



Gwladys Street C P and N School Long Term Plan – PSHE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Being me in my world	Celebrating difference	Relationships	Healthy Me	Dreams and Goals	Changing me
	<p>Understand right and responsibilities Know my views are values. Recognise the choices I make and understand the consequences.</p>	<p>Identify similarities and differences in my class. Tell you what bullying is. Know some people I could talk to if I was feeling unhappy or being bullied. I know how to make new friends. I can tell you some ways I am different from my friends.</p>	<p>I can identify the members of my family and understand that there are lots of different types of families. I can identify what being a good friend means to me. I know appropriate ways of physical contact to greet my friends and know which ways I prefer. I know who can help me in my school community. I can recognise my qualities as a person and a friend. I can tell you why I appreciate someone who is special to me.</p>	<p>I understand the difference between being healthy and unhealthy and know some ways to keep myself healthy. I know how to make healthy choices. I know how to keep myself clean and healthy and understand how germs cause disease. I know that all household products including medicines can be harmful if not used properly. I understand that medicines can help me if I feel poorly and I know how to use them safely. I know how to keep safe when crossing the road and about people who can help me stay safe. I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</p>	<p>Can set simple goals. Can set a goal and work out how to achieve it. Understand how to work well with a partners. Can tackle a new challenge and understand this might stretch my learning. Can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them. Tell you how I felt when I succeeded in a new challenge and how I celebrated it.</p>	<p>I am starting to understand the life cycles of animals and humans. I can tell you some things about me that have changed and some things about me that have stayed the same. I can tell you how my body has changed since I was a baby. I can identify the parts of the body that make boys different to girls and can use the correct names for these. I understand that every time I learn something new I change a little bit.</p>

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Year 2	Being me in my world	Celebrating difference	Relationships	Healthy Me	Dreams and Goals	Changing me
	<p>Identify hopes and fears for the year.</p> <p>Understand rights and responsibilities.</p> <p>Listen to other people and contribute my own ideas about consequences.</p> <p>Recognise the choices I make and understand the consequences</p>	<p>Start to understand the sometimes people make assumptions about boys and girls.</p> <p>Understand that bullying is sometimes about difference. Recognise what is right and wrong and know how to look after myself.</p> <p>Tell you some ways I am different from my friends</p>	<p>I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate.</p> <p>I understand that there are lot of forms of physical contact within a family and that some of this is acceptable and some is not.</p> <p>I can identify some of the things that cause conflict with my friends.</p> <p>I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.</p> <p>I recognise and appreciate people who can help me in my family, my school and my community.</p> <p>I can express my appreciation for the people in my special relationships.</p>	<p>I know what I need to keep my body healthy.</p> <p>I can show or tell you what relaxed means and I know some things that makes me feel relaxed and somethings that make me feel stressed.</p> <p>I understand how medicines work in my body and how important it is to use them safely.</p> <p>I can sort food into the correct food groups and know which foods my body needs every day to keep me healthy.</p> <p>I can decide which food to eat to give my body energy.</p> <p>I can make some healthy snacks and explain why they are good for my body.</p>	<p>I can choose a realistic goal and think about how to achieve it.</p> <p>I can persevere even when I find tasks difficult.</p> <p>I can recognise why it is easy for me to work with and who it is more difficult for me to work with.</p> <p>I can work cooperatively in a group to create an end product.</p> <p>I can explain some of the ways I worked cooperatively in my group to create the end product.</p> <p>I know how to share success with other people</p>	<p>I can recognise cycles of life in nature.</p> <p>I can tell you about the natural process of growing from young to old and understand that this is not in my control.</p> <p>I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.</p> <p>I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private.</p> <p>I understand there are different types of touch and can tell you which ones I like and don't like.</p> <p>I can identify what I am looking forward to when I am in Year 3</p>

