

Ireleth St Peter's CofE Primary School (ISP) ~ PSHE Long-Term Plan ~ Three Year Cycle

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<u>Me and My Relationships</u> Marvellous me! I'm special People who are special to me	<u>Rights and Respect</u> Looking after myself Looking after others Looking after my environment	<u>Valuing Differences</u> Me and my friends Friends and family Including everyone	<u>Being My Best</u> What does my body need? I can keep trying I can do it!	<u>Keeping Myself Safe</u> People who help me and keep me safe Safety Indoors and Outdoors What's safe to go into my body	<u>Growing and Changing</u> Growing and changing in nature When I was a baby Girls, boys and families

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Dolphin Class R/Y1 Cycle A	<u>Me and My Relationships</u> All About Me (R) What Makes Me Special (R) Why we have classroom rules (Y1) Thinking about feelings (Y1)	<u>Rights and Respect</u> Looking after my special people (R) Looking after Friends (R) Being helpful at home and caring for our classroom (R) Harold's wash & brush up (Y1)	<u>Valuing Differences</u> I'm special, you're special (R) Same and different (R) Same OR different? (Y1) Unkind, tease or bully? (Y1)	<u>Being My Best</u> Bouncing back when things go wrong (R) Yes I can (R) I can eat a rainbow (Y1) Eat well (Y1)	<u>Keeping Myself Safe</u> What's safe to go onto my body (R) Keeping myself safe: What's safe to go into my body (including medicines) (R) Healthy me (Y1) Super sleep (Y1)	<u>Growing and Changing</u> Seasons (R) Life stages – plants, animals, humans (P1) Inside my wonderful body (Y1) Taking care of a baby (Y1)
	<u>Me and My Relationships</u> Me and my special people (R) Who can help me? (R) Our Feelings (Y1) Feelings & Bodies (Y1)	<u>Rights & Respect</u> Looking after money (1): recognising using, spending (R) Taking care of something (Y1) Harold's money (Y1) Around and about the school (Y1)	<u>Valuing Differences</u> Same and different families (R) Same and different homes (R) Harold's school rules (Y1) Who are our special people? (Y1)	<u>Being my best</u> Healthy eating (R) Healthy eating (2) (R) Harold has a bad day (Y1) Pass on the praise (Y1)	<u>Keeping Myself Safe</u> Safe indoors and outdoors (R) Listening to my feelings (1) (R) Who can help? (1) (R) Harold loses Geoffrey (Y1)	<u>Growing and Changing</u> Life stages – Human life stage. Who will I be? (R) Where do babies come from? (R) Then and now (Y1) Who can help? (2) (Y1)
Dolphin Class R/Y1 Cycle C	<u>Me and My Relationships</u> My Feelings (R) My Feelings (2) (R) Good friends (Y1) How are you listening? (Y1)	<u>Rights & Respect</u> Caring for our world (R) Looking after money (2): Saving money and keeping it safe (R) How should we look after our money? (Y1) Basic First Aid (Y1)	<u>Valuing Differences</u> Kind and caring (1) (R) Kind and caring (2) (R) It's not fair! (Y1) Our special people balloons (Y1)	<u>Being My Best</u> Move your body (R) A good night's sleep (R) Harold learns to ride his bike (Y1) Catch it! Bin it! Kill it! (Y1)	<u>Keeping Myself Safe</u> Keeping safe online (R) People who help to keep me safe (R) What could Harold do? (Y1) Good or bad touches? (Y1)	<u>Growing and Changing</u> Getting bigger (R) Me and my body – Girls and Boys (R) Surprises and secrets (Y1) Keeping privates private (Y1)

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Whale Class Cycle A	<u>Me and My Relationships</u> Being a good friend (Y2) How are you feeling today? (Y2) As a rule (Y3) My special pet (Y3)	<u>Rights and Respect</u> Harold goes camping (Y2) Getting on with others (Y2) Our helpful volunteers (Y3) Helping each other to stay safe (Y3)	<u>Valuing Difference</u> Solve the problem (Y2) An act of kindness (Y2) Family and friends (Y3) My community (Y3)	<u>Being My Best</u> What does my body do? (Y2) You can do it! (Y2) Derek cooks dinner! (healthy eating) (Y3) Poorly Harold (Y3)	<u>Keeping Myself Safe</u> Should I tell? (Y2) Safe or unsafe? (Y3) Danger or risk? (Y3) The Risk Robot (Y3)	<u>Growing and Changing</u> My body, your body (Y2) A helping hand (Y2) Relationship Tree (Y3) Body space (Y3)
Whale Class Cycle B	<u>Me and my Relationships</u> Let's all be happy! (Y2) Don't do that! (Y2) Looking after our special people (Y3) How can we solve this problem? (Y3)	<u>Rights and Respect</u> Playing games (Y2) How can we look after our environment (Y2) Recount task (Y3) Harold's environment project (Y3)	<u>Valuing Difference</u> How do we make others feel (Y2) My special people (Y2) Respect and challenge (Y3) Our friends and neighbours (Y3)	<u>Being My Best</u> Harold's bathroom (Y2) For or against? (Y3) I am fantastic! (Y3) Getting on with your nerves! (Y3)	<u>Keeping Myself Safe</u> I don't like that! (Y2) Fun or not? (Y2) Alcohol and cigarettes: the facts (Y3) Super Searcher (Y3)	<u>Growing and Changing</u> Respecting privacy (Y2) Same moves away (Y2) Secret or surprise? (Y3)
Whale Class Y2/3 Cycle C	<u>Me and my Relationships</u> Types of Bullying (Y2) Dan's Dare (Y3) Thanks (Y3) Friends are special (Y3)	<u>Rights and Respect</u> When I feel like erupting (Y2) Feeling safe (Y2) Can Harold afford it? (Y3) Earning money (Y3)	<u>Valuing Difference</u> My special people (Y2) When someone is left out (Y2) Let's celebrate our differences (Y3) Zeb (Y3)	<u>Being My Best</u> What does my body do? (Y2) Basic First Aid (Y2) Body team work (Y3) Top talents (Y3)	<u>Keeping Myself Safe</u> How safe should you feel? (Y2) None of your business! (Y3) Raisin challenge (1) (Y3) Help or harm? (Y3)	<u>Growing and Changing</u> Haven't you grown (Y2) Some secrets should never be kept (Y2) My body, your body (Y2) My changing body (Y3)

