

PSHE LONG TERM PLAN

YR	Autumn	Spring	Summer
3	<p><u>Myself & Relationships</u></p> <ul style="list-style-type: none"> • Cooperation • Working with others • Right and wrong • Dealing with feelings in a positive way • Myself as a Learner 	<p><u>Citizenship</u></p> <ul style="list-style-type: none"> • Caring for others • Bullying • Rules and code of conduct, reds etc • Expressing views 	<p><u>Health</u></p> <ul style="list-style-type: none"> • Personal Hygiene • Spread of Diseases • Safety in the Home and Stranger Danger • Road safety
4	<p><u>Myself & Relationships</u></p> <ul style="list-style-type: none"> • Making choices • Respecting Others • Feeling good about Myself • Fair and Unfair • Bullying and Friendships 	<p><u>Citizenship</u></p> <ul style="list-style-type: none"> • Understanding rules • Animal welfare • Making a Positive Difference • Recycling 	<p><u>Health</u></p> <ul style="list-style-type: none"> • Food and Diet • Coping with Change • Who helps us stay safe?
5	<p><u>Myself & Relationships</u></p> <ul style="list-style-type: none"> • Making mistakes • Making choices • Supporting friends • Building of trust 	<p><u>Citizenship</u></p> <ul style="list-style-type: none"> • Children's Rights • Pollution • Community and Society Expectations • Expressing and debating 	<p><u>Health</u></p> <ul style="list-style-type: none"> • Personal Hygiene • Risk and Danger • Internet Safety

	Autumn	Spring	Summer
6	<u>Myself & Relationships</u> <ul style="list-style-type: none"> • Friends & Family • Hygiene • Making the most of my ability • Voicing and Explaining viewpoints 	<u>Citizenship</u> <ul style="list-style-type: none"> • Peer Group Pressure • Age of criminal responsibility • Moral dilemmas • Consequences of inappropriate behaviour 	<u>Health</u> <ul style="list-style-type: none"> • Exercise • My lifestyle • Safety & relationships • What affects mental health? • Disabilities
7	<u>Myself & Relationships</u> <ul style="list-style-type: none"> • Diversity & Difference – race, religion, stereotyping etc • Organising Yourself – time, homework etc • Self appraisal 	<u>Citizenship</u> <ul style="list-style-type: none"> • My Immediate Community • What is democracy? • Making choices • Debate current affairs 	<u>Health</u> <ul style="list-style-type: none"> • Managing my own health – healthy eating and exercise • Puberty – emotional and body changes etc • Awareness of Personal space • Asking for help
8	<u>Myself & Relationships</u> <ul style="list-style-type: none"> • Managing change – incl visit by Senior School Head • Making the most of my abilities – target setting etc • Myself as a learner - styles, considering others etc. 	<u>Health</u> <ul style="list-style-type: none"> • Drug & Alcohol Education • Sex Education and relationships – • Keeping Safe 	<u>Citizenship</u> <ul style="list-style-type: none"> • Britain and the wider world • Post CE programme to inc link with local Special School & awareness of finance • Careers and options- visiting speaker • Managing Finance • Media & Presenting Information

Reviewed January 2010