

St John's PSHE - Long Term Plan

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 Being Me in My World	<p>Help each other feel welcome, try to make our nursery/pre-school community a better place, think about everyone's right to learn, care about other people's feelings, work well with others and choose to follow the learning charter.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Help others feel welcome, try to make our school community a better place, think about everyone's right to learn, care about other people's feelings, work well with others and choose to follow the learning charter.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Hopes and fears, rights and responsibilities, rewards and consequences, our learning charter and owning our learning charter.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Getting to know each other, our nightmare school, our dream school, rewards and consequences, our learning charter and owning our learning charter.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Becoming a class team, being a school citizen, rights responsibilities and democracy, rewards and consequences, our learning charter and owning our learning charter.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>My year ahead, being me in Britain, Year 5 responsibilities, rewards and consequences, our learning charter and owning our learning charter.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>My year ahead, being a global citizen, the learning charter, our learning charter and owning our learning charter.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and belief
Autumn 2 Celebrating Difference	<p>Accept that everyone is different, include others when working at playing, know how to help if someone is being bullied, try to solve problems, try to use kind</p>	<p>The same as, different from, what is bullying, making new friends and celebrating difference; celebrating me.</p> <p>British values Covered</p>	<p>Boys and girls, why does bullying happen, standing up for myself and others, making a new friend and celebrating differences and still being friends.</p>	<p>Families, family conflict, witness and feelings, witness and solutions, words that harm and celebrating differences: compliments.</p>	<p>Judging by appearances, understanding influences, understanding bullying, problem solving, special me and celebrating difference: how we look.</p>	<p>Different cultures, racism, rumours and name calling, types of bullying, does money matter and celebrating differences across the world.</p>	<p>Am I normal, understanding disability, power struggles, why bully and celebrating differences.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Democracy

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	<p>words and know how to give and receive compliments.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<ul style="list-style-type: none"> • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs
<p><u>Spring 1</u> Dreams and Goals</p>	<p>Stay motivated when doing something challenging, keep trying even when it's difficult, work well with a partner or in a group, have a positive attitude, help others to achieve their goals and work hard to achieve their own dreams and goals.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Individual Liberty • Mutual Respect 	<p>My treasure chest of success, steps to goals, achieving together, stretchy learning, overcoming obstacles and celebrating my success.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Goals to success, my learning strengths, learning with others, a group challenge and celebrating our achievement.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Dreams and goals, my dreams and ambitions, a new challenge, our new challenge, our new challenge – overcoming obstacles and celebrating my learning.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Hopes and dreams, broken dreams, overcoming disappointment, creating new dreams, achieving goals and we did it!</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>When I grow up (my dream lifestyle) investigate jobs and careers, my dream job. Why I want it and the steps to get there, dreams and goals of young people in other cultures, how can we support each other and rallying support.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect 	<p>Personal learning goals, steps to success, my dream for the world, helping to make a difference and recognising our achievements.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs

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<p>Spring 2 Healthy Me</p>	<p>Make healthy choices, eat a healthy, balanced diet, being physically active, try to keep themselves and others safe, know how to be a good friend and enjoy healthy friendships and know how to keep calm and deal with difficult situations.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Being healthy, healthy choices, clean and healthy, medicine safety, road safety and happy, healthy me.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Rule of Law • Individual Liberty • Mutual Respect 	<p>Being healthy, being relaxed, medicine safety, healthy eating and the 'healthy me' café.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Rule of Law • Individual Liberty • Mutual Respect 	<p>Being fit and healthy, what do I know about Being safe, being safe at home and my amazing body.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>My friends and me, group dynamics, smoking, alcohol, healthy friendships and celebrating my inner strength and assertiveness.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Smoking, alcohol, emergency aid, body image, my relationship with food and healthy me.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Food, drugs, alcohol, emergency aid, emotional and mental health and managing stress.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs
<p>Summer 1 Relationships</p>	<p>Know how to make friends, try to solve friendship problems when they occur, help others to feel part of a group, show respect in how they treat others, know how to help</p>	<p>Families, making friends, greetings, people who help us, being my own best friend and celebrating my special relationships.</p> <p>British values Covered</p>	<p>Families, keeping safe – exploring physical contact, friends and conflict, secrets, trust and appreciation and celebrating my special relationships.</p>	<p>Family roles and responsibilities, friendship, keeping myself safe, being a global citizen and celebrating my web of relationships.</p> <p>British values Covered</p>	<p>Relationship web, love and loss, memories, are animals special, special pets and celebrating my relationships with people and animals.</p>	<p>Recognising me, getting on and falling out, girlfriends and boyfriends and relationships and technology.</p> <p>British values Covered</p>	<p>My relationship web, love and loss, power and control and being safe with technology.</p> <p>British values Covered</p> <ul style="list-style-type: none"> • Democracy • Rule of Law

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	<p>themselves and others when they feel upset and hurt and know and show what makes a good relationship.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<ul style="list-style-type: none"> • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs
<p><u>Summer 2</u> <u>Changing Me</u></p>	<p>Understand that everyone is unique and special, can express how they feel when change happens, understand and respect the change that they see in themselves, understand and respect the change they see in other people, know who to ask for help if they are worried about change and looking forward to change.</p>	<p>Children know that they are all part of a family and that they change as they grow from babies to children.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Rule of law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Children know that they belong to a wider community that gives support when needed.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Rule of law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Children know and understand the virtues essential to friendship ie: loyalty, responsibility... and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Children know and understand that they are all different and celebrate these differences as they appreciate that God's love accepts us as we are and as we change.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>Children know and become aware of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger boredom etc. and grow further in their understanding of God's presence in their daily lives.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Individual Liberty • Mutual Respect 	<p>Developed (in an appropriate way for their age) an understanding of sexuality and grow further in appreciation of dignity and worth as a child of God.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs

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