Information Safe</i> <i>Regulations and choices</i> <i>Drug Use and the Law</i></p>	<p>HEALTH AND WELL BEING</p> <p>Growing and Changing</p> <p><i>Human Reproduction and Birth</i></p>	<p>LIVING IN THE WIDER WORLD</p> <p>Belonging to a Community</p> <p><i>Valuing Diversity</i> <i>Challenging Discrimination and Stereotypes</i></p>	<p>LIVING IN THE WIDER WORLD</p> <p>Money and Work</p> <p><i>Influences and Attitudes to Money</i> <i>Money and Financial Risks</i></p> <p>HEALTH AND WELL BEING</p> <p>Growing and Changing</p> <p><i>Increasing Independence</i> <i>Managing Transitions</i></p>

