

Heathlands PSHE Long Term Plan (KAPOW) 2023-2024

	Autumn 1 (6 Weeks + 3)	Autumn 2 (7 Weeks)	Spring 1 (6 Weeks)	Spring 2 (5 Weeks)	Summer 1 (6 Weeks)	Summer 2 (7 Weeks)
EYFS	Self-regulation: My Feelings	Building Relationships: Special Relationships	Managing Self: My Wellbeing	Building Relationships: My Family and Friends	Managing Self: Taking on Challenges	Self Regulation: Listening and following instructions
Year 1	<u>Introductory Lesson</u> <u>Family & Relationships</u> 1 What is family? 2 What are friendships? 3 Recognising other people's emotions 4 Working with others	<u>Family & Relationships</u> 5 Friendship problems 6 Healthy Friendships 7 Gender stereotypes <u>Health & Wellbeing</u> 1 Understanding my emotions 2 What am I like? 3 Ready for bed 4 Relaxation	<u>Health & Wellbeing</u> 5 Hand washing and personal hygiene 6 Sun safety 7 Allergies <u>Safety & The Changing Body</u> <u>(RSE Content: Appropriate contact, People who keep us safe)</u> 1 Adults in school 2 Adults outside of school	<u>Safety & The Changing Body</u> <u>(RSE Content: Appropriate contact, People who keep us safe)</u> 3 Getting lost call 4 Making an emergency phone 5 Appropriate conduct 6 Safety with substances 7 Safety at home	<u>Citizenship</u> 1 Rules 2 Caring for others: Animals 3 The needs of others 4 Similar, yet different 5 Belongings 6 Democratic decisions	<u>Economic Wellbeing</u> 1 Introduction to money 2 Looking after money 3 Banks and building societies 4 Saving and spending 5 Jobs in school <u>Transition Lesson</u>
Year 2	<u>Introductory Lesson</u> <u>Family & Relationships</u> 1 Families offer stability and love	<u>Family & Relationships</u> 6 Change and loss 7 Gender stereotypes: Careers and jobs	<u>Health & Wellbeing</u> 5 Developing a Growth Mindset 6 Healthy Diet 7 Looking after our teeth	<u>Safety & The Changing Body</u> <u>(RSE content: Know the name of parts of the body, including those of the private parts for their gender. Explain the PANTS rule)</u>	<u>Citizenship</u> 2 Our school environment 3 Our local environment 4 Job roles in our local community	<u>Economic Wellbeing</u> 1 Where money comes from 2 Needs and wants 3 Wants and needs

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	<p>2 Families are all different</p> <p>3 Other people's feelings</p> <p>4 Unhappy friendships</p> <p>5 Introduction to manners and courtesy</p>	<p><u>Health & Wellbeing</u></p> <p>1 Experiencing different emotions</p> <p>2 Being Active</p> <p>3 Relaxation: Breathing Exercises</p> <p>4 Steps to Success</p>	<p><u>Safety & The Changing Body</u></p> <p>(RSE content: Know the name of parts of the body, including those of the private parts for their gender. Explain the PANTS rule)</p> <p>1 Introduction to the internet (Optional Link to Computing)</p> <p>2 Communicating online (Optional Link to Computing)</p> <p>3 Secrets and surprises</p> <p>4 Appropriate contact: my private parts (body parts)</p> <p>5 Appropriate contact: my private parts (safe and unsafe touches)</p>	<p>6 Respecting personal boundaries</p> <p>7 Road Safety</p> <p>8 Crossing roads safely</p> <p>9 Staying safe with medicine</p> <p><u>Citizenship</u></p> <p>1 Rules beyond school</p>	<p>5 Similar yet different – our local community</p> <p>6 School council</p> <p>7 Giving my opinion</p>	<p>4 Looking after money</p> <p>5 & 6 Jobs and careers/Genders and careers</p> <p><u>Transition Lesson</u></p>
Year 3	<p><u>Introductory Lesson</u></p> <p><u>Family & Relationships</u></p> <p>1 Healthy Families</p> <p>2 Friendship conflict</p>	<p><u>Family & Relationships</u></p> <p>6 Respecting differences in others</p> <p>7 Stereotyping: Gender</p> <p>8 Stereotyping: Age</p>	<p><u>Health & Wellbeing</u></p> <p>4 My superpowers</p> <p>5 Resilience: breaking down barriers</p> <p>6 Communicating my feelings</p>	<p><u>Safety & The Changing Body</u></p> <p>3 Be kind online</p> <p>4 Cyberbullying</p> <p>5 Fake emails</p> <p>6 Making Choices</p> <p>7 Influences</p> <p>8 Keeping safe out and about</p>	<p><u>Citizenship</u></p> <p>1 Rights of the child</p> <p>2 Rights and responsibilities</p> <p>3 Recycling</p> <p>4 Local community groups</p> <p>5 Charity</p>	<p><u>Citizenship</u></p> <p>7 Rules</p> <p><u>Economic Wellbeing</u></p> <p>1 Ways of paying</p> <p>2 Budgeting</p> <p>3 How spending affects others</p>

