



Oaklands Primary School PHSE Long Term Curriculum Plan

		Autumn		Spring		Summer		
		Key Stage 1		F O U N D A T I O N	<u>Being Me in My World</u> <ul style="list-style-type: none"> Recognising feelings Why it is good to be kind Similarities and differences myself between friends 	<u>Celebrating difference</u> <ul style="list-style-type: none"> Knowing what I am good at / other people are good at How to be a kind friend Why my home is special 	<u>Dreams and Goals</u> <ul style="list-style-type: none"> Not giving up / keep trying Jobs I might like when I am older Knowing when I have achieved a goal 	<u>Healthy Me</u> <ul style="list-style-type: none"> Name some parts of the body Know some things to stay healthy – exercise, sleep and food How to say no to strangers / stranger danger
Y E A R O N E	<u>Being Me in My World</u> <ul style="list-style-type: none"> Responsibility as a class member Choices / consequences in class Being safe in the class 			<u>Celebrating difference</u> <ul style="list-style-type: none"> What is / isn't bullying The similarities and differences that make us unique and special <ul style="list-style-type: none"> It is OK to be different from friends 	<u>Dreams and Goals</u> <ul style="list-style-type: none"> Setting simple goals Overcoming obstacles and feelings of achievement How to work well with a partner 	<u>Healthy Me</u> <ul style="list-style-type: none"> Healthy vs unhealthy choices Importance of hygiene and that germs can make me unwell Road safety 	<u>Relationships</u> <ul style="list-style-type: none"> Touch – being used in kind / unkind ways Significant relationships in my life Different types of families 	<u>Changing Me</u> <ul style="list-style-type: none"> Life cycles – comparing stages of animals to humans Name male / female private parts Know change is a normal part of growing older
Y E A R T W O	<u>Being Me in My World</u> <ul style="list-style-type: none"> Hopes and fears for the year ahead Feeling worried and knowing who can help Listening to other people 			<u>Celebrating difference</u> <ul style="list-style-type: none"> I know what a gender stereotype is How to support a classmate if they are bullied Being different does not affect friendships 	<u>Dreams and Goals</u> <ul style="list-style-type: none"> Why it is important to persevere What good group working looks like Sharing success with others 	<u>Healthy Me</u> <ul style="list-style-type: none"> Healthy relationship / choices with food Being relaxed vs stressed Medicine – how they work and using them safely 	<u>Relationships</u> <ul style="list-style-type: none"> 'good' secrets and 'worry' secrets and how to share them I know what trust is What is acceptable physical contact in relationships 	<u>Changing Me</u> <ul style="list-style-type: none"> Ageing process (including old age) Difference between male and female bodies Private parts are special / what is appropriate touch



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		Lower Key Stage 2	YEAR THREE	<p><u>Being Me in My World</u></p> <ul style="list-style-type: none"> Self-worth / identifying positive things about myself Challenges and achievements Empathising 	<p><u>Celebrating difference</u></p> <ul style="list-style-type: none"> Different types of families and how they can sometimes fall out Choices for witnesses to bullying Name calling and hurtful words vs giving compliments 	<p><u>Dreams and Goals</u></p> <ul style="list-style-type: none"> People who have overcome challenges to achieve success How to overcome learning challenges Reflecting on success and what I could do better next time 	<p><u>Healthy Me</u></p> <ul style="list-style-type: none"> Importance of exercise and its effect on the heart and lungs Calories, fat and sugar on health Different types of drugs Things, places and people that are dangerous
YEAR FOUR	<p><u>Being Me in My World</u></p> <ul style="list-style-type: none"> Being part of a team Roles within the school community Importance of democracy / having a voice 		<p><u>Celebrating difference</u></p> <ul style="list-style-type: none"> First impressions and judging by appearance Online bullying and knowing what to do Pressures of being a witness to bullying 	<p><u>Dreams and Goals</u></p> <ul style="list-style-type: none"> How to overcome disappointment Making new plans / setting new goals How to work as part of a successful group 	<p><u>Healthy Me</u></p> <ul style="list-style-type: none"> Friendship groups and roles within them Smoking and alcohol – why people do it and the effects What is peer pressure? 	<p><u>Relationships</u></p> <ul style="list-style-type: none"> Reasons for feelings of jealousy Emotions re loss / bereavement and coping strategies Changing friendships and relationships 	<p><u>Changing Me</u></p> <ul style="list-style-type: none"> Sanitary health – sanitary / personal hygiene products How the body changes in puberty Change is a normal part of life – some cannot be controlled



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Upper Key Stage 2	Y E A R F I V E	<p><u>Being Me in My World</u></p> <ul style="list-style-type: none"> Responsibility as a citizen of the wider community and UK How my behavior impacts on a group How to contribute towards democracy in school 	<p><u>Celebrating difference</u></p> <ul style="list-style-type: none"> Understanding of Culture and cultural differences I know what racism is I can explain direct and indirect bullying 	<p><u>Dreams and Goals</u></p> <ul style="list-style-type: none"> Jobs that people I know do and what job I would like to do Different jobs have different amounts of pay Similarities / differences between myself / someone from a different culture 	<p><u>Healthy Me</u></p> <ul style="list-style-type: none"> How body types are portrayed in the media Eating disorders / negative body image Basic emergency procedures / contacting emergency services 	<p><u>Relationships</u></p> <ul style="list-style-type: none"> Importance of self esteem Positive / negative effects of social media including gaming and networking and their age appropriateness Grooming online Reducing screen time 	<p><u>Changing Me</u></p> <ul style="list-style-type: none"> Perception – about ourselves and others can be right or wrong Managing comparisons with myself with others on social media Looking after myself during puberty
	Y E A R S I X	<p><u>Being Me in My World</u></p> <ul style="list-style-type: none"> United Nations Conventions on the Rights of the Child How choices impact locally and globally Rewards and consequences of behaviours 	<p><u>Celebrating difference</u></p> <ul style="list-style-type: none"> Perceptions of 'being normal' How people with disabilities can lead amazing lives <ul style="list-style-type: none"> Bullying – having power over others 	<p><u>Dreams and Goals</u></p> <ul style="list-style-type: none"> How to stay motivated Global issues / places where people may be suffering / living in different situations What classmates admire about me / how to give praise and compliments 	<p><u>Healthy Me</u></p> <ul style="list-style-type: none"> Mental health and illness Exploitation and gang culture Triggers for and feeling stressed / strategies to cope with stress 	<p><u>Relationships</u></p> <ul style="list-style-type: none"> Taking care of my mental health The grief cycle People who try to control / have power over me 	<p><u>Changing Me</u></p> <ul style="list-style-type: none"> Sexual intercourse can lead to conception Some people need help to conceive – might need IVF Childbirth and the stages of development of a baby from conception