

# Britannia Bridge PSHCE Long Term Plan

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N3 Caterpillars	All about me	Celebrations	Down in the woods	Heroes and villains	Amazing animals	Under the Sea
	<p>Continuous coverage throughout the year of PSHE skills through Personal, social and emotional development</p> <p><b>PSED- Self regulation</b>- Talk about their feelings using words like happy, sad, angry or worried. • Express a wide range of feelings through behaviour and play. • Understand gradually how others might be feeling. • Become more aware of the differences between themselves and others. • Able to recognise the impact of their choices on others. • Show control over impulses e.g. not pushing or grabbing. • Follow and understand class routines, rules and boundaries with some reminders</p> <p><b>PSED- Managing self</b>- • Select and use activities and resources with help. • Enjoy helping with tasks, developing their sense of community. • Demonstrate confidence and self-esteem by being more outgoing, taking risks and trying new things. • Follow and understand class routines, rules and boundaries with some reminders. • Make healthy choices about food, drink, activity and tooth brushing. • Be increasingly independent in meeting their own care needs e.g. brushing teeth, using the toilet, washing and drying hands.</p> <p><b>PSED- Building relationships</b>- Play with one or more other children, extending play ideas. • Seek companionship with adults and other children. • Enjoy playing alongside and with others, inviting others to play. • May develop particular/special friendships with others. • Show more confidence in new social situations. • Become more outgoing with unfamiliar people. • Find solutions to conflicts. • Begin to share resources and toys with support.</p>					
Reception Butterflies	<p><b>Being me in my world</b></p> <p>How it feels to belong and that we are similar and different. Work together and consider other people's feelings Know what being 'responsible' means.</p>	<p><b>Celebrating difference</b></p> <p>What they are good at and that everyone is good at different things How to be a good friend Standing up for themselves when someone is unkind.</p>	<p><b>Living in the wider world</b></p> <p>Keep on trying when tackling new challenges. (Growth mindset) Set a goal and work towards it. Use kind words and encourage people.</p>	<p><b>Healthy me</b></p> <p>How exercise keeps our bodies healthy. How moving and resting are good for their bodies Going to sleep and why it's good for you Stranger danger -keeping safe</p>	<p><b>Relationships</b></p> <p>How to stop themselves feeling lonely. Think of ways to solve problems and stay friends How to be a good friend</p>	<p><b>Changing me</b></p> <p>Name parts of their body. Know we all grow from babies to adults. Talk about worries/what they are looking forwards to in Yr 1 Share memories from Reception</p>
	<p>Continuous coverage throughout the year of PSHE skills through Personal, social and emotional development</p>					
Year 1 Bumblebees	<p><b>Being me in my world</b></p> <p>To know how to feel special and safe in their class. Sense of belonging in the class. Class room rules, Consequences of choice . Classroom rules</p>	<p><b>Celebrating difference</b></p> <p>Similarities and differences between people in their class. Bullying . Making new friends How they are different to their friends.</p>	<p><b>Living in the wider world</b></p> <p>Set simple goals &amp; work out steps to achieve this. Working with partners Tackle new challenges Growth How money is obtained Why people save or spend money</p>	<p><b>Healthy me</b></p> <p>Healthy/unhealthy Know how to keep clean and healthy and how germs make us ill. Medicines harmful/helpful Bad and good feelings How to feel better Staying safe - roads</p>	<p><b>Relationships</b></p> <p>Different members of their family Being a good friend Appropriate ways of physical contact People who can help them in school . Know who can help them in school. Appreciating special people. Difference between secret and surprise.</p>	<p><b>Changing me</b></p> <p>Life cycles of humans Changes about themselves - (body). Identify parts of the body that make boys different to girls and the name of these. Changes that have happened in their life.</p>
	<p>Continuous coverage throughout the year of PSHE skills through Personal, social and emotional development</p>					
Year 2 Seahorses	<p><b>Being me in my world</b></p> <p>Hopes and Fears for the year</p>	<p><b>Celebrating difference</b></p> <p>How boys and girls are similar and different accept this is okay (stereotypes).</p>	<p><b>Living in the wider world</b></p> <p>Choosing realistic goals and how to achieve them. Perseverance</p>	<p><b>Healthy me</b></p> <p>How to keep their bodies healthy/exercise, rest, healthy eating and good hygiene. How medicines work in their body and how important it is to use safely.</p>	<p><b>Relationships</b></p> <p>Members of their family and their relationships with them. Acceptable/unacceptable physical contact in families Conflict with friends</p>	<p><b>Changing me</b></p> <p>Growing from young to old, How their body has changed From baby Physical difference between boys and girls' privates and be able to name them.</p>
	<p>Continuous coverage throughout the year of PSHE skills through Personal, social and emotional development</p>					