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Shark Class Cycle A	<u>Me and my Relationships</u> Under pressure (Y4) Human Machines (Y4) Collaboration Challenge! (Y5) Give and take (Y5) Working together (Y6) Let's negotiate (Y6)	<u>Rights and Respect</u> Why pay taxes? (Y4) What's the story? (Y5) Fact or opinion? (Y5) Two sides to every story (Y6) Fakebook friends (Y6) What's it worth? (Y6)	<u>Valuing Difference</u> That is such a stereotype! (Y4) The people we share our world with (Y4) Qualities of friendship (Y5) Kind conversations (Y5) OK to be different (Y6) We have more in common than not (Y6)	<u>Being My best</u> Making choices (Y4) Basic first aid (Y4) Getting fit (Y5) It all adds up! (Y5) Five Ways to Wellbeing project (Y6) This will be your life! (Y6)	<u>Keeping Myself Safe</u> Raisin challenge (2) (Y4) 'Thinking' about habits (Y5) Jay's dilemma (Y5) Spot bullying (Y5) Think before you click! (Y6) To share or not to share? (Y6)	<u>Growing and Changing</u> Together (Y4) How are they feeling? (Y5) Taking notice of our feelings (Y5) Dear Hetty (Y5) Helpful or unhelpful? Managing change (Y6) I look great! (Y6)
	<u>Me and my Relationships</u> Ok or not ok – part 1&2 (Y4) How good a friend are you? (Y5) Relationship cake recipe (Y5) Being assertive (Y5) Assertiveness skills (Y6) Behave yourself (Y6)	<u>Rights and Respect</u> It's your right (Y4) Rights, responsibilities and duties (Y5) Mo makes a difference (Y5) Jobs and taxes (Y6) Action stations! (Y6) Project Pitch - parts 1 & 2 (Y6)	<u>Valuing Difference</u> What would I do? (Y4) Can you sort it? (Y4) Happy being me (Y5) The land of the Red People (Y5) Respecting differences (Y6) Tolerance and respect for others (Y6)	<u>Being My Best</u> Harold's Seven Rs (Y4) Different skills (Y5) My school community (2) (Y5) Five Ways to Wellbeing project (Y6) This will be your life! (Y6) Basic First Aid (Y6)	<u>Keeping Myself Safe</u> Danger, Risk or Hazard (Y4) Ella's diary dilemma (Y5) Decision dilemmas (Y5) Play, like, share (Y5) What sort of drug is...? (Y6) Drugs: it's the law! (Y6)	<u>Growing and Changing</u> Preparing for changes at puberty (Y4) Changing bodies and feelings (Y5) Growing up and changing bodies (Y5) Media manipulation (Y6) Pressure online (Y6) Is this normal? (Y6)
	<u>Me and my Relationships</u> Different feelings (Y4) Our emotional needs (Y5) Communication (Y5) Don't force me (Y6) Acting appropriately (Y6) It's a puzzle (Y6)	<u>Rights and Respect</u> How do we make a difference? (Y4) Spending wisely (Y5) Lend us a fiver! (Y5) Local councils (Y5) Happy shoppers (Y6) Democracy in Britain 1 – Elections (Y6)	<u>Valuing Difference</u> Friend of acquaintance (Y4) Islands (Y4) Is it true? (Y5) It could happen to anyone (Y5) Advertising friendships! (Y6) Boys will be boys? - challenging gender stereotypes (Y6)	<u>Being My Best</u> My School community (Y4) SCARF Hotel (Y4) Star qualities? (Y5) Basic first aid (Y5) What's the risk? (1) (Y6) What's the risk? (2) (Y6)	<u>Keeping Myself Safe</u> How dare you! (Y4) Drugs: true or false? (Y5) Smoking: what is normal? (Y5) Would you risk it? (Y5) Alcohol: what is normal? (Y6) Joe's story - part 1 & 2 (Y6)	<u>Growing and Changing</u> Moving house (Y4) Help! I'm a teenager - get me out of here! (Y5) Stop, start, stereotypes (Y5) Dear Ash (Y6) Making babies (Y6) What is HIV? (Y6)

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Additional PSHE activities/experiences across school:

- Life bus
- MEND on the move
- Police visit
- Banking Information Session – Cumberland, Ulverston
- Local Town Hall visit
- Mouth hygiene packs
- First Aid training from SkillShop
- Visit to and from Ulverston/Barrow Fire Station
- Farm to Fork, Tesco
- Various charity events across the year
- NSPCC
- Visits from Local Council members and Parish Council
- Athlete visit
- Daily Mile
- Lifeboat Station at Askam and Barrow (RNLI)
- Swimming – EYFS, KS1 and KS2. Swim Safe for KS2
- Extra-curricular Clubs
- Blind Society, Barrow
- Women's Institute
- Family Group events
- Young Lives and Public Health
- Sports Leader programme
- My Happy Mind
- School Parliament
- Kidsafe