



**Coates Lane Primary School  
Long term PSHE Plan**

**Autumn: Relationships**

**Spring: Living in the wider world**

**Summer: Health and Wellbeing**

<b>Families and Friendships</b>	<b>Safe relationships</b>	<b>Respecting ourselves and others</b>	<b>Belonging to a community</b>	<b>Media literacy and digital resilience</b>	<b>Money and work</b>	<b>Physical health and Mental wellbeing</b>	<b>Growing and changing</b>	<b>Keeping safe</b>
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**Key Stage One**

**Year 1**

Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
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**Year 2**

Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
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**Lower Key Stage Two**

**Year 3**

What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and re-framing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
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**Year 4**

Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
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Upper Key Stage Two

Year 5	<p>Managing friendships and peer Influence</p>	<p>Physical contact and feeling safe</p> <p>Keeping safe in different situations including pressure to do things they don't want to, being forced to behave in a particular way by friends, girlfriends/boyfriends* Supported by Real Love Rocks from Barnados (Keeping safe)</p>	<p>Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p>Protecting the environment; compassion towards others</p>	<p>How information online is targeted; different media types, their role and impact</p>	<p>Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p>Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p>	<p>Personal identity; recognising individuality and different qualities; mental wellbeing</p>	<p>Keeping safe in different situations, And responding in emergencies, first aid</p>
Year 6	<p>Attraction to others; romantic relationships; civil partnership and marriage</p>	<p>Recognising and managing pressure; consent in different Situations supported by Real Love Rocks from Barnados (Healthy relationships &amp; Grooming: Face to Face)</p>	<p>Expressing opinions and respecting other points of view, including discussing topical issues</p>	<p>Valuing diversity; challenging discrimination and stereotypes</p>	<p>Evaluating media sources; sharing things online supported by Real Love Rocks from Barnados (Online Safety &amp; Grooming: Online)</p>	<p>Influences and attitudes to money; money and financial risks</p>	<p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p>	<p>Human reproduction and birth; increasing independence; managing transition</p>	<p>Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>

Year 5, Keeping Safe

Real Love Rocks from Barnados\*

Keeping safe in different situations including pressure to do things they don't want to, being forced to behave in a particular way by friends, girlfriends/boyfriends\*

- This learning is to include how to keep safe with peers forcing or controlling actions, in friendships, gangs and relationships Year 6, Safe relationships

Real Love Rocks from Barnados\*

- Real Love Rocks is an awareness raising programme developed by Barnardo's Safer Futures Trauma Services. Promoting children and young people's rights to healthy, consensual and safe relationships with peers, partner, and their family and across their community is at the heart of this.

