



PSHCE Long Term Plan 2019-2020

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Healthy Lifestyles SCARF resources lessons 1 & 2		Healthy Lifestyles SCARF resources lessons 3, 4 & 5		Feelings and Emotions SCARF resources lesson 6	
Reception	Healthy Lifestyles SCARF resources		Healthy Lifestyles SCARF resources You, Me, PSHE Drug Wise programme of study		Feelings and Emotions SCARF resources	



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<p>Year 1</p>	<p>Physical health & wellbeing You, Me, PSHE</p> <p>Fun Times Pupils learn:</p> <ul style="list-style-type: none"> •about food that is associated with special times, in different cultures •about active playground games from around the world •about sun-safety <p>Healthy lifestyles SCARF</p> <p>Lifesavers – Where does our money come from?</p>	<p>Keeping safe and managing risk You, Me, PSHE</p> <p>Feeling Safe Pupils learn:</p> <ul style="list-style-type: none"> •safety in familiar situations •about personal safety •about people who help keep them safe outside the home <p>Keeping safe SCARF</p> <p>Lifesavers – How does money make us feel?</p>	<p>Identity, society and equality You, Me, PSHE</p> <p>Me and others Pupils learn:</p> <ul style="list-style-type: none"> •about what makes themselves and others special •about roles and responsibilities at home and school •about being co-operative with others <p>Valuing difference SCARF</p> <p>Lifesavers – What can we use our money for?</p>	<p>Drugs, alcohol and tobacco You, Me, PSHE</p> <p>What do we put into and onto our bodies? Pupils learn:</p> <ul style="list-style-type: none"> •about what can go into bodies and how it can make people feel •about what can go on to bodies and how it can make people feel <p>Lifesavers – How does our money help other people?</p>	<p>Mental health and emotional wellbeing You, Me, PSHE</p> <p>Feelings Pupils learn:</p> <ul style="list-style-type: none"> •about different types of feelings •about managing different feelings •about change or loss and how this can feel <p>Feelings and emotions SCARF</p> <p>Lifesavers – How can we look after our money?</p>	<p>Careers, financial capability and economic wellbeing You, Me, PSHE</p> <p>My money Pupils learn:</p> <ul style="list-style-type: none"> •about where money comes from and making choices when spending money •about saving money and how to keep it safe •about the different jobs people do <p>Money SCARF</p> <p>Lifesavers – Keeping money safe?</p>
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<p>Year 2</p>	<p>Physical health and wellbeing You, Me, PSHE</p> <p>What keeps me healthy? Pupils learn:</p> <ul style="list-style-type: none"> •about eating well •about the importance of physical activity, sleep and rest •about people who help us to stay healthy and well and about basic health and hygiene routines <p>Healthy lifestyles SCARF</p> <p>Lifesavers – Where does our money come from?</p>	<p>Mental health and emotional wellbeing You, Me, PSHE</p> <p>Friendship Pupils learn:</p> <ul style="list-style-type: none"> •about the importance of special people in their lives •about making friends and who can help with friendships •about solving problems that might arise with friendships <p>Healthy relationships Valuing difference SCARF</p> <p>Lifesavers – How does money make us feel?</p>	<p>SRE You, Me, PSHE</p> <p>Boys, girls and families Pupils learn:</p> <ul style="list-style-type: none"> •to understand and respect the differences and similarities between people •about the biological differences between male and female animals and their role in the life cycle •the biological differences between male and female children •about growing from young to old and that they are growing and changing •that everybody needs to be cared for and ways in which they care for others •about different types of family and how their home-life is special <p>Growing and changing Healthy relationships SCARF</p> <p>Lifesavers – What can we use our money?</p> <p>Lifesavers – How can we look after our money?</p>	<p>Keeping safe and managing risk You, Me, PSHE</p> <p>Risk - indoors and outdoors Pupils learn:</p> <ul style="list-style-type: none"> •about keeping safe in the home, including fire safety •about keeping safe outside •about road safety <p>Keeping safe SCARF</p> <p>Lifesavers – How can we look after our money?</p>	<p>Drugs alcohol and tobacco You, Me, PSHE</p> <p>Medicines and me Pupils learn:</p> <ul style="list-style-type: none"> •why medicines are taken •where medicines come from •about keeping themselves safe around medicines <p>Asthma lesson for Year 2, 3 or 4</p> <ul style="list-style-type: none"> •that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use <p>Healthy lifestyles SCARF</p> <p>Lifesavers – Keeping money safe</p>
