



# Belmont Cheveley Park Primary School

Long Term Planning – Subject Coverage

**Subject: PSHE**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	What is the same/different about us? My body (PANTS/NSPCC Underwear rule)	*Friends, secrets & people who can help us. (Expect Respect)	**What helps us stay healthy?	How can we all live respectfully in diverse Britain?	What can we do with money?	How can we look after each other & the world?
<b>Year 2</b>	*What helps us to stay safe?	*What is bullying?	What jobs do people do? Gender, career & assumptions (Expect Respect)	**What helps us grow & stay healthy?	What makes a good friend?	How do we recognise our feelings?
<b>Year 3</b>	How can we be a good friend? Resolving conflict (Expect Respect)	What are families like?	What makes a community?	*What keeps us safe?  (Relationship and Health Education)	Why should we eat well & look after our teeth?	Why should we keep active & sleep well?
<b>Year 4</b>	*Respect, examining violence, excuses & responsibility (Expect Respect)	What strengths, skills & interests do we have?	How can we manage our feelings?	*How can we manage risk in different places? (Relationship and Health Education)	Health & prevention.	** How can our choices make a difference to others & the environment?
<b>Year 5</b>	How can we help in an accident or emergency?	What decisions can people make with money? What jobs would we like?	How can drugs common to everyday life affect health?	*How can friends communicate safely? Secrets & stories (Expect Respect)	*What makes up a person's identity?	**How will my body change as I go through puberty?
<b>Year 6</b>	** How can we keep healthy as we grow? *Mental health self-care techniques.	How can we live responsibly as global citizens?	How can we make positive contributions to our community?	*How can the media influence people? Challenging stereotypes (Expect Respect)	What will change as we become more independent? How do friendships change as we grow?	What are the key facts about puberty, menstrual wellbeing and reproduction?

Key:

**Relationships Education**

**Health Education**

**Living in the Wider World**

\*E-safety computing curriculum link

\*\*Science curriculum link