



## PSHCE Long Term Plan – Overview of Knowledge and Skills



	Nursery	Reception	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Autumn 1 Being me in my world	Self identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Self identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Feeling special and safe Being part of a class Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling
Autumn 2 Celebrating difference	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion

			in everyone	Making new friends Gender diversity Celebrating difference and remaining friends	to solve it Recognising how words can be hurtful Giving and receiving compliments	Problem-solving Identifying how special and unique everyone is First impressions	Material wealth and happiness Enjoying and respecting other cultures	Differences as conflict, difference as celebration Empathy
Spring 1 Dreams and goals	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments
Spring 2 Healthy me	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health

			Linking health and happiness		important online and off line scenarios Respect for myself and others Healthy and safe choices		Motivation and behaviour	Managing stress
Summer 1 Relationships	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use
Summer 2 Changing me	Bodies Respecting my body Growing up Growth and change Fun and fears	Bodies Respecting my body Growing up Growth and change Fun and fears	Life cycles – animal and human Changes in me Changes since being a baby	Life cycles in nature Growing from young to old Increasing independence	How babies grow Understanding a baby's needs Outside body changes	Being unique Having a baby Girls and puberty Confidence in change	Self- and body image Influence of online and media on body image Puberty for girls	Self-image Body image Puberty and feelings Conception to birth

	Celebrations	Celebrations	Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition	Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition	Inside body changes Family stereotypes Challenging my ideas Preparing for transition	Accepting change Preparing for transition Environmental change	Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition	Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition

- Each half term, further information regarding each unit will be shared with parents / carers via Class Dojo.