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<p>Year 3</p>	<p>Identity society and equality You, Me, PSHE</p> <p>Celebrating difference their use</p> <p style="color: red;">Living in the wider world Caring for the environment SCARF</p> <p style="color: blue;">Lifesavers – Where does our money come from?</p>	<p>Keeping safe and managing risk - You, Me, PSHE</p> <p>Anti-bullying Pupils learn:</p> <ul style="list-style-type: none"> •to recognise bullying and how it can make people feel •about different types of bullying and how to respond to incidents of bullying •about what to do if they witness bullying <p>Anti-bullying resources linked to anti bullying week (online)</p> <p style="color: blue;">Lifesavers – How does money make us feel?</p>	<p>Mental health and emotional wellbeing You, Me, PSHE</p> <p>Strengths and challenges Pupils learn:</p> <ul style="list-style-type: none"> •about celebrating achievements and setting personal goals •about dealing with put-downs •about positive ways to deal with set-backs <p style="color: red;">Relationships feelings and emotions SCARF</p> <p style="color: blue;">Lifesavers – What can we use our money?</p>	<p>Drugs, alcohol and tobacco You, Me, PSHE</p> <p>Tobacco is a drug Pupils learn:</p> <ul style="list-style-type: none"> •the definition of a drug and that drugs (including medicines) can be harmful to people •about the effects and risks of smoking tobacco and secondhand smoke •about the help available for people to remain smoke free or stop smoking <p>Asthma lesson for Year 2, 3 or 4</p> <ul style="list-style-type: none"> •that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for <p style="color: red;">Health & wellbeing - Keeping safe SCARF</p> <p style="color: blue;">Lifesavers – How can we look after our money?</p>	<p>Careers, financial capability and economic wellbeing You, Me, PSHE</p> <p>Saving, spending and budgeting Pupils learn:</p> <ul style="list-style-type: none"> •about what influences people’s choices about spending and saving money •how people can keep track of their money •about the world of work <p style="color: red;">Living in the wider world - Money SCARF</p> <p style="color: blue;">Lifesavers – How can we look after our money?</p>	<p>Physical health and wellbeing You, Me, PSHE</p> <p>What helps me choose? Pupils learn:</p> <ul style="list-style-type: none"> •about making healthy choices about food and drinks •about how branding can affect what foods people choose to buy •about keeping active and some of the challenges of this <p style="color: red;">Healthy lifestyles SCARF</p> <p style="color: blue;">Lifesavers – Keeping money safe</p>
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<p>Year 4</p>	<p>Identity, society and wellbeing - You, Me, PSHE</p> <p>Democracy Pupils learn:</p> <ul style="list-style-type: none"> •about Britain as a democratic society •about how laws are made •learn about the local council <p style="color: red;">Living in the wider world – Rules rights and responsibilities SCARF</p> <p style="color: blue;">Lifesavers – Where does our money come from?</p>	<p>Drugs, alcohol and tobacco You, Me, PSHE</p> <p>Making choices Pupils learn:</p> <ul style="list-style-type: none"> •that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them •about the effects and risks of drinking alcohol •about different patterns of behaviour that are related to drug use <p>Asthma lesson for Year 2, 3 or 4</p> <ul style="list-style-type: none"> •that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use <p style="color: red;">Keeping safe SCARF</p> <p style="color: blue;">Lifesavers – How does money make us feel?</p>	<p>Physical health & wellbeing You, Me, PSHE</p> <p>What is important to me? Pupils learn:</p> <ul style="list-style-type: none"> •why people may eat or avoid certain foods (religious, moral, cultural or health reasons) •about other factors that contribute to people’s food choices (such as ethical farming, fair trade and seasonality) •about the importance of getting enough sleep <p style="color: red;">Health & wellbeing - healthy lifestyles SCARF</p> <p style="color: blue;">Lifesavers – What can we use our money?</p>	<p>Keeping safe and managing risk You, Me, PSHE</p> <p>Playing safe Pupils learn:</p> <ul style="list-style-type: none"> •how to be safe in their computer gaming habits •about keeping safe near roads, rail, water, building sites and around fireworks •about what to do in an emergency and basic emergency first aid procedures <p style="color: red;">Living in the wider world – Rules, rights and responsibilities SCARF</p> <p style="color: blue;">Lifesavers – How can we look after our money?</p>	<p>SRE You, Me, PSHE</p> <p>Growing up and changing Pupils learn:</p> <ul style="list-style-type: none"> •about the way we grow and change throughout the human lifecycle •about the physical changes associated with puberty •about menstruation and wet dreams •about the impact of puberty in physical hygiene and strategies for managing this •how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty •strategies to deal with feelings in the context of relationships •to answer each other’s questions about puberty with confidence, to seek support and advice when they need it <p style="color: red;">Health & wellbeing Growing and changing Healthy relationships SCARF</p> <p style="color: blue;">Lifesavers – How can we look after our money?</p>	<p>Relationships</p> <p style="color: red;">Mental health Healthy relationships and different feelings SCARF</p> <p style="color: blue;">Lifesavers – Keeping money safe</p>
