



# St Mary's Church of England Primary School



## PSHE Medium Term plan 2022-2033

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
--	----------	----------	----------	----------	----------	----------

<b>Year 1</b>	<b>Physical health and wellbeing</b> <u>Fun times</u> <ul style="list-style-type: none"> <li>• about food that is associated with special times, in different cultures</li> <li>• about active playground games from around the world</li> <li>• about sun-safety</li> </ul>	<b>Keeping safe and managing risk:</b> <u>Feeling safe</u> <ul style="list-style-type: none"> <li>• safety in familiar situations</li> <li>• about personal safety</li> <li>• about people who help keep them safe outside the home</li> </ul>	<b>Identity, society and equality:</b> <u>Me and others</u> <ul style="list-style-type: none"> <li>• about what makes themselves and others special</li> <li>• about roles and responsibilities at home and school</li> <li>• about being co-operative with others</li> </ul>	<b>Drug, alcohol and tobacco education: What do we put into and on to bodies?:</b> <ul style="list-style-type: none"> <li>• about what can go into bodies and how it can make people feel</li> <li>• about what can go on to bodies and how it can make people feel</li> </ul>	<b>Mental health and emotional wellbeing: <u>Feelings</u></b> <ul style="list-style-type: none"> <li>• about different types of feelings</li> <li>• about managing different feelings</li> <li>• about change or loss and how this can feel.</li> </ul>	<b>Careers, financial capability and economic wellbeing</b> <u>money</u> <ul style="list-style-type: none"> <li>• about where money comes from and making choices when spending money</li> <li>• about saving money and how to keep it safe</li> <li>• about the different jobs people do</li> </ul>
---------------	---	---	--	--	---	---

<b>Year 2</b>	<b>Mental health and emotional wellbeing: Friendship</b> <ul style="list-style-type: none"> <li>• about the importance of special people in their lives</li> <li>• about making friends and who can help with friendships (on and offline)</li> <li>• about solving problems that might arise with friendships (on and offline)</li> </ul>	<b>Physical health and wellbeing: What keeps me healthy?</b> <ul style="list-style-type: none"> <li>• about eating well</li> <li>• about the importance of physical activity, sleep and rest</li> <li>• about how germs are spread, how we can prevent them spreading and people who help us to stay healthy and well</li> </ul>	<b>Keeping safe and managing risk: Indoors and outdoors</b> <ul style="list-style-type: none"> <li>• about keeping safe in the home, including fire safety</li> <li>• about keeping safe online, including the benefits of going online</li> <li>• about keeping safe outside</li> <li>• about road safety</li> </ul>	<b>Relationships and health education: Boys and girls, families</b> <ul style="list-style-type: none"> <li>• to understand and respect the differences and similarities between people</li> <li>• about the biological differences between male and female animals and their role in the life cycle <ul style="list-style-type: none"> <li>• the biological differences between male and female children</li> </ul> </li> <li>• about growing from young to old and that they are growing and changing <ul style="list-style-type: none"> <li>• that everybody needs to be cared for and ways in which they care for others</li> </ul> </li> <li>• about different types of family and how their home-life is special</li> </ul>	<b>Relationships and health education: Boys and girls, families</b> <ul style="list-style-type: none"> <li>• to understand and respect the differences and similarities between people</li> <li>• about the biological differences between male and female animals and their role in the life cycle <ul style="list-style-type: none"> <li>• the biological differences between male and female children</li> </ul> </li> <li>• about growing from young to old and that they are growing and changing <ul style="list-style-type: none"> <li>• that everybody needs to be cared for and ways in which they care for others</li> </ul> </li> <li>• about different types of family and how their home-life is special</li> </ul>	<b>Drug, alcohol and tobacco education: Medicines and me</b> <ul style="list-style-type: none"> <li>• why medicines are taken</li> <li>• where medicines come from</li> <li>• about keeping themselves safe around medicines</li> <li>• that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</li> </ul>
---------------	--	--	---	--	--	--

<b>Year 3</b>	<b>Identity, society and equality: Celebrating difference</b> <ul style="list-style-type: none"> <li>• Pupils learn about valuing the similarities and differences between themselves and others</li> <li>• Pupils learn about what is meant by community</li> <li>• Pupils learn about belonging to groups</li> </ul>	<b>Keeping safe and managing risk: Bullying – see it, say it, stop it</b> <ul style="list-style-type: none"> <li>• to recognise bullying (including online) and how it can make people feel</li> <li>• about different types of bullying and how to respond to incidents of bullying</li> <li>• about what to do if they witness bullying</li> </ul>	<b>Mental health and emotional wellbeing: Strengths and challenges</b> <ul style="list-style-type: none"> <li>• about celebrating achievements and setting personal goals</li> <li>• about dealing with put-downs</li> <li>• about positive ways to deal with setbacks</li> </ul>	<b>Careers, financial capability and economic wellbeing: Saving, spending and budgeting</b> <ul style="list-style-type: none"> <li>• about what influences people's choices about spending and saving money</li> <li>• how people can keep track of their money</li> <li>• about the world of work</li> </ul>	<b>Drug, alcohol and tobacco education: Tobacco is a drug</b> <ul style="list-style-type: none"> <li>• the definition of a drug and that drugs (including medicines) can be harmful to people</li> <li>• about the effects and risks of smoking tobacco and second-hand smoke</li> <li>• about the help available for people to remain smoke free or stop</li> <li>• that medicines can be used to manage and treat medical conditions such as asthma, and that it</li> </ul>	<b>Physical health and wellbeing: What helps me choose?</b> <ul style="list-style-type: none"> <li>• about making healthy choices about food and drinks</li> <li>• about how branding can affect what foods people choose to buy</li> <li>• about keeping active and some of the challenges of this</li> </ul>
---------------	--	--	---	---	---	--

