



## Oaklands Primary School PHSE Long Term Curriculum Plan

		Autumn	Spring	Summer
		Key Stage 1		<b>FOUNDATI ON</b> <u><b>Being Me in My World</b></u> <ul style="list-style-type: none"> <li>Recognising feelings</li> <li>Why it is good to be kind</li> <li>Similarities and differences myself between friends</li> </ul> <u><b>Celebrating difference</b></u> <ul style="list-style-type: none"> <li>Knowing what I am good at / other people are good at</li> <li>How to be a kind friend</li> <li>Why my home is special</li> </ul>
<b>YE AR ONE</b> <u><b>Being Me in My World</b></u> <ul style="list-style-type: none"> <li>Responsibility as a class member</li> <li>Choices / consequences in class</li> <li>Being safe in the class</li> </ul> <u><b>Celebrating difference</b></u> <ul style="list-style-type: none"> <li>What is / isn't bullying</li> <li>The similarities and differences that make us unique and special</li> <li>It is OK to be different from friends</li> </ul>	<u><b>Dreams and Goals</b></u> <ul style="list-style-type: none"> <li>Setting simple goals</li> <li>Overcoming obstacles and feelings of achievement</li> <li>How to work well with a partner</li> </ul> <u><b>Healthy Me</b></u> <ul style="list-style-type: none"> <li>Healthy vs unhealthy choices</li> <li>Importance of hygiene and that germs can make me unwell</li> <li>Road safety</li> </ul>			<u><b>Relationships</b></u> <ul style="list-style-type: none"> <li>Touch – being used in kind / unkind ways</li> <li>Significant relationships in my life</li> <li>Different types of families</li> </ul> <u><b>Changing Me</b></u> <ul style="list-style-type: none"> <li>Life cycles – comparing stages of animals to humans</li> <li>Name male / female private parts</li> <li>Know change is a normal part of growing older</li> </ul>
<b>YE AR TWO</b> <u><b>Being Me in My World</b></u> <ul style="list-style-type: none"> <li>Hopes and fears for the year ahead</li> <li>Feeling worried and knowing who can help</li> <li>Listening to other people</li> </ul> <u><b>Celebrating difference</b></u> <ul style="list-style-type: none"> <li>I know what a gender stereotype is</li> <li>How to support a classmate if they are bullied</li> <li>Being different does not affect friendships</li> </ul>	<u><b>Dreams and Goals</b></u> <ul style="list-style-type: none"> <li><b>Why it is important to persevere</b></li> <li><b>What good group working looks like</b></li> <li><b>Sharing success with others</b></li> </ul> <u><b>Healthy Me</b></u> <ul style="list-style-type: none"> <li>Healthy relationship / choices with food</li> <li>Being relaxed vs stressed</li> <li>Medicine – how they work and using them safely</li> </ul>			<u><b>Relationships</b></u> <ul style="list-style-type: none"> <li>'good' secrets and 'worry' secrets and how to share them</li> <li>I know what trust is</li> <li>What is acceptable physical contact in relationships</li> </ul> <u><b>Changing Me</b></u> <ul style="list-style-type: none"> <li>Ageing process (including old age)</li> <li>Difference between male and female bodies</li> <li>Private parts are special / what is appropriate touch</li> </ul>



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		Autumn 1	Spring 1	Summer 1
		Lower Key Stage 2	YEAR THREE	<p><b><u>Being Me in My World</u></b></p> <ul style="list-style-type: none"> <li>• Self-worth / identifying positive things about myself</li> <li>• Challenges and achievements</li> <li>• Empathising</li> </ul> <p><b><u>Celebrating difference</u></b></p> <ul style="list-style-type: none"> <li>• Different types of families and how they can sometimes fall out</li> <li>• Choices for witnesses to bullying</li> <li>• Name calling and hurtful words vs giving compliments</li> </ul>
Lower Key Stage 2	YEAR FOUR	<p><b><u>Being Me in My World</u></b></p> <ul style="list-style-type: none"> <li>• Being part of a team</li> <li>• Roles within the school community</li> <li>• Importance of democracy / having a voice</li> </ul> <p><b><u>Celebrating difference</u></b></p> <ul style="list-style-type: none"> <li>• First impressions and judging by appearance</li> <li>• Online bullying and knowing what to do</li> <li>• Pressures of being a witness to bullying</li> </ul>	<p><b><u>Dreams and Goals</u></b></p> <ul style="list-style-type: none"> <li>• How to overcome disappointment</li> <li>• Making new plans / setting new goals</li> <li>• How to work as part of a successful group</li> </ul> <p><b><u>Healthy Me</u></b></p> <ul style="list-style-type: none"> <li>• Friendship groups and roles within them</li> <li>• Smoking and alcohol – why people do it and the effects</li> <li>• What is peer pressure?</li> </ul>	<p><b><u>Relationships</u></b></p> <ul style="list-style-type: none"> <li>• Wants vs needs – comparing our lives with those less fortunate</li> <li>• Careers and why stereotypes can be unfair</li> <li>• Online relationships through gaming and Apps / staying safe</li> </ul> <p><b><u>Changing Me</u></b></p> <ul style="list-style-type: none"> <li>• Sanitary health – sanitary / personal hygiene products</li> <li>• How the body changes in puberty</li> <li>• Change is a normal part of life – some cannot be controlled</li> </ul>



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