



# Long Term Plan 23-24

PSHE

# Topic overviews

## Family and relationships

Learning how to: form respectful relationships with others, deal with conflict and bullying and the importance of challenging stereotypes.

## Health and wellbeing

Learning strategies for looking after their mental and physical health, including: healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.

## Citizenship

Learning about: human rights and the rights of the child, democracy, diversity and community and protecting the environment.

## Economic Wellbeing

Learning how to make decisions when it comes to spending, budgeting and saving money and exploring different career choices.

## Safety & the changing body

Learning: how to administer first aid in a variety of situations and about safety around medicines, online and road safety and the changes which occur during puberty.

## Identity (Y6)

Considering what makes us who we are whilst learning about body image.

# Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Introductory lesson Family & relationships	Family & relationships Health & wellbeing	Health & wellbeing Citizenship	Citizenship	Economic Safety & the changing body	Safety & the changing body Transition
Year 4	Introductory lesson Family & relationships	Family & relationships Health & wellbeing	Health & wellbeing Citizenship	Citizenship	Economic Safety & the changing body	Safety & the changing body Transition
Year 5	Introductory lesson Family & relationships	Family & relationships Health & wellbeing	Health & wellbeing Citizenship	Citizenship	Economic Safety & the changing body	Safety & the changing body Transition
Year 6	Introductory lesson Family & relationships	Health & wellbeing	Citizenship	Citizenship Economic wellbeing	Identity Safety & the changing body	Safety & the changing body

# Tailoring the curriculum to meet the needs of our children, school and community



- Inappropriate touch/consent is a school wide focus and therefore has been adapted into each year group.
- Government data for Rotherham –
- Puberty/sex education moved to summer term.
- Menstruation moved to year 4 to meet current needs.
- Parent/carer feedback – finances and hidden disabilities.
- Predominantly white British school – ensure resources are diverse, books (PSHE, reading), black history month, religious festivals.
- Focused lessons where teachers adapt to fit current 'BSJS trends'.
- Connect me activity at the start of each lesson to help build and maintain friendships.

# How do we subsidise our PSHE curriculum?

- Ann Foxley-Johnson (anti-bullying company)
- Google – online safety assemblies
- Books/visual stories – including different families.
- Additional menstruation session with pastoral lead (Mrs Ashton) before the lessons in year 4/5/6 to support.
- Banter vs Bullying with Rotherham United.





# Medium Term Plan 23/24

Based on 39 teaching weeks

# Year 3

	Autumn	Spring	Summer
Week 1	Introduction: setting ground rules	Lesson 6: Communicating my feelings	Lesson 1: First Aid: Emergencies and calling for help
Week 2	Lesson 1: Healthy friendships	Lesson 7: Diet and dental health	Lesson 2: First Aid: Bites and stings
Week 3	Lesson 2: Friendship conflict	Lesson 1: Rights of the child	Lesson 3: Be kind online & BSJS trends
Week 4	Lesson 3: Friendship conflict versus bullying	Lesson 2: Rights and responsibilities	Lesson 4: Cyberbullying
Week 5	Lesson 4: Effective communication	Lesson 3: Recycling	Lesson 5: Fake emails
Week 6	Lesson 5: Learning who to trust & inappropriate touch & consent	Lesson 4: Local community groups	Lesson 6: Making choices & consent
Week 7	Lesson 6: Respecting differences in others	Lesson 5: Charity	Lesson 7: Influences
Week 8	Lesson 7: Stereotyping gender	Lesson 6: Local democracy	Lesson 8: Keeping safe out and about
Week 9	Lesson 8: Stereotyping age	Lesson 7: Rules	Lesson 9: Transition: coping strategies
Week 10	Lesson 1: My healthy diary	Lesson 1: Ways of paying	<p>Additional time for teachers to tailor curriculum to their class either throughout the year of additional needs that need to be met. This time also accommodates for extra provisions such as: Hello Yellow Day, NSPCC workshops, Anti-bullying Week.</p> <p>*Extra first aid lesson: allergies * Include NSPCC's pant lesson to name the body parts</p>
Week 11	Lesson 2: Relaxation: stretches	Lesson 2: Budgeting	
Week 12	Lesson 3: Wonderful me	Lesson 3: Understanding our feelings about money	
Week 13	Lesson 4: My superpowers	Lesson 4: Impact of spending	
Week 14	Lesson 5: Resilience breaking down barriers	Lesson 5: Career quest	
Week 15		Lesson 6: Gender and careers – can anyone be anything?	

