

Dishforth Airfield Primary School PSHE Long Term Plan

	EYFS	Year 1/2	Year 3/4	Year 5/6
Autumn Relationships	<ul style="list-style-type: none"> Playing in a group and extending and elaborating play ideas Initiating play, offering opportunities for others to join in Keeping play going by responding to what others are saying Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs. Children develop respectful relationships with children and adults. (inspection framework) 	<p>Families and Friendships Making friends; feeling lonely and getting help Roles of different people; families; feeling cared for</p> <p>Safer relationships Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Recognising privacy; staying safe; seeking permission</p> <p>Respecting ourselves and others Recognising things in common and differences; playing and working cooperatively; sharing Opinions How behaviour affects others being polite and respectful</p>	<p>Families and Friendships Positive friendships, including online What makes a family; features of family life</p> <p>Safer relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p>Respecting ourselves and others Respecting differences and similarities; discussing difference sensitively Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p>	<p>Families and Friendships Attraction to others; romantic relationships; civil partnership and marriage Managing friendships and peer influence</p> <p>Safer relationships Recognising and managing pressure; consent in different situations Physical contact and feeling safe</p> <p>Respecting ourselves and others Expressing opinions and respecting other points of view, including discussing topical issues Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>
Spring Living in the Wider World	<ul style="list-style-type: none"> Showing confidence in asking adults for help Usually adapting their behaviour to different events, social situations and changes in routine Demonstrating friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults 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. 	<p>Belonging to a community Belonging to a group; roles and responsibilities; being the same and different in the community What rules are; caring for others' needs; looking after the environment</p> <p>Media literacy and digital resilience The internet in everyday life; online content and information Using the internet and digital devices; communicating online</p> <p>Money and Work What money is; needs and wants; looking after money Strengths and interests; jobs in the community</p>	<p>Belonging to a community What makes a community; shared responsibilities The value of rules and laws; rights, freedoms and responsibilities</p> <p>Media literacy and digital resilience How data is shared and used How the internet is used; assessing information online</p> <p>Money and Work Making decisions about money; using and keeping money safe Different jobs and skills; job stereotypes; setting personal goals</p>	<p>Belonging to a community Valuing diversity; challenging discrimination and stereotypes Protecting the environment; compassion towards others</p> <p>Media literacy and digital resilience Evaluating media sources; sharing things online How information online is targeted; different media types, their role and impact</p> <p>Money and Work Influences and attitudes to money; money and financial risks Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>
Summer Health and Wellbeing	<ul style="list-style-type: none"> Playing in a group and extending and elaborating play ideas Initiating play, offering opportunities for others to join in Keeping play going by responding to what others are saying Enjoy playing with others, responding positively to what others say and concentrate for longer periods on their play. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; - Children are highly motivated and eager to join in, they have positive attitudes to their learning and play, participating and responding positively to requests and instructions (inspection framework) 	<p>Physical health and Mental wellbeing Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help Keeping healthy; food and exercise, hygiene routines; sun safety</p> <p>Growing and changing Growing older; naming body parts; moving class or year Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p>Keeping safe Safety in different environments; risk and safety at home; emergencies How rules and age restrictions help us; keeping safe online</p>	<p>Physical health and Mental wellbeing Maintaining a balanced lifestyle; oral hygiene and dental care Health choices and habits; what affects feelings; expressing feelings</p> <p>Growing and changing Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty Personal strengths and achievements; managing and reframing setbacks</p> <p>Keeping safe Medicines and household products; drugs common to everyday life Risks and hazards; safety in the local environment and unfamiliar places</p>	<p>Physical health and Mental wellbeing What affects mental health and ways to take care of it; managing change, loss and bereavement; Managing time online Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p>Growing and changing Human reproduction and birth; increasing independence; managing transition Personal identity; recognising individuality and different qualities; mental wellbeing</p> <p>Keeping safe Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media Keeping safe in different situations, including responding in emergencies, first aid</p>

