

St George's CEP PHSCE & RE Education Long Term Plan 2023 - 24

| | Autumn Theme: Relationships | | | Spring Theme: Living in the wider world | | | Summer Theme: Health and Wellbeing | | |
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| | Families and friendships | Safe relationships | Respecting ourselves and others | Belonging to a community | Media literacy and digital resilience | Money and work | Physical health and Mental wellbeing | Growing and changing | Keeping safe |
| Year 1 | 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 |
| | Wellbeing lessons T1 Making Mistakes T2 Sound | | Protected Characteristics Elmer: 30th Anniversary Edition: 1 My grandpa is amazing | Wellbeing lessons T3 Understanding others T4 Sharing | | Protected Characteristics My world, your world (plus any environmental book) | Wellbeing lessons T5 Gardening T6 Class choice | | Protected Characteristics Ten Little Pirates Max the Champion |
| Year 2 | 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 opinions | 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 feelings and asking for help | Growing older; naming body parts; moving class or year | Safety in different environments; risk and safety at home; emergencies |

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| | Wellbeing lessons T1 Perseverance T2 Colour expression | | Protected Characteristics The odd egg Blown away | | Wellbeing lessons T3 Complements T4 Generosity | | Protected Characteristics Great big book of families The first splodge | | Wellbeing lessons T5 Nature Walk T6 Class choice | | Protected Characteristics Just because (plus any wellbeing book) | | |
| Year 3 | 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 | | Different jobs and skills; job stereotypes; setting personal goals | | Health choices and habits; what affects feelings; expressing feelings | Personal strengths and achievements; managing and re-framing setbacks | Risks and hazards; safety in the local environment and unfamiliar places |
| | Wellbeing lessons T1 Practice makes perfect T2 Making a difference | | Protected Characteristics This is our house Beegu | | Wellbeing lessons T3 Shared interests T4 Appreciation | | Protected Characteristics The new jumper Day the crayons quit | | Wellbeing lessons T5 Motion detection T6 Class choice | | Protected Characteristics Two monsters The colour monster | | |
| Year 4 | 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 | Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty | Medicines and household products; drugs common to everyday life |

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| | Wellbeing lessons T1 Resilience T2 My thoughts | | Protected Characteristics King and King Dogs don't do ballet | | Wellbeing lessons T3 Pen pals T4 Giving to my community | | Protected Characteristics The way back home (plus any book about communities) | | Wellbeing lessons T5 Making a beat T6 Class choice | | Protected Characteristics The flower (plus any book on lifestyle) | |
| Year 5 | 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 | Personal identity; recognising individuality and different qualities; mental wellbeing | Keeping safe in different situations, including responding in emergencies, first aid and FGM | |
| | Wellbeing lessons T1 Growth mindset T2 Others around me | | Protected Characteristics Where the poppies grow And Tango makes three | | Wellbeing lessons T3 Working together T4 Pay it forward | | Protected Characteristics Plus a book about environment / workplace stereotypes | | Wellbeing lessons T5 Adaptive sports T6 Class choice | | Protected Characteristics How to heal a broken wing Rose Blanche | |
| Year 6 | Attraction to others; romantic relationships; civil partnership and marriage | Recognising and managing pressure; consent in different situations | Expressing opinions and respecting other points of view, including discussing topical issues | | Valuing diversity; challenging discrimination and stereotypes | 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 change, loss and bereavement; managing time online | Human reproduction and birth; increasing independence; managing transition | Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media | |

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| | Wellbeing lessons T1 Goal setting T2 Myself | Protected Characteristics Love you forever | Wellbeing lessons T3 Community T4 Apologising | Protected Characteristics My Princess Boy Dreams of freedom | Wellbeing lessons T5 Brain Breaks T6 Class choice | Protected Characteristics The Whisperer |
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