

PHSCE Long Term Plan 2022 - 23



Term 1 - Overarching theme: Being Safe

(each term begins with Wellbeing lesson from Kapow)

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Wk 1	Whole School Themed Week - Class Rules / Routines etc Class roles and responsibilities Democracy & Pupil Voice					
Wk 2	Whole School Themed Week - Friendships / Playtimes Circle Times					
Wk 3	Families and those who care for us Families give us love, security and stability	Caring friendships Friendships	Caring friendships Healthy and positive friendships	Families and those who care for us Recognise if family relationships make them feel unhappy / unsafe and what to do Goodness and Mercy	Internet Safety Private and personal information	First Aid Emotions and comforting others
Wk 4	Caring friendships The importance of friends	Drugs and Alcohol How medicines work	Mental Wellbeing Everyday feelings	Physical health Sedentary and physical activities	Mental Wellbeing What is mental health?	Physical health Who to speak to if they are worried about health
Wk 5	Respectful relationships Who helps me	Internet Safety Pause Think Safety Online	Internet Safety That's Private	Internet Safety Rings of responsibility	Being safe Recognise and report feeling unsafe Keeping games friendly and fun	Being safe How to ask for advice for others
Wk 6	Whole School Themed Week - Oral hygiene					

Term 2 - Overarching theme: Respectful Relationships

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Wk 1	Being Safe Growing and changing	Respectful Relationships Respecting those who are different	Respectful Relationships Steps to improve healthy relationships	Respectful Relationships Friendships and diversity (RHE) /	Being safe Recognise and report feeling unsafe online Be a super digital citizen	Online Safety /Respectful Relationships Communication Digital Friendships
Wk 2	Respectful relationships Being courteous and using manners	Families and those who care for us Characteristics of family life	KS2 themed week - Parliament Week			
Wk 3	Whole school themed week - Anti bullying					
Wk 4	Whole school themed week - Road Safety (incl Village Walk?)					
Wk 5	Mental Health We all have feelings	Mental wellbeing Good and not so good feelings	Online relationships Being respectful online Rings of responsibility	Online relationships Password Power Up	Caring friendships Friendships have ups and downs	Healthy Eating Nutritional information
Wk 6	Internet Safety / Being safe Keeping secrets Privacy and safety	Respectful Relationships Stereotypes	Being safe Personal Space Personal Boundaries	Healthy eating Healthy dinner	Changing adolescent body What's happening to my body?	Internet safety and harm Online safety You won't believe this
Wk 7	Mental health Good and not so good feelings	Families and those who care for us Same love different families	Internet safety and harm Device Free Moments	Mental wellbeing Exercise linked to mental wellbeing	Internet safety and harm My media choices	Changing adolescent body What's happening to me?

Term 3 - Overarching theme: Being Healthy

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Wk 1	Health and Prevention Basic hygiene (RHE)	Internet Safety and Harm Internet Traffic Light	Online relationships Who is in your Online community?	Online relationships You've got mail	Internet safety and harm Affects on others of online behaviour	Online relationships Critical online friendships
Wk 2	First Aid Calling 999	Drugs and Alcohol How Medicines Work	Physical health Differences male and female (RHE)	Health and prevention Oral hygiene	Healthy eating Poor diet and risks	Health and Prevention Early signs of physical illness
Wk 3	Physical health Benefits of exercise	Physical Health Differences Male and Female	Healthy Eating Eatwell plate	Drugs and alcohol Tobacco	First aid Broken bones	Drugs and alcohol Drugs and Peer Pressure
Wk 4	Healthy Eating Fruit and veg	Health Eating Healthy Lunchbox	Drugs and alcohol Substances other than medicine contain drugs	Internet safety and harm Power of words Common Sense Education	Drugs and alcohol Alcohol	Being safe Safe and unsafe touches
Wk 5 Chns Mental Health Week	Mental Wellbeing Good and not so good feelings	Mental Well Being Good Feelings and Not So Good Feelings	Mental Wellbeing Expressing feelings	Mental Wellbeing Expressing feelings	Mental Wellbeing Seeking support for mental health	Mental Wellbeing Emotional wellbeing
Wk 6	Whole School Themed Week - Internet Safety and Harm -Internet Safety Week					

