

PSHE Long Term Planning- Please note that this overview is constantly being reviewed and updated throughout the year as we make changes to our current PSHE provision.

	EYFS		
Reception	Reception		ELG
	<p><b>Communication and Language</b></p> <ul style="list-style-type: none"> <li>-Use talk to help work out problems and organize thinking and activities, and to explain how things work and why might happen.</li> <li>-Develop social phrases.</li> </ul> <p><b>Personal, Social and Emotional Development</b></p> <ul style="list-style-type: none"> <li>-See themselves as a valuable individual.</li> <li>-Build constructive and respectful relationships.</li> <li>-Express their feelings and consider the feelings of others.</li> <li>-Show resilience and perseverance in the face of challenge.</li> <li>-Identify and moderate their own feelings socially and emotionally.</li> <li>-Think about the perspective of others.</li> <li>-Manage their own needs (personal hygiene).</li> <li>-Know and talk about the different factors that support their overall health and wellbeing.</li> </ul> <p>Regular physical activity, healthy eating, toothbrushing, sensible amounts of screen time, sleep routines, safe pedestrians.</p>	<p><b>Physical Development</b></p> <ul style="list-style-type: none"> <li>-Further develop the skills they need to manage the school day successfully (lining up and queuing, mealtimes).</li> </ul> <p><b>Understanding of the World</b></p> <ul style="list-style-type: none"> <li>-Talk about members of their immediate family and community.</li> <li>-Talk about members of their immediate family and community.</li> </ul>	<p><b>Listening, Attention and Understanding</b></p> <ul style="list-style-type: none"> <li>-Hold conversation when engaged in back-and-forth exchanges with their teachers and peers.</li> </ul> <p><b>Speaking</b></p> <ul style="list-style-type: none"> <li>-Express their ideas and feelings about their experiences using full sentences, including use of past, present, and future tenses and making use of conjunctions, with modelling and support from the teacher.</li> </ul> <p><b>Self-Regulation</b></p> <ul style="list-style-type: none"> <li>Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.</li> <li>-Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> <li>-Give focused attention to what the teacher says, responding appropriately even when engaged in an activity, and show an ability to follow instructions involving several ideas or actions.</li> </ul> <p><b>Managing Self</b></p> <ul style="list-style-type: none"> <li>-Be confident to try new activities, resilience, and perseverance in the face of a challenge.</li> <li>-Explain the rules, know right from wrong and try to behave accordingly.</li> <li>-Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.</li> </ul> <p><b>Building relationships</b></p> <ul style="list-style-type: none"> <li>-Work and play co-operatively and take turns.</li> <li>-Form positive attachments to adults and friendships with peers.</li> </ul> <p>Show sensitivity to their own and others' feelings.</p> <p><b>Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>-Negotiate space and obstacles safely, with consideration for themselves and others.</li> </ul> <p><b>Past and Present</b></p> <ul style="list-style-type: none"> <li>-Talk about the lives of the people around them and their roles in society.</li> </ul>
	Autumn	Spring	Summer
Reception Connections to wider school.	<ul style="list-style-type: none"> <li>-Class rules.</li> <li>-Negotiating own way to reception toilets</li> <li>-Lining up for lunch and the end of breaks.</li> <li>-Introduction of the Roar mental health 1-10 rainbow when ready alongside images. (Colours/feelings using words like 'happy,' 'sad', 'angry' or 'worried').</li> </ul> <p>Being Me in My World-Who me? How am I feeling today? Being at nursery, Gentle hands, Our rights, Responsibilities.</p>	<ul style="list-style-type: none"> <li>-Role play- doctors, nurses, hospitals (people who help us).</li> <li>-Local people in the community visit e.g. parents/shop keepers/dentist/builder etc.</li> <li>-Physical Development- Gross motor skills. Emphasis on making healthy choices- exercise/snacks/lunch. Toothbrushing, screen time</li> </ul> <p>Dreams and Goals- Challenge, Never Giving Up, Setting Goals, Obstacles and the Future- Jigsaw. Healthy Me- Everybody's body, Movement, Food, Sweets, Keeping Clean, Stranger Danger-Jigsaw.</p>	<ul style="list-style-type: none"> <li>-RSE- NSPCC PANTS</li> <li>-Building relationships- Parents/Friends/Immediate family. Asking friends and family how they are and social greetings.</li> <li>First Aid-Bleeding (Red Cross)</li> <li>Relationships- Family, Friends and Falling Out-Jigsaw.</li> <li>Changing Me- My body&lt; Respecting my Body, Growing up, Fun and Fears and Celebration-Jigsaw.</li> </ul>

