

Osboldwick Primary Academy **PSHE & SRE** Long Term Plan

	Autumn Term Relationships			Spring Term Living in the Wider World			Summer Term Health & Wellbeing		
	Families & friendships	Safe relationships	Respecting ourselves & others	Belonging to a community	Media literacy & Digital resilience	Money & Work	Physical health & Mental wellbeing	Growing & changing	Keeping safe
<b>EYFS</b>	Children play cooperatively, taking turns with others. They take account of one another's ideas and show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.			Children talk about past and present events in their own lives and in the lives of family members. They know that other children don't always enjoy the same things, and are sensitive to this. They know about similarities and differences between themselves and others, and among families, communities and traditions.			Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully including dressing and going to the toilet independently. Children talk about how they and others show feelings, talk about their own and others' behaviour and its consequences.		
<b>Year 1 KS1 Cycle B</b>	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise; hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
<b>Year 2 KS1 Cycle A</b>	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies

			opinions				feelings and asking for help		
<b>Year 3</b> <b>LKS2</b> <b>Cycle</b> <b>B</b>	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
<b>Year 4</b> <b>LKS2</b> <b>Cycle</b> <b>A</b>	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Personal identity; recognising individuality and different qualities; mental wellbeing	Medicines and household products; drugs common to everyday life
<b>Year 5</b> <b>UKS2</b> <b>Cycle</b> <b>B</b>	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Keeping safe in different situations, including responding in emergencies and first aid
<b>Year 6</b> <b>UKS2</b> <b>Cycle</b>	Attraction to others; romantic relationships; civil partnership	Recognising and managing pressure; consent in different	Expressing opinions and respecting other points of view, including	Valuing diversity; challenging discrimination and	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing	Human reproduction and birth; increasing independence;	Keeping personal information safe; regulations and

<b>A</b>	and marriage	situations	discussing topical issues	stereotypes			change, loss and bereavement; managing time online	managing transitions	choices; drug use and the law; drug use and the media
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Highlighted learning is to be taught each year within the specified year groups only