	<p>Rights and responsibilities of being part of the class and school</p> <p>School class rules</p> <p>Rewards and consequences</p> <p>Improve/harm local area</p>	<p>Understand that bullying is sometimes about difference. Recognise what is right and wrong and how to look after themselves. Understand that it is OK to be different from others and to be friends with them. Say how they are different to their friends.</p>	<p>Who work well/find difficult with- share successes</p> <p>Different types of money (paper, coins, cheques) and how this is obtained.</p> <p>Keeping track of money (online banking, storing it in a safe etc) and why this is important.</p>	<p>Sorting Food- Food groups</p> <p>Healthy snacks</p> <p>Different feelings and emotions, develop strategies to manage their feelings</p>	<p>Not keeping secrets that make them worried</p> <p>People who can help them in their family, school and community. Express their appreciation for the people in their special relationships.</p>	<p>Know that their privates are private.</p> <p>Positive touch</p> <p>Changes in their life and feelings of these.</p> <p>Losing something and feelings associated</p>
<p><b>Year 3</b> <b>Hummingbirds</b></p>	<p><b>Being me in my world</b></p> <p>Recognise their worth and identify their achievements/set personal goals.</p> <p>New challenges,</p> <p>Feelings- happy, sad or scared.</p> <p>Understand why rules are needed and how they relate to their rights and responsibilities.</p> <p>How their actions affect others.</p> <p>Their rights in their home, school and environment Their responsibilities and skills needed</p>	<p><b>Celebrating difference</b></p> <p>Different families.</p> <p>Conflict in families</p> <p>Being a witness to bullying making a situation better/worse</p> <p>Hurtful words</p> <p>Reflect on a time when their words affected someone and the consequences (giving and receiving compliments).</p>	<p><b>Living in the wider world</b></p> <p>People who faced difficulty and achieved success.</p> <p>Dreams and ambitions</p> <p>Enjoy Facing new challenges and finding the best way to achieve them.</p> <p>Money budgets and why people set these.</p> <p>Borrowing money- loans earning interest in banks - loans and interest</p>	<p><b>Healthy me</b></p> <p>How exercise affects their bodies and why heart and lungs are important.</p> <p>Calories, fat and sugar and how affects health</p> <p>Making healthy choices of food</p> <p>Germs and illnesses- antibiotics and vaccinations</p> <p>Identify things, people and places that they need to keep safe from and strategies for this.</p> <p>Harmless and harmful habits</p> <p>Giving up/stopping harmful habits</p>	<p><b>Relationships</b></p> <p>Roles and responsibilities of family members - expectations of males and females</p> <p>Friendship skills-. taking turns, being a good listener.</p> <p>Body space and unacceptable physical contact</p> <p>How actions and work of people around the world can affect their life.</p> <p>Know that their needs and rights are shared with children worldwide</p>	<p><b>Changing me</b></p> <p>Changes that happen in animals and humans from conception to growing up and it's usually the female who has the baby</p> <p>How babies grow and develop and what they need to do this</p> <p>Describe a range of feelings (good and not so good) and use a scale of intensity to describe them.</p> <p>Changes that happen to them and the variety of feelings they may feel.</p> <p>Start to recognise stereotypical ideas about parents and family roles.</p> <p>Identify what they are looking forward to next year in year 4</p>
<p><b>Year 4</b> <b>Dragonflies</b></p>	<p><b>Being me in my world</b></p> <p>How their attitudes and actions make a difference to the class team.</p> <p>School community</p> <p>Democracy- school council- how it benefits our school</p> <p>What resources the environment provides for us.</p> <p>Sustainability of environmental resources.</p>	<p><b>Celebrating difference</b></p> <p>Making assumptions about people by their appearance</p> <p>Influences on their assumptions</p> <p>How bullying is hard to spot and know what to do if they think it is going on.</p> <p>How witnesses sometimes join in with bullying and don't tell (problem solve bullying situation).</p> <p>How they are unique ad special Reflect on a time where their impression of someone changed when they got to know them.</p>	<p><b>Living in the wider world</b></p> <p>Their hopes and dreams. And that they don't always come true.</p> <p>Reflecting on positive experiences can help disappointment</p> <p>Setting new plans after disappointment</p> <p>Advertisement and companies persuasion to buy things.</p> <p>Items that are better value for money.</p> <p>Being enterprising- how can they make money?</p>	<p><b>Healthy me</b></p> <p>Different friendship groups and how they fit into them.</p> <p>Leaders in a group</p> <p>Drugs- common in everyday life -(medicines, caffeine, alcohol, tobacco).</p> <p>The affect of smoking on health and reasons some people start.</p> <p>Understand the effects of alcohol on health and the liver and some reasons people drink. Recognise when they are being put under pressure by people and know ways to resist this. Have a clear picture of what they think is right and wrong</p>	<p><b>Relationships</b></p> <p>Jealousy in relationships</p> <p>Who they love and can express why they are special to them.</p> <p>Privacy and keeping things private.</p> <p>Changes in friendships, fallouts and new friends</p> <p>How to recognise relationships - e.g. marriage/anniversaries/ Mother's day.</p> <p>Show appreciation for the people they love..</p>	<p><b>Changing me</b></p> <p>Characteristics from parents due to joining of sperm and egg.</p> <p>Correctly label internal and external male and female body parts (babies)</p> <p>How a girl's body changes in order for her to be able to have babies (periods) Circle of change</p> <p>Changes that have happened/will happen to them outside of their control</p> <p>Identify what they are looking forward to next year 5.</p>