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	Autumn 1 Roar Mental Health should be part of everyday practise.	Autumn 2 Roar Mental Health should be part of everyday practise.	Spring 1 Roar Mental Health should be part of everyday practise.	Spring 2 Roar Mental Health should be part of everyday practise.	Summer 1 Roar Mental Health should be part of everyday practise.	Summer 2 Roar Mental Health should be part of everyday practise.
Year 1  Life After Lock Down Activities KS1.	Being Me in My World- Special and Safe, My class, Responsibilities, Rewards and Feeling Proud, Consequences, Our own Learning Charter	Celebrating Difference- The same, Different From, What is Bullying, What do I do about bullying? Making new friends, Celebrating Difference Celebrating Me.	Dreams and Goals - Keep trying! JIGSAW	Healthy Me- Choices, Medicines and Roads. JIGSAW	Relationships-Family, Friends, Bullying and Being the Best Friend I can be. JIGSAW  <b>First Aid- Choking, Emotions and comforting others. (Red Cross).</b>	Changing Me- My body, Respecting my Body, Growing up and Fun and Fears Jigsaw
Year 2  Life After Lock Down Activities KS1.	Being Me in My World- Hopes and Fears, Rights and Responsibilities, Rewards and Consequences, Our Learning Charter.	Celebrating Difference- Boys and Girls, Why does Bullying happen, Standing up for Myself and Others, Gender diversity, Celebrating being Different and still being friends.	Dreams and Goals - Rights, Responsibilities, Rewards and Consequences. JIGSAW	Healthy Me-Relaxation, Medicines and Healthy Eating. JIGSAW	Relationships- Families, Keeping Safe, Friends and Conflict, Secrets, Trust and Appreciation and Special Relationships. JIGSAW  <b>First Aid- Burns and Keeping Calm. (Red Cross).</b>	Changing Me- Life Cycles in Nature, Growing from old to young, Changing me, Boys' and Girls' bodies, Assertiveness and Looking Ahead.
Year 3  Life After Lock Down Activities KS1.	Being Me in My World- Getting to know each other, Our Dream School, Our Nightmare School, Rewards and Consequences, Learning Charter, Owning Our learning Charter.	Celebrating Difference- Families, Family Conflict, Witness and Feelings, Witness and Solutions, Words that Harm, Celebrating Difference Compliments,	Dreams and Goals -School Community and Others. JIGSAW	Healthy Me- Fit and Healthy, Drugs and Safety JIGSAW	Relationships- Family, Friendship, Online Safety, Global Relationships and Web of Relationships. JIGSAW  <b>First Aid- Asthma and calling 999. (Red Cross).</b>	Changing Me- 1. How babies grow, 2. Babies, 3. Outside body changes, 4. Circles of Change <b>(TAKEN FROM YEAR 4).</b> 5. Family Stereotypes 6. Looking ahead.
Year 4  Life After Lock Down Activities KS1.	Being Me in My World- Becoming a class 'team', Being a school citizen, Rights, Responsibilities and Democracy, Rewards and Consequences, Our Learning Charter, Owning Our Learning Charter,	Celebrating Difference-Judging by Appearances, Understanding Influences, Understanding Bullying, Problem Solving, Special Me, Celebrating Difference Special Me.	Dreams and Goals- Hopes, Dreams and Overcoming Disappointment. JIGSAW	Healthy Me- Smoking, Alcohol and Friendships/Group Dynamics. JIGSAW	Relationships- Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals JIGSAW	Changing Me- 1. Being unique 2. Having a baby alternative lesson (Parental Responsibility) 3. Inside Body Changes <b>(TAKEN FROM YEAR 3)</b>

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					First Aid- Broken bones and coping skills. (Red Cross).	4. Girls and puberty 5. Accepting change 6. Preparing for transition/Environmental change.
Year 5	Being Me in My World- My year Ahead, Being a Citizen in My Country, Responsibilities, Rewards and Consequences, Our Learning Charter, Owing Our learning Charter.	Celebrating Difference- Different Cultures, Racism, Rumours and Name Calling, Types of Bullying, Does Money matter, Celebrating Difference Across the World.	Dreams and Goals -Dream Jobs and Careers. <b>*JIGSAW- Connect to a charity fundraising in the local community event *</b>	Healthy Me- Smoking/Alcohol, Emergency Aid and body image. JIGSAW	Relationships- 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 SMARRT internet safety rules JIGSAW  First Aid- Head injuries and thinking about helping others. (Red Cross).	Changing Me- 1. Self and body image/Influence of online and media on body image Puberty for girls 2. Puberty for boys 3. Growing responsibility 4. Coping with change Preparing for transition. JIGSAW  <b>CONCEPTION LESSON MOVED TO YEAR 6. NOT DONE AT YEAR 5. IN SCIENCE, A LESSON ABOUT GROWTH FROM CONCEPTION TO BIRTH IS TAUGHT WHICH IS STATUTORY. SCIENCE FACTS ABOUT BABIES GROWING CANNOT WITHDRAW FROM SCIENCE.</b>
Year 6	Being Me in My World- My Year Ahead, Being a Global Citizen, The Learning Charter, Our Learning Charter, Owing Our Learning Charter.	Celebrating Difference- Am I normal, Understanding Difference, Power Struggles, Why Bully, Celebrating Difference,	Dreams and Goals - World Dreams and helping to make a difference.	Healthy Me- Taking responsibility, Drugs, Exploitation and Gangs. JIGSAW	Relationships- Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take	Changing Me- 1. Self-Image, 2. Puberty 3. Conception (including IVF) <b>TAKEN FROM YEAR 5</b>

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					responsibility with technology use. JIGSAW  First Aid- Unresponsive and breathing and Unresponsive and not breathing. (Red Cross).	4. Adolescent Friendships (Alternative), 5. Real and Ideal Self, The Year Ahead  <b>CONCEPTION-BABIES LESSON DO NOT DO. DO THROUGH SCIENCE IN YEAR 5.PARENTS CAN REQUEST TO WITHDRAW FROM THIS.</b> P4C enquiry into Restorative Justice.
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Jigsaw Scheme.

Year 5 Local charity/community to raise awareness/funds.

Roar Mental Health Activities- should be done as part of everyday practise but 1/2 focus reminder lessons during the autumn term.

Core Themes in PSHE:

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World

Please remember to complete the assessment sheet for each puzzle piece as you go through each lesson. Reception/KS1 can have a class puzzle sheet to fill in. Year 3 WILL begin to fill in their own puzzle sheets from Spring term.

All the supplementary planning for Roar activities/book suggestions for Loss, Change and Bereavement, Red Cross etc. is on the Shared Drive.