

PSHE LONG TERM PLAN AND PROGRESSION MAP

Unit of work	Year 3	Year 4	Year 5	Year 6
Being me in my world	<ul style="list-style-type: none"> • Setting personal goals. • Face new challenges responsibly. Making responsible choices. Asking for help when needed. • Why we need rules and responsibilities. • How my actions affect others and can upset feelings. • Making responsible choices. • Seeing things from others' points of view. • Working collaboratively. 	<ul style="list-style-type: none"> • How attitudes and actions can affect becoming a class team. • Who is in my school community, the roles they play and how I fit in. • How democracy works through school council. • How my actions affect others, caring for them and empathising. • How groups come together to make decisions. • How democracy and having a voice benefits the school community. 	<ul style="list-style-type: none"> • Facing new challenges positively and setting personal goals. • Rights and responsibilities as a British Citizen and as a member of the school. • Make choices about my behaviour understanding rewards and sanctions • Understanding how an individual's behaviour can affect a group. • Understand how democracy and having a voice benefits the community and my part in this. 	<ul style="list-style-type: none"> • Identify goals, fears and worries for the year and be able to express them. • Understand that there are universal rights for children. • Understand that our actions can have a global effect. • Making choices about behaviour and understanding rewards and consequences. • Understand how an individual's behaviour affects the group. • Understand how democracy and having a voice benefits the community and my part in this.

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<p>Celebrating difference</p>	<ul style="list-style-type: none"> • Everybody's family is different. • Differences and conflicts in families. • Witnessing bullying. • Reacting in the correct way as a witness. • Words can be hurtful. • My words have hurt somebody. What were the consequences? 	<ul style="list-style-type: none"> • Sometimes we make assumptions based on what people look like. • What influences me to make assumptions about people? • Bullying can be hard to spot and what to do if I think bullying is happening. • Why witnesses sometimes join in with bullying and don't tell. • I can identify what is special about me and why I am unique. • A time when my impression of someone changed as I got to know them. 	<ul style="list-style-type: none"> • Cultural differences sometimes cause conflict. • What racism is. • Bullying behaviours- rumour spreading and name calling. • Explaining the difference between direct and indirect bullying. • Comparing our lives with people in the developing world. • Enjoying the experience of a culture other than my own. 	<ul style="list-style-type: none"> • Understand that there are different perceptions about what being normal means. • Understand how having a disability can affect someone's life. • Explain ways in which one person or a group can have power over another. • Know some of the reasons why people bully. • Give examples of disabled people who live amazing lives. • Explain ways in which difference can be a cause for conflict and celebration.
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<p>Dreams and Goals</p>	<ul style="list-style-type: none"> • People who have faced challenge and being successful. • Identifying my own dream/ambition. • Facing new challenges. • Having a positive attitude. • Recognising obstacles in achieving and overcoming them. • Evaluate my learning process. 	<ul style="list-style-type: none"> • My hopes and dreams. • Sometimes hopes and dreams don't come true which can hurt. • Focussing on the positive to counteract disappointment. • Making a new plan and setting new goals after disappointment. • Working out the steps to achieving a goal, working as a group. • Identifying my contribution to a group achievement. 	<ul style="list-style-type: none"> • Understanding that money will be needed to achieve some dreams. • Exploring a range of jobs carried out by people and what they earn. • Identifying jobs we would like to do and considering what will be needed to achieve it. • Describing dreams and goals of people in a different culture to us. • How we can communicate and learn from people of different cultures. • Encouraging each other to help people achieve their goals, both here and abroad. 	<ul style="list-style-type: none"> • Knowing own learning strengths and setting challenging goals. • Work out the learning steps to reach own goals and possible obstacles. • Identifying problems in the world that cause us concern and speak to the right people about them, • Working with other people to make the world a better place, be able to explain this. • Knowing what people like and admire about me and accepting praise.
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<p>Healthy Me</p>	<ul style="list-style-type: none"> • Understand how exercise affects by body and why my heart and lungs are important. • Understand that the amount of calories, fat and sugar I eat will affect my health. • My knowledge and attitude towards drugs. • I can identify things, people and places I need to keep safe from and know strategies for this. • I can identify when something is safe or unsafe. Being safe at home- medicines and household products. • Looking after my body. 	<ul style="list-style-type: none"> • Different friendship groups, how I fit into them, which friends I value the most. • Changing dynamics of friendship groups. • Smoking and its effect on my health. • Alcohol and its effects on my health especially the liver. • Why people chose to smoke and drink alcohol. • How to recognise when people put me under pressure and how to resist. • Knowing what is right and wrong. 	<ul style="list-style-type: none"> • Knowing the risk of smoking and alcohol and how tobacco/alcohol affects the lungs, liver and heart. • Understand the risks of misusing alcohol, including anti-social behaviour. • Learning emergency aid procedures and how to get help in an emergency. • Understanding that the media and celebrity culture promotes certain body types. • Describing the different roles food can play in people's lives and how people can develop eating disorders linked to body image. • Discovering what 	<ul style="list-style-type: none"> • Take responsibility for my health and make choices that benefit my health and well-being. Knowing the impact of food on the body. • Knowing about different types of drugs and their uses. • The effects of drugs on the heart and liver. • Understand that some people can be exploited and do things against the law. • Know why some people join gangs and the risk that this involves. • Understanding what it means to be well and exploring people's attitudes towards mental health. • Recognise feeling stressed, the triggers that cause this and how this could lead to alcohol mis-use.
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			<p>makes a healthy lifestyle including healthy eating.</p>	
<p>Relationships</p>	<ul style="list-style-type: none"> • Roles and responsibilities for family members. Expectations for males and females. • Skills for friendship. • Keeping myself safe online. • Actions and work of people around the world and how they influence me. • Needs and rights of children. • How to express my appreciation to my family. 	<ul style="list-style-type: none"> • Recognising situations in relationships that can cause jealousy. • Identifying someone I love and say why they are special to me. • Explaining about someone I know who I no longer see. • Recognising how friendships change, know how to make new friends and how to manage when I fall out with my friends • Understanding what having a boyfriend/girlfriend might mean and that it is a special relationship for 	<ul style="list-style-type: none"> • Having an accurate picture of ourselves. • Understanding that we belong to an online community which can have positive and negative consequences. • Understanding that there are rights and responsibilities in an online community or social network. • Knowing there are rights and responsibilities when playing a game online. • Recognising when I am spending too much time using devices (screen 	<ul style="list-style-type: none"> • I know that it is important to take care of my mental health and how to take care of it. • Knowing feelings we may have when someone dies or leaves. • Understanding that there are different stages of grief and different types of loss. • Recognising when people are trying to gain power or control. • Judging whether something online is safe and helpful for me. • Use technology positively and safely to

