


# PSHE long term planning 2022-2023

	Autumn 1: Me and my relationships	Autumn 2: Valuing difference	Spring 1: Keeping myself safe	Spring 2: Rights and responsibilities	Summer 1: Being my best	Summer 2: Growing and changing
Year 3	<ul style="list-style-type: none"> <li>- Cooperation</li> <li>- Friendships</li> <li>- Rules</li> </ul>	<ul style="list-style-type: none"> <li>- Recognising and respecting diversity</li> <li>- Being respectful and tolerant</li> </ul>	<ul style="list-style-type: none"> <li>- Managing risk</li> <li>- Drugs and their risk</li> <li>- Staying safe online</li> </ul>	<ul style="list-style-type: none"> <li>- Skills we need to develop as we grow up</li> <li>- Helping and being helped</li> </ul>	<ul style="list-style-type: none"> <li>- Keeping myself healthy</li> <li>- Celebrating and developing my skills</li> </ul>	<ul style="list-style-type: none"> <li>- Relationships</li> <li>- Keeping safe</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>- Recognising feelings</li> <li>- Bullying</li> <li>- Assertive skills</li> </ul>	<ul style="list-style-type: none"> <li>- Recognising and celebrating difference (including religions and cultural difference)</li> <li>- Understanding and challenging stereotypes</li> </ul>	<ul style="list-style-type: none"> <li>- Managing risk</li> <li>- Understanding the norms of drug use (cigarette and alcohol use)</li> <li>- Influences</li> <li>- Online safety</li> </ul>	<ul style="list-style-type: none"> <li>- Making a difference</li> <li>- Media influence</li> <li>- Decisions about spending money</li> </ul>	<ul style="list-style-type: none"> <li>- Having choices and making decisions about my health</li> <li>- Taking care of my environment</li> </ul>	<ul style="list-style-type: none"> <li>- Managing difficult feelings</li> <li>- Relationships including marriage</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>- Feelings</li> <li>- Friendship skills, including compromise</li> <li>- Assertive skills</li> </ul>	<ul style="list-style-type: none"> <li>- Recognising and celebrating difference (including religions and cultural difference)</li> <li>- Influence and pressure of social media</li> </ul>	<ul style="list-style-type: none"> <li>- Managing risk, including staying safe online</li> <li>- Norms around use of legal drugs (tobacco, alcohol)</li> </ul>	<ul style="list-style-type: none"> <li>- Rights and responsibilities relating to my health</li> <li>- Decisions about lending, borrowing and spending</li> </ul>	<ul style="list-style-type: none"> <li>- Growing independence and taking responsibility</li> <li>- Media awareness and safety</li> </ul>	<ul style="list-style-type: none"> <li>- Managing difficult feelings</li> <li>- Managing change</li> <li>- Getting help</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>- Assertiveness</li> <li>- Cooperation</li> <li>- Safe/unsafe touches</li> </ul>	<ul style="list-style-type: none"> <li>- Recognising and reflecting on prejudice-based bullying</li> <li>- Understanding Bystander behaviour</li> </ul>	<ul style="list-style-type: none"> <li>- Emotional needs</li> <li>- Staying safe online</li> <li>- Drugs - norms and risks (including the law)</li> </ul>	<ul style="list-style-type: none"> <li>- Understanding media bias, including social media</li> <li>- Caring: communities and the environment</li> <li>- Earning and saving money</li> </ul>	<ul style="list-style-type: none"> <li>- Aspirations and goal setting</li> <li>- Managing risk</li> </ul>	<ul style="list-style-type: none"> <li>- Keeping safe</li> <li>- Body image</li> <li>- Self esteem</li> </ul>