



Overstone Combined School Long Term Plan for PSHE

EYFS						
Nursery						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Able to separate from main carer. Expresses own preferences and interests. Begin to be aware of others' feelings.</p>	<p>Introduction to how to use the different areas. Can select and use activities and resources with help.</p>	<p>Small group games. Beginning to accept the needs of others and can take turns and share resources with support.</p>	<p>Aware of own feelings and knows that some actions and words can hurt others. Interested in others play.</p>	<p>Confident to ask for help. Washing hands. Sharing/taking turns.</p>	<p>Next steps – moving on. Confident to speak about own wants opinions and interests. Able to cope with changes of routine. Shows sensitivity to others feelings.</p>
Reception						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Welcome to school – introducing the daily routines and tour of the school. Aware of class rules and boundaries. Can ask for help. Understands the importance of sharing and taking turns. Interested in others' play.</p>	<p>Confident to try new activities. Understands consequences to their behaviour. Talks about special times. Enjoys taking responsibilities.</p>	<p>Form good relationships with children and familiar adults. Demonstrate friendly behaviour. Know the difference between right and wrong and understand actions affect others.</p>	<p>Communicates freely about home. Can work as part of a group, being able to take turns. Looking after the environment. Can talk about self-using positive language and talk about abilities.</p>	<p>Listens to others' ideas. Negotiate and solve problems independently. Demonstrates friendly behaviours towards animals.</p>	<p>Next steps – moving on. Confident to speak about own wants, opinions and interests. Able to cope with changes of routine. Shows sensitivity to others feelings.</p>

Key Stage 1						
	Cycle One					
	Autumn 1 Living in the wider world Health and wellbeing Relationships	Autumn 2 Living in the wider world Health and wellbeing Relationships	Spring 1 Relationships Living in the wider world	Spring 2 Relationships Living in the wider world	Summer 1 Health and wellbeing	Summer 2 Health and wellbeing
	<p>Fairness - Respecting Rights of others/voting PoS refs: R13, R14, R15, R16, R17, R18, R19, R20, R21, R22, R23, R24, R25</p> <p>Recognising feelings in ourselves and others PoS refs: H11, H12, H13, H14, H15, H16, H17, H18</p> <p>Economic knowledge PoS refs: PoS refs: L10, L11, L12, L13, L15, L16, L17</p> <p>Friendship and bullying PoS refs: R6, R7, R8, R9, R10, R11</p>	<p>Fairness - Respecting Rights of others/voting PoS refs: R13, R14, R15, R16, R17, R18, R19, R20, R21, R22, R23, R24, R25</p> <p>Recognising feelings in ourselves and others PoS refs: H11, H12, H13, H14, H15, H16, H17, H18</p> <p>Economic knowledge PoS refs: PoS refs: L10, L11, L12, L13, L15, L16, L17</p> <p>Friendship and bullying PoS refs: R6, R7, R8, R9, R10, R11</p>	<p>Global community - place in the world and links to others. PoS refs: L4, L5, R1, R2, R3, R4, R5</p> <p>Ways to care for the environment PoS refs: L2, L3</p> <p>Likes and dislikes PoS refs: H21, H22, H23</p> <p>Loss PoS refs: H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H24, H27</p>	<p>Global community - place in the world and links to others. PoS refs: L4, R1, R2, R3, R4, R5</p> <p>Ways to care for the environment PoS refs: L2, L3</p> <p>Likes and dislikes PoS refs: H21, H22, H23</p> <p>Loss PoS refs: H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H24, H27</p>	<p>Promoting healthy lifestyle. Food which supports good health PoS refs: H1, H2, H3, H4, H5, H8, H9</p> <p>Medicines PoS refs: H6</p> <p>Preparing to move to a new year group PoS refs: H27</p>	<p>Promoting healthy lifestyle. Food which supports good health PoS refs: H1, H2, H3, H4, H8, H9</p> <p>Medicines PoS refs: H6</p> <p>Preparing to move to a new year group PoS refs: H27</p>