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<p>Year 5</p>	<p>Physical health and wellbeing You, Me, PSHE</p> <p>In the media Pupils learn:</p> <ul style="list-style-type: none"> •that messages given on food adverts can be misleading •about role models •about how the media can manipulate images and that these images may not reflect reality <p>Health & Wellbeing – healthy lifestyles SCARF</p> <p>Lifesavers – Where does our money come from?</p>	<p>Identity, Society and equality You, Me, PSHE</p> <p>Stereotypes, discrimination & prejudice Pupils learn:</p> <ul style="list-style-type: none"> •about stereotyping, including gender stereotyping •workshop from Diversity Role Models or Equaliteach •about prejudice and discrimination and how this can make people feel <p>Keeping safe, Healthy relationships SCARF</p> <p>Lifesavers – How does money make us feel?</p>	<p>Keeping safe and managing risk You, Me, PSHE</p> <p>When things go wrong Pupils learn:</p> <ul style="list-style-type: none"> •about keeping safe online •that violence within relationships is not acceptable •about problems that can occur when someone goes missing from home <p>Health & Wellbeing Keeping Safe SCARF</p> <p>Lifesavers – What can we use our money?</p>	<p>Mental health & emotional wellbeing You, Me, PSHE</p> <p>Dealing with feelings Pupils learn:</p> <ul style="list-style-type: none"> •about a wide range of emotions and feelings and how these are experienced in the body •about times of change and how this can make people feel •about the feelings associated with loss, grief and bereavement <p>Relationships – feelings and emotions SCARF</p> <p>Lifesavers – How can we look after our money?</p>	<p>Drugs, alcohol and tobacco You, Me, PSHE</p> <p>Different influences Pupils learn:</p> <ul style="list-style-type: none"> •about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis •about different influences on drug use – alcohol, tobacco and nicotine products •strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol <p>Health & wellbeing – keeping safe SCARF</p> <p>Lifesavers – How can we look after our money?</p>	<p>Careers, financial capability and economic wellbeing You, Me, PSHE</p> <p>Earning and borrowing money Pupils learn:</p> <ul style="list-style-type: none"> •that money can be borrowed but there are risks associated with this •about enterprise •what influences people’s decisions about careers <p>Living in the wider world money SCARF</p> <p>Lifesavers – Keeping money safe</p>
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<p>Year 6</p>	<p>SRE You, Me, PSHE</p> <p>Healthy relationships</p> <p>Relationships SCARF resources</p> <p>Lifesavers – Where does our money come from?</p>	<p>Keeping safe & managing risk You, Me, PSHE</p> <p>Keeping safe out and about Pupils learn:</p> <ul style="list-style-type: none"> •about feelings of being out and about in the local area with increasing independence •about recognising and responding to peer pressure •about the consequences of anti-social behaviour (including gangs and gang related behaviour) <p>Living in the wider world SCARF resources</p> <p>Lifesavers – How does money make us feel?</p>	<p>Drug, alcohol & tobacco education You, Me, PSHE</p> <p>Weighing up risk Pupils learn:</p> <ul style="list-style-type: none"> •about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs •about assessing the level of risk in different situations involving drug use •about ways to manage risk in situations involving drug use <p>Health & Wellbeing – Keeping Safe SCARF</p> <p>Lifesavers – What can we use our money?</p>	<p>Identity, society and equality You, Me, PSHE Human rights Pupils learn:</p> <ul style="list-style-type: none"> •about people who have moved to Islington from other places, (including the experience of refugees) •about human rights and the UN Convention on the Rights of the Child •about homelessness <p>Living in the wider world – Rules, rights and responsibilities SCARF</p> <p>Lifesavers – How can we look after our money?</p>	<p>Mental Health and emotional wellbeing You, Me, PSHE</p> <p>Healthy minds Pupils learn:</p> <ul style="list-style-type: none"> •what mental health is •about what can affect mental health and some ways of dealing with this •about some everyday ways to look after mental health •about the stigma and discrimination that can surround mental health <p>Health & Wellbeing – Healthy lifestyles SCARF</p> <p>Lifesavers – How can we look after our money?</p>	<p>SRE You, Me, PSHE</p> <p>Puberty / How a baby is made Pupils learn:</p> <ul style="list-style-type: none"> •about the changes that occur during puberty •to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact •what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships •about human reproduction in the context of the human lifecycle •how a baby is made and grows (conception and pregnancy) •about roles and responsibilities of carers and parents •to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it <p>Health & Wellbeing SCARF School nurse visits</p> <p>Lifesavers – Keeping money safe</p>
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