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	<p>3 Friendship: Conflict vs bullying 4 Effective communication 5 Learning who to trust</p>	<p><u>Health & Wellbeing</u> 1 My healthy diary 2 Relaxation: stretches 3 Wonderful me</p>	<p>7 Diet and dental health</p> <p><u>Safety & The Changing Body</u> 1 First Aid: Emergencies and calling for help 2 First Aid: Bites and Stings</p>		<p>6 Local democracy</p>	<p>4 Impact of spending 5 & 6 Jobs and careers/Gender and careers</p> <p><u>Transition Lesson</u></p>
Year 4	<p><u>Introductory Lesson</u></p> <p><u>Family & Relationships</u> 1 Respect and manners 2 Healthy friendships 3 How my behaviour affects others 4 Bullying 5 Stereotypes: Gender 6 Stereotypes: Disability</p>	<p><u>Family & Relationships</u> 7 Families in the wider world 8 Change and loss</p> <p><u>Health & Wellbeing</u> 1 Looking after your teeth 2 Relaxation: visualisation 3 Celebrating mistakes 4 Meaning and purpose: my role</p>	<p><u>Health & Wellbeing</u> 5 My happiness 6 Emotions 7 Mental Health</p> <p><u>Safety & The Changing Body</u> 1 Internet safety: age restrictions 2 Share aware 3 First aid: asthma</p>	<p><u>Safety & The Changing Body</u> (RSE content Understand the difference between private and public, and secrets and surprises. Understand the changes they have already gone through and aware of some changes to come. Understand that they will change physically as they develop into adults.) 4 Privacy and secrecy 5 Consuming information online 6 Growing up 7 Introducing puberty 8 Tobacco</p>	<p><u>Citizenship</u> 1 What are human rights? 2 Caring for the environment 3 Community 4 Contributing 5 Diverse communities 6 Local councillors</p>	<p><u>Economic Wellbeing</u> 1 Spending choices 2 Keeping track of money 3 Looking after money 4 Influences on career choices 5 Changing job</p> <p><u>Transition Lesson</u></p>

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Year 5	<p><u>Introductory Lesson</u></p> <p><u>Family & Relationships</u></p> <p>1 Build a friend 2 Friendship skills 3 Marriage 4 Respecting myself 5 Family life 6 Bullying</p>	<p><u>Family & Relationships</u></p> <p>7 Stereotyping: Gender 8 Stereotypes: Race and religion</p> <p><u>Health & Wellbeing</u></p> <p>1 Relaxation 2 The importance of rest 3 Embracing failure 4 Going for goals 5 Taking responsibility for my feelings</p>	<p><u>Health & Wellbeing</u></p> <p>6 Healthy meals 7 Sun safety</p> <p><u>Safety & The Changing Body</u> (RSE content) Accurately name all the relevant parts of the body. Understand the changes their own gender will go through during puberty. List the range of changes they will go through during puberty.)</p> <p>1 Online friendships 2 Staying safe online 3 Puberty 4 Menstruation</p>	<p><u>Safety & The Changing Body</u> (RSE content) Accurately name all the relevant parts of the body. Understand the changes their own gender will go through during puberty. List the range of changes they will go through during puberty.)</p> <p>5 Emotional changes in puberty 6 First aid: bleeding and head injuries 7 Alcohol, drugs and tobacco: Making decisions</p> <p><u>Citizenship</u></p> <p>1 Breaking the law 2 Rights and responsibilities</p>	<p><u>Citizenship</u></p> <p>3 Protecting the planet 4 Contributing to the community 5 Pressure groups 6 Parliament</p> <p><u>Economic Wellbeing</u></p> <p>1 Borrowing</p>	<p><u>Economic Wellbeing</u></p> <p>2 Income and expenditure 3 Risks with money 4 Prioritising spending 5 Stereotypes in the workplace</p> <p><u>Transition Lesson</u></p> <p>Roles & Responsibilities</p>
Year 6	<p><u>Introductory Lesson</u></p> <p><u>Family & Relationships</u></p> <p>1 Respect 2 Respectful relationships 3 Stereotypes: attitudes</p>	<p><u>Family & Relationships</u></p> <p>6 Change and loss</p> <p><u>Health & Wellbeing</u></p> <p>1 What can I be? 2 Relaxation: Mindfulness</p>	<p><u>Health & Wellbeing</u></p> <p>7 Good and bad habits 8 Physical health concerns</p> <p><u>Safety & The Changing Body</u></p>	<p><u>Safety & The Changing Body</u> (RSE content: Understand of changes that take place during puberty. Understand the menstrual cycle and that a male and a female are needed to conceive a baby.)</p>	<p><u>Citizenship</u></p> <p>1 Human rights 2 Food choices and the environment 3 Caring for others 4 Prejudice and discrimination 5 Valuing diversity 6 National democracy</p>	<p><u>Economic Wellbeing</u></p> <p>1 Attitudes to money 2 Keeping money safe 3 Gambling 4 What jobs are available? 5 Career routes</p>

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	<p>4 Challenging stereotypes 5 Resolving conflict</p>	<p>3 Taking responsibility for my health 4 The impact of technology on my health 5 Resilience toolbox 6 Immunisation</p>	<p>(RSE content: Understand of changes that take place during puberty. Understand the menstrual cycle and that a male and a female are needed to conceive a baby. Understand that a baby changes in the womb and some of the baby's requirements during the first months of life. Right to withdraw Lesson 5 &6) 1 Alcohol 2 Critical digital consumers 3 Social media 4 Physical and emotional changes of puberty</p>	<p>Understand that a baby changes in the womb and some of the baby's requirements during the first months of life. Right to withdraw Lesson 5 &6) 5 Conception (Option for parents to withdraw their children for part of this session) 6 Pregnancy and birth (Option for parents to withdraw for this session) 7 First Aid: Choking 8 First Aid: Basic life support</p>		<p><u>Identity</u> 1 What is identity? 2 Identity and body image.</p> <p><u>Transition Lesson</u></p>
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