<p><b>Year 5</b> <b>Owls</b></p>	<p><b>Being me in my world</b></p> <p>Face new challenges positively and know how to set personal goals.</p> <p>The rights and responsibilities of being a citizen in their country and school.</p>	<p><b>Celebrating difference</b></p> <p>Cultural differences and conflict</p> <p>Racism</p> <p>Spreading rumours and name calling- bullying</p> <p>Direct and indirect bullying</p>	<p><b>Living in the wider world</b></p> <p>Dreams and goals of young people in a culture different to their own</p> <p>The role that money plays in people's lives (type of house</p>	<p><b>Healthy me</b></p> <p>The health risks of smoking and how it affects the lungs, liver and heart.</p> <p>Habits- smoking/drinking and how to stop</p> <p>Risks of misusing alcohol - ASBO, health.</p>	<p><b>Relationships</b></p> <p>Have an accurate picture of who they are as a person in terms of characteristics.</p> <p>Positive/negative consequences belonging to online communities</p>	<p><b>Changing me</b></p> <p>Being aware of their own self -image and body image.</p> <p>How to look after themselves physically and emotionally.</p> <p>Describe how girl's and boy's bodies change during puberty.</p>

	<p>Rewards and consequences and making choices about their behaviour. How an individual's behaviour can affect a group. DeForestation and it's affect on animals and humans</p>	<p>Compare their life with people in the developing world (value happiness over wealth). Understand a different culture from their own.</p>	<p>they have, products they buy, where they live). Different jobs people do and how different pay amounts . Credit and debit cards Debt - good money advice The skills required to be 'enterprising'. Enterprisers in the community/wider world.</p>	<p>Basic first aid How media, social media and celebrity culture promotes certain body types. Food- eating disorders Healthy lifestyles (including mental and emotional health) and the choices they need to be healthy and happy</p>	<p>The rights and responsibilities of belonging to online communities/social network/gaming online . Staying safe when using technology and amount of time on devices</p>	<p>Identify what they look forward to when they become a teenager and know they have growing responsibilities (age of consent) Identify what they are looking forward to next year in year 6.</p>
<p><b>Year 6 Sharks</b></p>	<p><b>Being me in my world</b></p> <p>Goals, fears and worries for the future. Universal rights for all children but for many these aren't met. How their actions affect others locally and globally (compare to different communities). Make choices about their own behaviour and understand how rewards and consequences feel. Environmental issues (climate change, lack of water, over fishing) and name some problems with these. Debate an environmental issue to understand it from both sides..</p>	<p><b>Celebrating difference</b></p> <p>Different perceptions about what normal means. How being different could affect someone's life. Ways in which one person or a group can have power over another (being excluded). Reasons why people bully. People with disability that lead amazing lives. How difference can be a source of conflict or celebration.</p>	<p><b>Living in the wider world</b></p> <p><u>Raising Aspirations Programme</u> Write a CV explaining the skills, experience and knowledge they have Dream jobs and realistic jobs Job interview strategies Identify the skills and knowledge that they need to get their 'dream job' in the future..</p>	<p><b>Healthy me</b></p> <p>Take responsibility for their health and make choices that benefit this. Different types of drugs and the effects on the body (liver + heart). Exploitation - breaking the law Joining gangs and the risks People's attitudes the mental health- being emotionally well Stress and the triggers of this and how it can result in alcohol and drug misuse.</p>	<p><b>Relationships</b></p> <p>Take care of their mental health. .The different stages of grief and different types of loss. Recognise when people are trying to gain power. Judge whether something online is safe and helpful. Use technology positively and safely to communicate with their friends and family.</p>	<p><b>Changing me</b></p> <p>Self image and body image Physical and emotional well being <b>Changes in girls and boys bodies during puberty.</b> <b>Sexual intercourse- conception and babies</b> <b>IVF</b> BoyFriends/girlFriends- physical attraction Marriage Planned/forced marriages- illegal Having positive self -esteem and what they can do to develop it . Identify what they are looking forward to and what worries them about high school. <b>*Taught by HH Kids</b></p>