

Dodworth St. John the Ba	aptist Primary	/ Academy	Long-Term Plan	- PSHE

	Douworth St. John the	PSHE		
D	Development Matters: PSED in EYFS EYFS Statutory Framework in Reception PSHE Association from Year 1+ Statutory RSE Guidance (2021)			
	Autumn 1 Autumn 2	Spring 1 Spring 2	Summer 1 Summer 2	
	Relationships	Living in the Wider World	Health and Wellbeing	
Nursery	Become more outgoing with unfamiliar people in a safe context of their setting Show more confidence in new social situations Play with one or more other children, extending and elaborating play ideas Find solutions to conflict and rivalries, e.g., accepting that not everyone can be Spiderman in a game	Development Matters: PSED 3-4 years Develop their sense of responsibility and membership of a community. Increasingly follow rules, understanding why they are important Remember rules without needing an adult to remind them	Understand gradually how others might be feeling Be increasingly independent in meeting their own care needs: brushing teeth, using the toilet, washing and drying hands thoroughly Make healthy choices about food, drink, activity, and tooth brushing	
Reception	 Develop appropriate ways of being assertive Talk with others to solve conflicts Talk about their feelings using words like 'happy', 'sad', 'angry', 'worried'. Development Matters: PSED Reception 	ELGs – Self-Regulation	Development Matters: PSED Reception	
	 See themselves as a valuable individual Build constructive and respectful relationships Think about the perspective of others ELGs – Building Relationships Work and play cooperatively and take turns with others Form positive attachments to adults and friendships with peers Show sensitivity to their own and others' needs 	 Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly Set and work towards simple goals, being able to wait for what they wan and control their immediate impulses when appropriate Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions 	 Express their feelings and consider the feelings of others Show resilience and perseverance in the face of challenge Identify and moderate their own feelings socially and emotionally Manage their own needs – personal hygiene Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, tooth 	



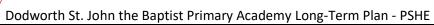
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			 Being a safe pedestrian ELGs – Managing Self Be confident to try new activities and show independence, resilience, and perseverance in the face of challenge Explain the reasons for rules, know right from wrong and try to behave accordingly Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices
Year 1	Families and Friendships - Roles of different people - Families - Feeling cared for Safe Relationships - Recognising privacy - Staying safe - Seeking permission Respecting Ourselves and Others - How behaviour affects others - Being polite and respectful	Belonging to a Community - What rules are - Caring for others' needs - Looking after the environment Media Literacy and Digital Resilience - Using the internet and digital devices - Communicating online Money and Work - Strengths and interests - Jobs in the community	Physical Health and Mental Wellbeing - Keeping healthy - Food and exercise - Hygiene routines - Sun safety Growing and Changing - Recognise what makes them unique and special - Feelings - Managing when things go wrong Keeping Safe - How rules and age restrictions help us - Keeping safe online
Year 2	Families and Friendships - Making friends - Feeling lonely - Getting help Safe Relationships - Managing secrets - Resisting pressure and getting help - Recognising hurtful behaviour Respecting Ourselves and Others	Belonging to a Community - Belonging to a group - Roles and responsibilities - Being the same and different in the community Media Literacy and Digital Resilience - The internet in everyday life - Online content and information Money and Work	Physical Health and Mental Wellbeing - Why sleep is important - Medicines and keeping healthy - Keeping teeth healthy - Managing feelings and asking for help Growing and Changing - Growing older - Naming body parts - Moving class or year



Dodworth St. John the Baptist Primary Academy Long-Term Plan - PSHE

	Dodworth St. John the	Baptist Primary Academy Long-Term Plan - PSHE	
	 Respecting ourselves and others 	- What money is	Keeping Safe
	 Recognising things in common and 	 Needs and wants 	 Safety in different environments
	differences	 Looking after money 	- Risk and safety at home
	 Playing and working cooperatively 		- Emergencies
	- Sharing opinions		
Year 3	Families and Friendships	Belonging to a Community	Physical Health and Mental Wellbeing
	- What makes a family	- The value of rules and laws, rights,	 Health choices and habits
	 Features of family life 	freedoms, and responsibilities	 What affects feelings
	Safe Relationships	Media Literacy and Digital Resilience	- Expressing feelings
	- Personal boundaries	- How the internet is used	Growing and Changing
	 Safely responding to others 	 Assessing information online 	 Personal strengths and achievements
	- The impact of hurtful behaviour	Money and Work	 Managing and reframing setbacks
	Respecting Ourselves and Others	- Different jobs and skills	Keeping Safe
	- Recognising respectful behaviour	- Job stereotypes	- Risks and hazards
	- The importance of self-respect,	- Setting personal goals	- Safety in the local environment and
	courtesy and being polite		unfamiliar places
Year 4	Families and Friendships	Belonging to a Community	Physical Health and Mental Wellbeing
	 Positive friendships including online 	- What makes a community; shared	- Maintaining a balances lifestyle, oral
	Safe Relationships	responsibilities	hygiene and dental care
	- Responding to hurtful behaviour	Media Literacy and Digital Resilience	Growing and Changing
	- Managing confidentiality	- How data is shared and used	- Physical and emotional changes in
	- Recognising risks online	Money and Work	puberty
	Respecting Ourselves and Others	- Making decisions about money	- External genitalia
	 Respecting differences and similarities 	- Using and keeping money safe	- Personal hygiene routines
	- Discussing difference sensitively		- Support with puberty
	,		Keeping Safe
			- Medicines and household products
			- Drugs common to everyday life
Year 5	Families and Friendships	Belonging to a Community	Physical Health and Mental Wellbeing
	- Managing friendships and peer	- Protecting the environment	- Healthy sleep habits
	influence	- Compassion towards others	- Sun safety
	Safe Relationships	Media Literacy and Digital Resilience	- Medicines, vaccinations,
	 Physical contact and feeling safe 	- How information online is targeted	immunisations, and allergies
	Respecting Ourselves and Others	- Different media types – their roles and	Growing and Changing
		impact	- personal identity





	 Responding respectfully to a wide range of people Recognising prejudice and discrimination 	Money and Work - Identifying job interests and aspirations - What influences career choices - Workplace stereotypes	 Recognising individuality and different qualities Mental wellbeing Keeping Safe Keeping safe in different situations including responding in emergencies, first aid and FGM
Year 6	Families and Friendships - Attraction to others - Romantic relationships - Civil partnership - Marriage Safe Relationships - Recognising and managing pressure - Consent in different situations Respecting Ourselves and Others - Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity Challenging discrimination and stereotypes Media Literacy and Digital Resilience Evaluating media sources Sharing things online Money and Work Influences and attitudes to money Money and financial risks	Physical Health and Mental Wellbeing - What affects mental health and ways to take care of it - Managing change – loss and bereavement - Managing time online Growing and Changing - Human reproduction and birth - Increasing independence - Managing transitions Keeping Safe - Keeping personal information safe - Regulations and choices - Drug use and the law - Drug use and the media