



Long Term Plan – PSHE
Scope, Coherence, Sequence and Rigour

	FS 2	Year 1	Year 2
Autumn 1	<u>Being me in my world</u> -Self identity	<u>Being me in my world</u> -Being part of a class	<u>Being me in my world</u> -Hope and fears for the year
Autumn 2	<u>Celebrating differences</u> -Identifying talents	<u>Celebrating differences</u> -Similarities and differences -	<u>Celebrating differences</u> -Assumptions and stereotypes about gender -friends
Spring 1	<u>Dreams and goals</u> -Challenges	<u>Dreams and goals</u> -Setting goals	<u>Dreams and goals</u> -Perseverance
Spring 2	<u>Healthy me</u> -Exercising bodies	<u>Healthy me</u> -Keeping myself healthy	<u>Healthy me</u> -Motivation
Summer 1	<u>Relationships</u> -Family life	<u>Relationships</u> -Belonging to a family	<u>Relationships</u> -Different types of family
Summer 2	<u>Changing me</u> -Bodies	<u>Changing me</u> -Life cycle (animal and human)	<u>Changing me</u> -Growing from young to old



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	Year 3	Year 4	Year 5	Year 6
Autumn 1	<u>Being me in my world</u> -Setting personal goals	<u>Being me in my world</u> -Being a school citizen	<u>Being me in my world</u> -Being a citizen	<u>Being me in my world</u> - Children’s universal rights
Autumn 2	<u>Celebrating differences</u> -Families and their differences	<u>Celebrating differences</u> -Challenging assumptions	<u>Celebrating differences</u> -Cultural differences and how they can cause conflict	<u>Celebrating differences</u> -perceptions of normality
Spring 1	<u>Dreams and goals</u> -Difficult challenges and achieving success	<u>Dreams and goals</u> -Overcoming disappointment	<u>Dreams and goals</u> -Jobs and careers -	<u>Dreams and goals</u> -Emotions in success
Spring 2	<u>Healthy me</u> -Fitness challenges	<u>Healthy me</u> -Healthier friendships	<u>Healthy me</u> -Motivation and behaviour	<u>Healthy me</u> -Taking personal responsibility
Summer 1	<u>Relationships</u> -Family roles and responsibilities	<u>Relationships</u> -Getting on and falling out	<u>Relationships</u> -Self recognition and self-worth	<u>Relationships</u> -Mental health Identifying mental health worries and sources of support
Summer 2	<u>Changing me</u> -How babies grow	<u>Changing me</u> -Being unique	<u>Changing me</u> -Puberty for girls	<u>Changing me</u> -Conception to birth

			<i>-Puberty for boys</i>	
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