



St Columb Major Academy - PSHE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS/KS1 Year A	<u>The Great Fire of London & Toys & Games</u> Roles of people in our lives; families & friends (Families & Friendships) Privacy; staying safe; Getting help with pressure or hurtful behaviour (Safe Relationships) Being polite & respectful; Similarities & differences; working co-operatively (Respecting Ourselves & Others)		<u>Autumn & Winter & All About Me!</u> Rules; caring for others & the environment; Belonging to a group (Belonging to a community) Using the internet; communicating online (Media Literacy & Digital Resilience) Strengths & interests; jobs in the community; what is money and how to look after it (Money & Work)		<u>African Adventures! & Farms & Gardens</u> Keeping Healthy; sleep, teeth & managing feelings (Physical Health & mental Wellbeing) Being unique; Managing feelings; growing older; body parts & transitions (Growing & Changing) Rules & restrictions; keeping safe online, in home environment & in emergencies (Keeping Safe)	
EYFS/KS1 Year B	<u>Super Me! & Where We Live</u> Roles of people in our lives; families & friends (Families & Friendships) Privacy; staying safe; Getting help with pressure or hurtful behaviour (Safe Relationships) Being polite & respectful; Similarities & differences; working co-operatively (Respecting Ourselves & Others)		<u>Celebrations & Woodland Wonders</u> Rules; caring for others & the environment; Belonging to a group (Belonging to a community) Using the internet; communicating online (Media Literacy & Digital Resilience) Strengths & interests; jobs in the community; what is money and how to look after it (Money & Work)		<u>Our Planet & Beach Explorers</u> Keeping Healthy; sleep, teeth & managing feelings (Physical Health & mental Wellbeing) Being unique; Managing feelings; growing older; body parts & transitions (Growing & Changing) Rules & restrictions; keeping safe online, in home environment & in emergencies (Keeping Safe)	
EYFS/KS1 Year C	<u>Houses and Homes & Cornwall</u> Roles of people in our lives; families & friends (Families & Friendships) Privacy; staying safe; Getting help with pressure or hurtful behaviour (Safe Relationships) Being polite & respectful; Similarities & differences; working co-operatively (Respecting Ourselves & Others)		<u>Keeping Healthy & Fire and Ice</u> Rules; caring for others & the environment; Belonging to a group (Belonging to a community) Using the internet; communicating online (Media Literacy & Digital Resilience) Strengths & interests; jobs in the community; what is money and how to look after it (Money & Work)		<u>Spring and Summer & Voyages of Discovery</u> Keeping Healthy; sleep, teeth & managing feelings (Physical Health & mental Wellbeing) Being unique; Managing feelings; growing older; body parts & transitions (Growing & Changing) Rules & restrictions; keeping safe online, in home environment & in emergencies (Keeping Safe)	



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Y3/4 Year A	<u>Water, Water Everywhere & Frozen Worlds</u> Positive friendships, including online <i>(Families & Friendships)</i> Responding to hurtful behaviour; managing confidentiality; recognising risks online <i>(Safe Relationships)</i> Respecting differences and similarities; discussing difference sensitively <i>(Respecting Ourselves & Others)</i>		<u>Cornish Tin Mining & Food Glorious Food</u> What makes a community; shared responsibilities <i>(Belonging to a community)</i> How data is shared and used <i>(Media Literacy & Digital Resilience)</i> Making decisions about money; using and keeping money safe <i>(Money & Work)</i>		<u>Resistance to Rome & Rainforests</u> Maintaining a balanced lifestyle; oral hygiene and dental care <i>(Physical Health & mental Wellbeing)</i> Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty <i>(Growing & Changing)</i> Medicines and household products; drugs common to everyday life <i>(Keeping Safe)</i>	
Y3/4 Year B	<u>Castle-an-Dinas & Light</u> What makes a family; features of family life <i>(Families & Friendships)</i> Personal boundaries; safely responding to others; the impact of hurtful behaviour <i>(Safe Relationships)</i> Recognising respectful behaviour; the importance of self-respect; courtesy and being polite <i>(Respecting Ourselves & Others)</i>		<u>Natural Disasters & Ancient Egypt</u> The value of rules and laws; rights, freedoms and responsibilities <i>(Belonging to a community)</i> How the internet is used; assessing information online <i>(Media Literacy & Digital Resilience)</i> Different jobs and skills; job stereotypes; setting personal goals <i>(Money & Work)</i>		<u>The Railway & The Olympics</u> Health choices and habits; what affects feelings; expressing feelings <i>(Physical Health & mental Wellbeing)</i> Personal strengths and achievements; managing and reframing setbacks <i>(Growing & Changing)</i> Risks and hazards; safety in the local environment and unfamiliar places <i>(Keeping Safe)</i>	
Y5/6 Year A	<u>Danger in the Desert! / Blue Planet</u> Attraction to others; romantic relationships; civil partnership and marriage <i>(Families & Friendships)</i> Recognising and managing pressure; consent in different situations <i>(Safe Relationships)</i> Expressing opinions and respecting other points of view, including discussing topical issues <i>(Respecting Ourselves & Others)</i>		<u>Vikings & Sustainable Energy</u> Valuing diversity; challenging discrimination and stereotypes <i>(Belonging to a community)</i> Evaluating media sources; sharing things online <i>(Media Literacy & Digital Resilience)</i> Influences and attitudes to money; money and financial risks <i>(Money & Work)</i>		<u>The Silk Road</u> What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online <i>(Physical Health & mental Wellbeing)</i> Human reproduction and birth; increasing independence; managing transition <i>(Growing & Changing)</i> Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media <i>(Keeping Safe)</i>	
Y5/6 Year B	<u>The Fall of Rome & Extreme Sports</u> Managing friendships and peer influence <i>(Families & Friendships)</i> Physical contact and feeling safe <i>(Safe Relationships)</i> Responding respectfully to a wide range of people; recognising prejudice and discrimination <i>(Respecting Ourselves & Others)</i>		<u>Space & Populated Planet</u> Protecting the environment; compassion towards others <i>(Belonging to a community)</i> How information online is targeted; different media types, their role and impact <i>(Media Literacy & Digital Resilience)</i> Identifying job interests and aspirations; what influences career choices; workplace stereotypes <i>(Money & Work)</i>		<u>Exploration & Our Environment</u> Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies <i>(Physical Health & mental Wellbeing)</i> Personal identity; recognising individuality and different qualities; mental wellbeing <i>(Growing & Changing)</i> Keeping safe in different situations, including responding in emergencies, first aid and FGM <i>(Keeping Safe)</i>	