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Year 3	Being me in my world	Celebrating difference	Relationships	Healthy Me	Dreams and Goals	Changing me
	<p>Recognise my worth and can identify positive things about myself and achievements. Set personal goals. Understand why rules are needed and how they relate to my rights and responsibilities. Face new challenges positively. Make responsible choices and take action. Understand my actions affect others and try to see things from their point of view</p>	<p>Understand that everybody's family is different and important to them. Understand the differences and conflicts sometimes happen among family members. Know what it means to be a witness to bullying. Know that witnesses can make the situation better or worse by what they do. Recognise that some word are used in hurtful ways. Tell you about a time when my words affected someone's feelings and what the consequences were</p>	<p>I can identify the roles and responsibilities of each member of my family and can reflect on the expectations of males and females. .I can identify and put into practice some of the skills of friendship. I know and can use some strategies for keeping myself safe. I can explain how some of the actions and work of people around the world help and influence my life. I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</p> <p>I know how to express my appreciation to my friends and family.</p>	<p>I understand how exercise affects my body and know what my heart and lungs are such important organs. I can identify things, people and place that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help. I understand that like medicine, some household substances can be harmful if not used correctly. I understand how complex my body is and how important it is to take care of it</p>	<p>I can tell you about a person who has faced difficult challenges and achieved success. I can identify a dream/ambition that is important to me. I enjoy facing new challenges and working out the best ways for me to achieve them. I am motivated and enthusiastic about achieving out new challenge. I can recognise obstacles which might hinder my achievement and can take steps to overcome them. I can evaluate my own learning process and identify how it can be better next time,</p>	<p>I understand that in animals and humans lots of changes happen between birth and growing up, and that usually it is the female who has the baby. I understand what a baby needs to live and grow I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. I can identify how boys' and girls' bodies change on the outside during this growing up process. I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. I can start to recognise stereotypical ideas I might have about parenting and family. I can identify what I am looking forward to when I am in Year 4</p>

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Year 4	Being me in my world	Celebrating difference	Relationships	Healthy Me	Dreams and Goals	Changing me
	<p>Know my attitudes and actions make a difference to my class.</p> <p>Understand who is in my school community, the roles they play and how I fit in.</p> <p>Understand how democracy works through the school council.</p> <p>Understand that my actions affect my self and others.</p> <p>Understand how groups come together to make decisions.</p> <p>Understand how democracy and having a voice benefits the school community.</p>	<p>Understand the sometimes we make assumptions based on what people look like.</p> <p>Understand what influence me to make assumptions based on how people look.</p> <p>Know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure.</p> <p>Tell you why witnesses sometimes join in with bullying and sometimes don't tell.</p> <p>Identify what is special about me and value the ways in which I am unique.</p>	<p>I can identify the web of relationships that I am a part of, starting from those closest to me and including those more distant.</p> <p>I can identify someone I love and can express why they are special to me.</p> <p>I can tell you about someone I know that I no longer see.</p> <p>I can explain different points of view on an animal rights issues.</p> <p>I understand how people feel when they love a special pet.</p> <p>I know how to show love and appreciation to the people and animals who are special to me.</p>	<p>I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most.</p> <p>I can recognise the changing dynamics between people in different groups, see who takes on which role and understand the roles I take on in different situations.</p> <p>I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke.</p> <p>I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol.</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want.</p> <p>I know myself well enough to have a clear picture of what I believe is right and wrong.</p>	<p>I can tell you about some of my hopes and dreams, I understand that sometimes hopes and dreams do not come true and that this can hurt.</p> <p>I know that reflecting on positive and happy experiences can help me to counteract disappointment.</p> <p>I know how to make a new plan and set new goals even if I have been disappointed.</p> <p>I know how to work out the steps to take to achieve a goal and can do this successfully as part of a group.</p> <p>I can identify the contributions made by myself and others to the group's achievement</p>	<p>I understand that some of my personal characteristics have come from my birth parents.</p> <p>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby</p> <p>I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p> <p>I know how the circle of change works and can apply it to changes</p> <p>I want to make in my life</p> <p>I can identify changes that have been and may continue to be outside of my control that I learnt to accept</p> <p>I can identify what I am looking forward to when I am in Year 5</p>