# Year 4

	Autumn	Spring	Summer
Week 1	Introduction: setting ground rules	Lesson 7: Mental Health	Lesson 4: Privacy & secrecy
Week 2	Lesson 1: Respect and manners & consent	Lesson 1: What are human rights?	Lesson 5: consuming information online & BSJS trends
Week 3	Lesson 2: Healthy friendships	Lesson 2: Caring for the environment	Lesson 6: Growing up & personal space/appropriate touch
Week 4	Lesson 3: How my behaviour affects others	Lesson 3: Community	Lesson 7: Introducing puberty & menstruation & consent
Week 5	Lesson 4: Bullying	Lesson 4: Contributing	Lesson 8: Tobacco
Week 6	Lesson 5: Gender stereotypes	Lesson 5: Diverse communities	Lesson 9: Transition: setting goals
Week 7	Lesson 6: Disability stereotypes & hidden disabilities	Lesson 6: Local councillors	* Additional lesson on racism – to put in where best fits *
Week 8	Lesson 7: Families in the wider world	Lesson 1: Value for money	Additional time for teachers to tailor curriculum to their class either throughout the year of additional needs that need to be met. This time also accommodates for extra provisions such as: Hello Yellow Day, NSPCC workshops, Anti-bullying Week.
Week 9	Lesson 8: Change and loss	Lesson 2: Keeping track of money	
Week 10	Lesson 1: Looking after our teeth	Lesson 3: Looking after money	
Week 11	Lesson 2: Relaxation: visualisation	Lesson 4: Influences on career choices	
Week 12	Lesson 3: Celebrating mistakes	Lesson 5: Changing career	
Week 13	Lesson 4: Meaning and purpose: my role	Lesson 1: Internet safety: age restrictions	
Week 14	Lesson 5: My happiness	Lesson 2: Share aware	
Week 15	Lesson 6: Emotions	Lesson 3: First aid: asthma	



# Year 5

	Autumn	Spring	Summer
Week 1	Introduction: setting ground rules	Lesson 7: Sun safety	Lesson 2: Staying safe online: <b>BSJS trends</b> & appropriate language
Week 2	Lesson 1: Build a friend	Lesson 1: Breaking the law	Lesson 3: First aid: bleeding and head injuries
Week 3	Lesson 2: Friendship skills	Lesson 2: Rights and responsibilities	Lesson 4: Alcohol, drugs, tobacco & <b>vaping</b> : making decisions
Week 4	Lesson 3: Marriage	Lesson 3: Protecting the planet	Lesson 5: Puberty & <b>consent</b>
Week 5	Lesson 4: Respecting myself & appropriate touch & <b>consent</b>	Lesson 4: Contributing to the community	Lesson 6: Menstruation
Week 6	Lesson 5: Family life	Lesson 5: Pressure groups	Lesson 7: Emotional changes during puberty
			Lesson 8: transition: roles and responsibilities
Week 7	Lesson 6: Bullying	Lesson 6: Parliament	<p>Additional time for teachers to tailor curriculum to their class either throughout the year of additional needs that need to be met. This time also accommodates for extra provisions such as: Hello Yellow Day, NSPCC workshops, Anti-bullying Week.</p> <p>*Can someone from the bank visit to talk about bank accounts (spring; week 12).</p>
Week 8	Lesson 7: Gender stereotyping	Lesson 7: extra lesson looking at parliament activities booklet <a href="#">here</a>	
Week 9	Lesson 8: Race & religion stereotyping	Lesson 1: How can we make our money stretch further – budgeting	
Week 10	Lesson 1: Relaxation: yoga	Lesson 2: Income and expenditure – how should I budget for the week	
Week 11	Lesson 2: The importance of rest	Lesson 3: Borrowing and loaning	
Week 12	Lesson 3: Embracing failure	Lesson 4: Risks handling money online	
Week 13	Lesson 4: Going for goals	Lesson 5: Why challenge workplace stereotypes?	
Week 14	Lesson 5: Taking responsibility for my feelings	Lesson 6: Finding a suitable career	

# Year 6

	Autumn	Spring	Summer
Week 1	Lesson 1: setting rules & signposting	Lesson 1: Human rights	Lesson 4: First Aid: choking
Week 2	Lesson 2: Respect & consent	Lesson 2: Food choices and the environment	Lesson 5: First Aid: basic life support
Week 3	Lesson 3: Respectful relationships	Lesson 3: Caring for others	Lesson 6: Physical and emotional changes of puberty & consent
Week 4	Lesson 4: Stereotypes: attitudes	Lesson 4: Prejudice & discrimination	Lesson 7: Conception (parents can withdraw)
Week 5	Lesson 5: Challenging stereotypes	Lesson 5: Valuing diversity	Lesson 8: Pregnancy & birth (parents can withdraw)
Week 6	Lesson 6: Resolving conflict	Lesson 6: National democracy	Lesson 1: What is identity?
Week 7	Lesson 7: Change & Loss	Lesson 1: Navigate feelings towards money	Lesson 2: Identity and body image (celebrity diet culture)
			Lesson 9: Transition: dealing with change
Week 8	Lesson 1: What can I be?	Lesson 2: Keeping money safe	<p>Additional time for teachers to tailor curriculum to their class either throughout the year of additional needs that need to be met. This time also accommodates for extra provisions such as: Hello Yellow Day, NSPCC workshops, Anti-bullying Week.</p> <p>*include extra internet safety and conducting themselves</p>
Week 9	Lesson 2: Relaxation: mindfulness	Lesson 3: Imagining our financial future	
Week 10	Lesson 3: Taking responsibility for my health	Lesson 4: The risks of gambling	
Week 11	Lesson 4: The impact of technology on my health	Lesson 5: Workplace environments	
Week 12	Lesson 5: Resilience toolbox	Lesson 6: Career routes	
Week 13	Lesson 6: Immunisation	Lesson 1: Alcohol and vaping	
Week 14	Lesson 7: Good and bad habits	Lesson 2: Critical digital consumers & BSJS trends	
Week 15	Lesson 8: Physical health concerns	Lesson 3: Social media & appropriate language (Whatsapp)	