



PSHE Long Term Plan and Coverage at Parklands Primary School 2021 – 2022

Year	Me and my Relationships	Valuing Difference	Rights and Responsibilities	Being my Best	Keeping Myself Safe	Growing and Changing
<b>Nursery</b>	Similarities and differences Senses – exploring likes and dislikes	What is special about my family?	Healthy and unhealthy snacks Looking after the classroom environment	Knowing things that help our bodies	How to stay safe inside and out Who to talk to if I am worried or scared	How have I changed since being a baby? Know that boys and girls are different
<b>Reception</b>	Special people in our lives Identify ways to help others or themselves if they are sad or worried.	Talk about their family, customs and traditions. Show care and kindness towards others	Being helpful towards others Caring about home, school and people Taking care of the environment.	Being resilient and confident Identifying emotions Make healthy choices	Talk about keeping themselves safe, safe touches and consent. Know how to be safe around medicines Keeping clean Protection	Talk about how they have changed and grown Know how boys and girls are different and use the correct terminology
<b>Y1</b>	Classroom rules Feelings – body language and facial expressions Friendship Listening to each other	Empathy Unkindness, teasing and bullying Fairness and unfairness Kindness and unkindness	Looking after the environment. Responsibility. Looking after each other.	Resolving conflict Over coming challenges Healthy life styles	Healthy and balanced lifestyle Feeling unsafe Feelings associated with loss Trust Unwanted touch	Teasing and bullying Differences between secrets and nice surprises Private parts are kept private Consent
<b>Y2</b>	Bullying and unkind behaviour are both unacceptable ways of behaving Friendships and relationships Dealing with feelings	Respect Other people’s behaviour Kindness and unkindness Impact on others feelings	Improving school environment Impulsive behaviour Online safety Privacy	Positive attitudes and wellbeing Making the right choices Exercise and hygiene Spreading germs	Medicines Situations that are safe and unsafe Appropriate touch Keeping secrets	Basic first aid Privacy Identify part of the human body Feelings associated with loss.
<b>Y3</b>	Cooperation Friendship	Recognising and respecting diversity Being respectful and tolerant	Skills we need to develop as we grow up Helping and being helped	Keeping myself healthy Celebrating and developing my skills	Managing risk Drugs and their risks Staying safe online	Relationships Menstruation Keeping safe

<b>Y4</b>	Recognising feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences	Body changes during puberty Managing difficult feelings Relationships including marriage
<b>Y5</b>	Feelings Friendship skills, including compromise Assertive skills	Recognising and celebrating difference, including religions and cultural Influence and press	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Growing independence and taking responsibility Media awareness and safety	Managing risk, including staying safe online Norms around use of legal drugs (tobacco, alcohol)	Managing difficult feelings Managing change Getting help
<b>Y6</b>	Assertiveness Cooperation Safe/unsafe touches	Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour	Understanding media bias, including social media Caring: communities and the environment Earning and saving money	Aspirations and goal setting Managing risk	Emotional needs Staying safe online Drugs: norms and risks (including the law)	Keeping safe Body Image Self esteem