	Cycle Two					
	Autumn 1 Health and wellbeing	Autumn 2 Health and wellbeing	Spring 1 Relationships Health and wellbeing	Spring 2 Relationships Health and wellbeing	Summer 1 Health and wellbeing Living in the wider world	Summer 2 Health and wellbeing Living in the wider world
	Dental care PoS refs: H7 People who help us to stay healthy Keeping safe at home How to get emergency help PoS refs: H30, H33, H35, H36, H37, R15, R20, L5	Dental care PoS refs: H7 People who help us to stay healthy Keeping safe at home How to get emergency help PoS refs: H10, H30, H33, H35, H36, R15, R20, L5	Recognise what makes them special. Young to old, changes PoS refs: H21, H22, H23, H25, H26, R13, R23, L6, L14 Loss PoS refs: H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H24, H27	Recognise what makes them special. Young to old, changes PoS refs: H21, H22, H23, H25, R13, R23, L6, L14 Loss PoS refs: H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H24, H27	Sun safety PoS refs: H8 Keeping safe in familiar and unfamiliar environments PoS refs: H28, H29, H30, H31, H32, H34, R14, R16, R18, R19, R20, L1, L7, L8, L9 Preparing to move to a new year group PoS refs H27	Sun safety PoS refs: H8 Keeping safe in familiar and unfamiliar environments PoS refs: H28, H29, H30, H31, H32, H34, R14, R16, R18, R19, R20, L1, L9 Friendship and bullying PoS refs: R6, R7, R8, R9, R10, R11 Preparing to move to a new year group PoS refs H27

Lower Key Stage 2

Year 3					
Autumn 1 Relationships	Autumn 2 Health and wellbeing	Spring 1 Relationships	Spring 2 Living in the wider world	Summer 1 Health and wellbeing	Summer 2 Health and wellbeing
How can we be a good friend? Friendship; making positive friendships, managing loneliness, dealing with arguments PoS refs: R10, R11, R13, R14, R17, R18	What keeps us safe? Keeping safe; at home and school; our bodies; hygiene; medicines and household products PoS refs: H9, H10, H26, H39, H30, H40, H42, H43, H44, R25, R26, R28, R29	What are families like? Families; family life; caring for each other PoS refs: R5, R6, R7, R8, R9	What makes a community? Community; belonging to groups; similarities and differences; respect for others PoS refs: R32, R33, L6, L7, L8	Why should we eat well and look after our teeth? Being healthy: eating well, dental care PoS refs: H1, H2, H3, H4, H5, H6, H11, H14	Why should we keep active and sleep well? Being healthy: keeping active, taking rest PoS refs: H1, H2, H3, H4, H7, H8, H13, H14
Year 4					
Autumn 1 Health and wellbeing	Autumn 2 Relationships	Spring 1 Health and wellbeing	Spring 2 Health and wellbeing	Summer 1 Living in the wider world	Summer 2 Health and wellbeing
What strengths, skills and interests do we have? Self-esteem: self-worth; personal qualities; goal setting; managing set backs PoS refs: H27, H28, H29, L25	How do we treat each other with respect? Respect for self and others; courteous behaviour; safety; human rights PoS refs: R19, R20, R21, R22, R25, R27, R29, R30, R31, H45, L2, L3, L10	How can we manage our feelings? Feelings and emotions; expression of feelings; behaviour PoS refs: H17, H18, H19, H20, H23	How will we grow and change? Growing and changing; puberty PoS refs: H31, H32, H	How can our choices make a difference to others and the environment? Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions PoS refs: L4, L5, L19, R34	How can we manage risk in different places? Keeping safe; out and about; recognising and managing risk PoS refs: H12, H37, H38, H41, H42, H47, R12, R15, R23, R24, R28, R29, L1, L5, L15

Upper Key Stage 2						
Year 5						
	Autumn 1 Health and wellbeing	Autumn 2 Living in the wider world	Spring 1 Health and wellbeing	Spring 2 Relationships	Summer 1 Health and wellbeing	Summer 2 Living in the wider world
	What makes up a person's identity? Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes PoS refs: H25, H26, H27, R32, L9	What decisions can people make with money? Money; making decisions; spending and saving PoS refs: R34, L17, L18, L20, L21, L22, L24	How can we help in an accident or emergency? Basic first aid, accidents, dealing with emergencies PoS refs: H43, H44	How can friends communicate safely? Friendships; relationships; becoming independent; online safety PoS refs: R1, R18, R24, R26, R29, L11, L15	How can drugs common to everyday life affect health? Drugs, alcohol and tobacco; healthy habits PoS refs: H1, H3, H4, H46, H47, H48, H50	What jobs would we like? Careers; aspirations; role models; the future PoS refs: L26, L27, L28, L29, L30, L31, L32
	Year 6					
	Autumn Health and wellbeing		Spring Living the wider world		Summer Relationships	
	How can we keep healthy as we grow? Looking after ourselves; growing up; becoming independent; taking more responsibility PoS refs: H1, H2, H3, H4, H5, H6, H7, H8, H11, H12, H13, H14, H15, H16, H21, H22, H40, H46, R10		How can the media influence people? Media literacy and digital resilience; influences and decision-making; online safety PoS refs: H49, R34, L11, L12, L13, L14, L15, L16, L23		What will change as we become more independent? How do friendships change as we grow? Different relationships, changing and growing, adulthood, independence, moving to secondary school PoS refs: H24, H30, H33, H34, H35, H36, R2, R3, R4, R5, R6, R16	