



WHOLE SCHOOL PSHE LTP

	Autumn	Spring	Summer
<p>Nursery <i>Mindfulness Sessions are delivered Daily after Lunch</i> Our School Values – Honesty, Courtesy, Kindness, Respect & Perseverance Run through all sessions.</p>	<p>Select and use activities and resources, with help when needed. Play with one or more children, extending and elaborating play ideas. Increasingly follow rules, understanding why they are important Talk about their feelings using words like happy, sad, or angry. Who am I? Who are my family members? Who are my Friends? Where am I safe? My New Classroom and Play Areas.</p> <p>Rules and Routines to keep us safe How Can we Keep Ourselves Safe? Feeling Safe at School and at Home. What Can we do if we don't feel safe? Appropriate Touch and Pants.</p>	<p>Developing sense of responsibility and being part of a community. Showing more confidence in a range of situations Finding solutions to conflicts and rivalries. For example, taking turns or waiting for a costume to be free. Understand gradually how others may feel Remember rules without an adult needing to remind them</p>	<p>Rules and Routines to keep us safe. Feelings and Emotions related to Changes. Appropriate Touch and Pants. Becoming Independent and interdependent learners.</p>
<p>Reception <i>Mindfulness Sessions are delivered Daily after Lunch In the Continuous Provision there is a mindfulness Area with 2 Worry Monsters.</i></p>	<p>Who am I? Who is my Family? Who are my Friends? Where am I safe? My New Classroom and Play Areas. Rules and Routines to keep us safe. Friendships and Grown-ups. Feelings and Emotions related to Change. How Can we Keep Ourselves Safe? Feeling Safe at School and at Home. What Can we do if we don't feel safe? Appropriate Touch and Pants.</p>	<p>Rules and Routines to keep us safe. Friendships and Grown-ups. Feelings and Emotions related to Change. How Can we Keep Ourselves Safe? Feeling Safe at School and at Home. What Can we do if we don't feel safe? Appropriate Touch and Pants. Food to keep us Healthy – How else do we keep Healthy? Becoming Independent.</p>	<p>Rules and Routines to keep us safe. Feelings and Emotions related to Changes. Appropriate Touch and Pants. Becoming Independent. Talking in full sentences and talking about what we are good at.</p>
<p>Year 1</p>	<p>Health and Wellbeing To learn what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health.</p>	<p>Relationships Self-organisation , Empathy and compassion team working</p>	<p>Living in the Wider World Self-organisation , Empathy and compassion team working</p>

Year 2	<p>Relationships RSE Friendships Managing Money. Internet safety</p>	<p>Living in the Wider World Unsafe situations in different environments and at home. Community</p>	<p>Health and Wellbeing Teeth and dentist. Sleep. Identifying parts of the body</p>
Year 3	<p>Relationships Families & Friendships, Safe Respecting Ourselves & Others</p>	<p>Living in the Wider World Belonging to a community, Media. Literacy & Digital Resilience, Money & Work</p>	<p>Health and Wellbeing Physical Health & Mental Wellbeing, Growing & Changing, Keeping Safe</p>
Year 4	<p>Relationships Positive friendships, responding to hurtful behaviour, managing confidentiality and recognising risks online. Respecting differences and similarities, discussing differences sensitively and being safe in relationships, online and outside of school.</p>	<p>Living in the Wider World What makes a community, shared responsibilities and how data is shared and used. Making decisions about money, using and keeping money safe.</p>	<p>Health and Wellbeing Maintaining a balanced lifestyle, looking after our physical health and mental wellbeing and oral hygiene and dental care. Physical and emotional changes in puberty, external genitalia, personal hygiene and drugs common to everyday life (medicines and household products).</p>
Year 5	<p>Health and Wellbeing Healthy Lifestyles Images in the Media Black History Month: Michelle Obama First Aid - Burns and Scalds First Aid - Head injuries Managing emotions Change and Loss Risk and responsibility Anti-bullying</p>	<p>Living in the Wider World Global Citizens Protecting the environment Compassion towards others How information online is targeted Identifying job interests and aspirations Workplace stereotypes.</p>	<p>Relationships Healthy Relationships Unhealthy Relationships RSE Relationships: Good touch/Bad touch Prejudice and Discrimination</p>
Year 6	<p>Health and Wellbeing Physical health and Mental wellbeing Growing and changing Keeping safe</p>	<p>Living in the Wider World Belonging to a community, Media literacy and digital resilience, Money and work</p>	<p>Relationships Friendships, Safe relationships, Respecting ourselves and others First Aid - Asthma and Life Support</p>