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		<p>when I am older</p> <ul style="list-style-type: none">• How to show love and appreciation to people and pets around me.	<p>time)</p> <ul style="list-style-type: none">• Explaining how to stay safe when using technology to communicate with my friends.	<p>communicate with my friends and family.</p>
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<p>Changing Me</p>	<ul style="list-style-type: none"> • Changes in animals and humans from conception to growing up. It is the female who usually has the baby. • How babies grow and develop. • What a baby needs to live and grow. • Boys' and girls' bodies change on the inside and the outside so that they can produce babies. • Recognising stereotypical roles in families. • Looking forward to Year Four. 	<ul style="list-style-type: none"> • Personal characteristics have come from my parents in the joining of egg and sperm. • Correctly labelling the internal and external body parts for making a baby in males and females. • Describing how a girl's body changes so that she can have babies and that menstruation is a part of this. • Understanding the circle of change and how I can apply it to my life. • Accepting change both in and out of my control. • Looking forward to Year 5. 	<ul style="list-style-type: none"> • Recognising my own self-image and how my body self-image fits into that. • Explaining how a girl's body changes during puberty and the importance of looking after yourself physically and emotionally. • Explaining how boys' and girls' bodies change during puberty. • Sexual intercourse can lead to conception. • Understand that some couples need IVF to have a baby. • Identifying things to look forward to when a teenager. • Looking forward to Year 6. 	<ul style="list-style-type: none"> • Being aware of own self-image and how body image fits into that. Being aware of the importance of a positive self-esteem and what can be done to develop it. • Explaining how a girl's body changes during puberty and the importance of looking after yourself physically and emotionally. • Asking questions about puberty. • Describe how a baby develops from conception through the nine months and how it is born. • How being physically attracted to someone changes
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				<p>the nature of the relationship.</p> <ul style="list-style-type: none">• Identifying what we are looking forward to and worries about the transition to secondary school.
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