



Belmont Cheveley Park Primary School

Long Term Planning – Subject Coverage

Subject: PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	What is the same/different about us? My body (PANTS/NSPCC)	*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? What are scams?	How can we look after each other & the world?
Year 2	*What helps us to stay safe?	*What is bullying? How do we set and respect boundaries?	What jobs do people do? Gender, career & assumptions (Expect Respect)	**What helps us grow & stay healthy?	What makes a good friend? How can we balance everyone's needs?	How do we recognise our feelings?
Year 3	How can we be a good friend? Healthy boundaries and resolving conflict (Expect Respect)	What are families like?	What makes a community?	*What keeps us safe at home, school and outdoors?	Why should we eat well & look after our teeth?	Why should we keep active & sleep well?
Year 4	*How do we treat others with respect? (Expect Respect)	What strengths, skills & interests do we have?	How can we manage our feelings?	*How can we manage risk in different places?	Health & prevention	** How can our choices make a difference to others & the environment?
Year 5	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?
Year 6	** 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 can friendships change? Grief	What are the key facts about puberty, menstrual wellbeing and reproduction?

Key:

Relationships Education

*E-safety computing curriculum link

Health Education

**Science curriculum link

Living in the Wider World

(Expect Respect – Women's Aid resource)