



Wistanstow CE School PSHE Long Term Planning



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 Being Me in My World	How am I feeling today? Being at school; gentle hands; our rights; our responsibilities	Help others to feel welcome; make our school a better place; consider everyone's right to learn; care about other's feelings; work well with others; develop and follow our learning charter	Hopes and fears; rights and responsibilities; rewards and consequences; developing and owning our learning charter	Getting to know each other; our nightmare school; our dream school; rewards and consequences; our learning charter; owning our learning charter	Becoming a class team; being a school citizen; rights, responsibilities and democracy; rewards and consequences; our learning charter; owning our learning charter	My year ahead; being a citizen in my country; responsibilities, rewards and consequences; our learning charter; owning our learning charter	My year ahead; being a global citizen; the learning charter; our learning charter; owning our learning charter
Autumn 2 Celebrating Difference	What am I good at? I am special; families; houses and homes; making friends; standing up for yourself	Identify similarities and differences between people in my class; say what bullying is; know who to talk to about being bullied; know how to make new friends; know some ways I am different to my friends	Accept that everyone is different; include others when working and playing; know how to help if someone is being bullied; try to solve problems; use kind words; give and receive compliments	Families; family conflict; witness and solution; words that harm; celebrating difference: compliments	Judging by appearances; understanding influences; understanding bullying; problem-solving; special me; celebrating difference: how we look	Different cultures; racism, rumours and name calling; types of bullying; does money matter; celebrating differences across the world	Am I normal? Understanding difference; power struggles; why bully? Celebrating difference
Spring 1 Dreams and Goals	Challenge; never give up; setting a goal; obstacles and support; flight to the future; feeling proud	My treasure chest of success; steps to goals; achieving together; having a positive attitude to my learning; overcoming obstacles; celebrating my success	Goals to success; my learning strengths; learning with others; showing a positive attitude to working with others; help others to achieve their goals; celebrating our achievements	Dreams and goals; dreams and ambitions; a new challenge; our new challenge; overcoming obstacles; celebrating my learning	Hopes and dreams; broken dreams; overcoming disappointment; creating new dreams; achieving goals; contributing to achievements	My dream lifestyle; investigate jobs and careers; my dream job; dreams and goals in other cultures; how can we support each other? Rallying support	Personal learning goals; steps to success; my dreams for the world; helping to make a difference; recognising our achievements
Spring 2 Healthy Me	Everybody's body; moving and resting; healthy/unhealthy foods; keeping clean; stranger danger	Being healthy; healthy choices; clean and healthy; medicine safety; road safety; happy, healthy me	Being healthy; being relaxed; medicine safety; healthy eating; healthy, happy me	Being fit and healthy; what do I know about drugs; being safe; safe or unsafe? My amazing body	My friends and me; group dynamics; smoking; alcohol; healthy friendships; celebrating my inner strength and assertiveness	Smoking; alcohol; emergency aid; body image; my relationship with food; healthy me	Take responsibility for my health and wellbeing; drugs; exploitation; gangs; emotional and mental health; managing stress and pressure



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Relationships	My family and me; making friends; solving problems in friendships; falling out and bullying; being the best friend I can	Families; making friends; greetings; people who help us; being my own best friends; celebrating my special relationships	Families; keeping safe (exploring physical contact); friends and conflict; secrets; trust and appreciation; celebrating my special relationships	Family roles and responsibilities; friendships; keeping myself safe online; being a global citizen; celebrating my web of relationships	Jealousy; love and loss; memories; getting on and falling out; girlfriends/boyfriends; celebrating my relationships with people and animals	Recognising me; safety with online communities; being in an online community; gaming; my relationship with technology; staying safe and happy online	What is mental health? My mental health; love and loss; power and control; being online; using technology responsibly
Changing Me	My body; respecting my body; growing up; talk about worries and things I am looking forward to; celebrating memories and achievements	Lifecycles; changing me; my changing body; boys' and girls' bodies; learning and growing; coping with changes	Lifecycles in nature; growing from young to old; the changing me; girls' and boys' bodies; assertiveness; looking forward to my new class	How babies grow; babies; outside body changes; inside body changes; family stereotypes; looking ahead to changes	Unique me; having a baby; girls and puberty; circles of change; accepting change; looking forward to change	Self-image and body image; girl talk; boy talk; conception; worries about change; thinking ahead to change	Self-image; puberty; babies: conception and birth; boyfriends and girlfriends; real self and ideal self; the year ahead

We follow the Primary Jigsaw scheme of work to teach our PSHE curriculum.