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Year 5	Being me in my world	Celebrating difference	Relationships	Healthy Me	Dreams and Goals	Changing me
	<p>Face new challenge positively</p> <p>Understand my rights and responsibilities as a British citizen.</p> <p>Make choices about my own behaviour because I understand how rewards and consequences feel.</p> <p>Understand how democracy and having a voice benefit the school community.</p>	<p>Understand that cultural differences sometimes cause conflict.</p> <p>Understand what racism with.</p> <p>Understand how rumour-spreading and name-calling can be bullying behaviours.</p> <p>Explain the difference between direct and indirect types of bullying.</p> <p>Compare my life with people in the developing world.</p> <p>Can enjoy the experience of a culture other than my own.</p>	<p>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.</p> <p>I can recognise how friendships change, know how to make new friends and hoe to manage when I fall out with my friends.</p> <p>I understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean.</p> <p>I understand how to stay safe when using technology to communicate with my friends.</p> <p>I can explain how to stay safe when using technology to communicate with my friends</p>	<p>I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>I know some of the risks with misusing alcohol, including anti-social behaviour and how it affects the liver and heart.</p> <p>I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations.</p> <p>I understand how the media and celebrity culture promotes certain body types.</p> <p>I can describe the different roles food can play in people’s lives and can explain how people can develop eating problems (disorders) relating to body image pressures.</p> <p>I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy an happy.</p>	<p>I understand that I will need money to help me achieve some of my dreams.</p> <p>I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs.</p> <p>I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it.</p> <p>I can describe the dreams and goals of young people in a culture different to mine.</p> <p>I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other.</p> <p>I can encourage my peers to support young people here and abroad to meet their aspirations and suggest ways we might do this</p>	<p>I am aware of my own self-image and how my body image fits into that</p> <p>I can explain how a girl’s body changes during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>I can describe how boys’ and girls’ bodies change during puberty</p> <p>I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent</p> <p>I can identify what I am looking forward to when I am in Year 6</p>

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Year 6	Being me in my world	Celebrating difference	Relationships	Healthy Me	Dreams and Goals	Changing me
	<p>Identify my goals for the year, understand my fears and worries about the future and know how to express them.</p> <p>Know that there are universal rights for all children but for many children these rights are not met.</p> <p>Understand that my actions affect other people locally and globally.</p> <p>Make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities.</p> <p>Understand how an individual's behaviour can impact on a group.</p> <p>Understand how democracy and having a voice benefits the school community</p>	<p>Understand there are different perceptions about what normal means.</p> <p>Understand how having a disability could affect someone's life.</p> <p>Explain some of the ways in which on person or a group can have power over another.</p> <p>Know some of the reasons why people use bullying behaviours.</p> <p>Can give examples of people with disabilities who lead amazing lives.</p> <p>Explain ways in which difference can be a source of conflict and a cause for celebration.</p>	<p>I can identify the most significant people to be in my life so far.</p> <p>I know some of the feelings we can have when someone dies or leaves.</p> <p>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve.</p> <p>I can recognise when people are trying to gain power or control.</p> <p>I understand how technology can be used to try to gain power or control and I can use strategies to prevent this from happening.</p> <p>I can use technology positively and safely to communicate with my friends and family.</p>	<p>I know the impact of food on the body.</p> <p>I know about different types of drugs and their uses and their effects on the body particularly the liver and heart.</p> <p>I can evaluate when alcohol is being used responsibly, anti-socially r being misused.</p> <p>I know and can put into practice basic emergency aid procedures and know how to get help in emergency situations.</p> <p>I understand what I means to be emotionally well and can explore people's attitudes towards mental health/illness.</p> <p>I can recognise when I feel stressed and the triggers that cause this and I understand how stress can cause alcohol misuse.</p>	<p>I know my learning strengths and can set challenging but realistic goals for myself.</p> <p>I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these.</p> <p>I can identify problems in the world that concern me and talk to other people about them.</p> <p>I can work with other people to help make the world a better place.</p> <p>I know what some people in my class like or admire about me and can accept their praise.</p>	<p>I am aware of my own self-image and how my body image fits into that</p> <p>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>I can ask the questions I need answered about changes during puberty</p> <p>Birth I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p> <p>I understand how being physically attracted to someone changes the nature of the relationship</p> <p>I can identify what I am looking forward to and what worries me about the transition to secondary school</p>

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