<b>Year 4</b>	<b>identity, society and equality: Democracy</b> <ul style="list-style-type: none"> <li>• about Britain as a democratic society</li> <li>• about how laws are made</li> <li>• learn about the local council</li> </ul>	<b>Drug, alcohol and tobacco education: Making choices</b> <ul style="list-style-type: none"> <li>• that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them</li> <li>• about the effects and risks of drinking alcohol</li> <li>• about different patterns of behaviour that are related to drug use</li> <li>• that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</li> </ul>	<b>Physical health and wellbeing: What is important to me?</b> <ul style="list-style-type: none"> <li>• why people may eat or avoid certain foods (religious, moral, cultural or health reasons)</li> <li>• about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality)</li> <li>• about the importance of getting enough sleep</li> </ul>	<b>Keeping safe and managing risk: Playing safe</b> <ul style="list-style-type: none"> <li>• how to be safe in their computer gaming habits</li> <li>• about keeping safe near roads, rail, water, building sites and around fireworks</li> <li>• about what to do in an emergency and basic emergency first-aid procedures</li> </ul>	<b>Relationships and health education: Growing up and changing</b> <ul style="list-style-type: none"> <li>• about the way we grow and change throughout the human lifecycle</li> <li>• about the physical changes associated with puberty</li> <li>• about menstruation and wet dreams</li> </ul>	<b>Relationships and health education: Growing up and changing</b> <ul style="list-style-type: none"> <li>• about the impact of puberty in physical hygiene and strategies for managing this</li> <li>• how puberty affects emotions and behaviour and strategies for dealing with this</li> <li>• to answer each other's questions about puberty with confidence, to seek support and advice when they need it</li> </ul>
---------------	--	--	---	--	---	--

<b>Year 5</b>	<b>Physical health and wellbeing: In the media</b> <ul style="list-style-type: none"> <li>• that messages given on food adverts can be misleading</li> <li>• about role models</li> <li>• about how the media can manipulate images and that these images may not reflect reality</li> </ul>	<b>Identity, society and equality: Stereotypes, discrimination and prejudice</b> <ul style="list-style-type: none"> <li>• about stereotyping, including gender stereotyping</li> <li>• workshop from Diversity Role Models or Equaliteach</li> <li>• about prejudice and discrimination and how this can make people feel</li> </ul>	<b>Keeping safe and managing risk: Making safer choices</b> <ul style="list-style-type: none"> <li>• about keeping safe online</li> <li>• how to keep safe when communicating with other people online</li> <li>• that violence within relationships is not acceptable</li> <li>• about problems that can occur when someone goes missing from home</li> </ul>	<b>Mental health and emotional wellbeing: Dealing with feelings</b> <ul style="list-style-type: none"> <li>• about a wide range of emotions and feelings and how these are experienced in the body</li> <li>• about times of change and how this can make people feel</li> <li>• about the feelings associated with loss, grief and bereavement</li> </ul>	<b>Drug, alcohol and tobacco education: Different influences</b> <ul style="list-style-type: none"> <li>• about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis</li> <li>• about different influences on drug use – alcohol, tobacco and nicotine products</li> <li>• strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol</li> </ul>	<b>Careers, financial capability and economic wellbeing: Borrowing and earning money</b> <ul style="list-style-type: none"> <li>• that money can be borrowed but there are risks associated with this</li> <li>• about enterprise</li> <li>• what influences people's decisions about careers</li> </ul>
---------------	--	--	--	--	--	--

<b>Year 6</b>	<b>Mental health and emotional wellbeing: Healthy minds</b> <ul style="list-style-type: none"> <li>• what mental health is</li> <li>• about what can affect mental health and some ways of dealing with this</li> <li>• about some everyday ways to look after mental health</li> <li>• about the stigma and discrimination that can surround mental health</li> </ul>	<b>Drug, alcohol and tobacco education: Weighing up risk</b> <ul style="list-style-type: none"> <li>• about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs</li> <li>• about assessing the level of risk in different situations involving drug use</li> <li>• about ways to manage risk in situations involving drug use</li> </ul>	<b>Relationships and health education: Healthy relationships</b> <ul style="list-style-type: none"> <li>• about the changes that occur during puberty</li> <li>• to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact</li> <li>• what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships</li> <li>• about human reproduction in the context of the human lifecycle</li> <li>• how a baby is made and grows (conception and pregnancy) <ul style="list-style-type: none"> <li>• about roles and responsibilities of parents and carers</li> </ul> </li> <li>• to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it</li> </ul>	<b>Identity, society and equality: Human</b> <ul style="list-style-type: none"> <li>• about people who have moved to Islington from other places, (including the experience of refugees)</li> <li>• about human rights and the UN Convention on the Rights of the Child</li> <li>• about homelessness</li> </ul>	<b>Keeping safe and managing risk: Keeping safe - out and about</b> <ul style="list-style-type: none"> <li>• about feelings of being out and about in the local area with increasing independence</li> <li>• about recognising and responding to peer pressure</li> <li>• about the consequences of anti-social behaviour (including gangs and gang related behaviour) <ul style="list-style-type: none"> <li>• about the importance for girls to be protected against FGM</li> </ul> </li> </ul>	<b>Secondary school transitions</b>
---------------	--	---	--	--	---	-------------------------------------