

Long term PSHE

Year		
EY	<p>PSHE is one of the prime areas of the Early Years Curriculum and is taught throughout.</p> <ul style="list-style-type: none"> • Self confidence and self awareness-trying new activities, talking in a group, say when they need help • Managing feelings about behaviour-how people show their feelings, behaviour and consequences, following rules • Making relationships-playing cooperatively, taking turns, forming positive relationships 	
1	<p>Health and Wellbeing: What can I do to keep healthy and safe?</p> <p><i>Children will learn about ways to keep physically and mentally healthy, including personal hygiene. They will learn about safety in the home and basic road safety and who to call in an emergency.</i></p> <p><i>SRE: The difference between girl and boy babies</i></p>	<p>Relationships: What makes me feel good or bad?</p> <p><i>Children will learn about right and wrong and about feelings and emotions. They will discuss special people and can say why they are special to them.</i></p>
	<p>Living in the wider world: What is in our local community?</p> <p><i>Children will learn about their local community and how to look after the environment.</i></p>	
2	<p>Health and Wellbeing: How do we keep ourselves physically and mentally safe?</p> <p><i>Children will learn about the importance of an active lifestyle. They will learn about sugar, fat and calories and how to protect their body in the sun. The topic also covers keeping safe online and what to do if they feel uncomfortable.</i></p> <p><i>SRE: male and female body parts</i></p>	<p>Relationships: When is it not right to keep a secret?</p> <p><i>This topic is about secrets and good/bad touches and how to ask for help. They will also learn about different kinds of bullying and what to do if they are being bullied. They will also explore different kinds of families.</i></p>
	<p>Living in the wider world: Should I spend or save?</p> <p><i>Children will learn about sources of money and the choice whether to spend or save.</i></p>	
3	<p>Health and Wellbeing: What is a balanced lifestyle?</p>	<p>Relationships: What do I do when relationships go wrong?</p>

	<p><i>Children will learn about balanced lifestyle and how to make healthy choices. They will also learn about how to stay safe with road, bikes, rail and water. Children will also learn about vaccines. Children will learn about how to ask for help if something makes them feel uncomfortable.</i></p> <p><i>SRE: Difference between male and female body parts, personal space and inappropriate touches</i></p>	<p><i>To understand differences between healthy and unhealthy relationships between families and friendship groups. Children will learn how to deal with conflict and dares. They will also learn about discrimination and stereotyping and the impact it can have.</i></p>
	<p>Living in the wider world: What rights do I have as a child and how are they protected?</p> <p><i>Children will further develop their understanding of community but in a wider context across the UK and the world. They will learn about the rights of the child and how rules and laws protect those rights.</i></p>	
4	<p>Health and Wellbeing: Where can I get help?</p> <p><i>Children will learn about risks and peer pressure and keeping safe online. They will learn about skin cancer, alcohol and tobacco and how to administer basic first aid.</i></p> <p><i>SRE: Body changes and human lifecycle</i></p>	<p>Relationships: What does equality mean?</p> <p><i>Children will be taught how to recognise when things are right and how to get help. They will learn about the Equality Act and what that means in this country and the impact on people that have not been treated fairly.</i></p>
	<p>Living in the Wider World: How is money shared around the world?</p> <p><i>This unit is about poverty and the impact of financial decisions on different communities.</i></p>	
5	<p>Health and Wellbeing: What affects my self-esteem?</p> <p><i>Children will learn about the impact the media can have on self-esteem and mental health. They will learn some self-care techniques for good physical and mental health.</i></p> <p><i>SRE: Puberty</i></p>	<p>Relationships: What makes a healthy relationship?</p> <p><i>Children will learn what constitutes a healthy or unhealthy relationship (e.g control and domestic violence). Children will discuss different kinds of marriage and different religious beliefs. Children will learn about recognising negative feelings in other people.</i></p>

	<p>Living in the wider world: What is going on in the world?</p> <p><i>Children will learn about fake news. They will learn about human rights and responsibilities and how world events affect people. This topic will also cover the role money plays in people's lives.</i></p>	
6	<p>Health and Wellbeing: How do I look after my body?</p> <p><i>Children will learn about the effects of alcohol, tobacco, sun damage and why vaccinations are important. They will also learn about the risks online, how to report concerns and about the sharing of images. They will also learn about personal hygiene and basic first aid.</i></p> <p><i>SRE: Conception and pregnancy</i></p>	<p>Relationships: How does my behaviour affect others?</p> <p>Children will learn about peer pressure, anti-social behaviour, bullying and conflict and taught strategies to deal with those. They will learn about discrimination and keeping themselves safe online.</p>
	<p>Living in the Wider World: how could money be better spent?</p> <p><i>Children will learn about how economic decisions affect communities across the world. They will learn about human rights and laws to protect them. They will learn about enterprise and monetary decisions.</i></p>	