Term 4 - Overarching theme: All about me

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Wk 1	Drugs and alcohol What makes me healthy?	Families and those who care for Us Same Love, Different Families	First aid Getting first aid	Online relationships Responding safely and appropriately	Changing adolescent body What's happening?	Internet Safety and Harm Beyond gender stereotypes
Wk 2	Health and prevention Basic hygiene (RHE) Part 1	Internet Safety Searching and Sharing	First aid bleeding	Respectful relationships stereotypes	Being safe Recognise and report feeling unsafe	Healthy Eating Understanding calories
Wk 3	Health and prevention Basic hygiene (RHE) Part 2	Internet Safety and Harm Digital Footprint	Families and those who care for us Stable relationships and heart of happy family	Internet safety and harm Personal and private information	Online relationships Protecting Privacy	Internet Safety and Harm Message in a game
Wk 4	Online relationships Online boundaries	Caring friendships Friendships (RHE)	Being safe Personal space (RHE)	First aid Head injuries	Physical health Track exercise Exercise and heart rate	Internet Safety and Harm Online behaviour
Wk 5	Healthy Eating Water	Caring friendships Friendships (RHE)	Being safe Personal space (RHE)	Changing adolescent body Human lifecycle and growing up (RHE)	Health and prevention Personal hygiene Good sleep	Mental Wellbeing Self care techniques
Wk 6	Whole School Themed Week - Citizenship - Earth Hour					

Term 5 - Overarching theme: Responsible citizens

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Wk 1	Internet safety and harm ABC Searching	Drugs and Alcohol Vaccinations	Internet Safety and Harm Digital Trail	Internet Safety and Harm How to report online concerns	First aid choking	First Aid Responsive and unresponsive breathing
Wk 2	Physical Health Exercise and heart rate	Drugs and Alcohol Vaccinations Part 1	Health and prevention Facts and science linked to allergies	Being safe Personal boundaries	Mental wellbeing Isolation and loneliness	Health and Prevention Personal Hygiene
Wk 3	Whole School Themed Week - Health and Prevention Sun Safety					
Wk 4	Physical Health Exercise and heart rate	Drugs and Alcohol Vaccinations Part 2	Health and prevention Facts and science linked to allergies	Respectful relationships Respecting others	Respectful relationships Permission seeking	Drugs and alcohol Debate the legality of drugs
Wk 5	Drugs and alcohol Medicines and me	Internet Safety and Harm Key words for searching	Drugs and alcohol Using drugs correctly	First aid Decision making & Calling 999	Families and those who care for us Marriage is a life long commitment	Internet Safety and Harm Screen time
Wk 6	Drugs and alcohol Medicines and me Part 2	Health and Prevention Burns	First aid Spot the danger	Health and prevention Health and hygiene	Internet Safety Citing sources	Being safe Report concerns about abuse and where to get help

Term 6 - Overarching theme: Changes

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Wk 1	Internet safety and harm Keep it private	Mental Well Being Big Feelings	Families and those who care for us Who to go to for support	Health and prevention Facts and science linked to immunisations	Mental wellbeing How feelings and emotions change	Changing adolescent body What's happening to my body?
Wk 2	Mental Health Big Feelings	Internet Safety and Harm Email	Health and prevention How bacteria spreads	Changing adolescent body Basic Puberty	Internet safety and harm Reliability	Caring friendships To judge when a friendship is making us unhappy
Wk 3	Whole School Themed Week - Citizenship Economic Awareness					
Wk 4	Mental Health Big Feelings	Being Safe Body parts and names	Families and those who care for us Who to go to for support	Internet safety and harm Whose is it anyway? Plagiarism	Changing adolescent body What's happening?	Mental Wellbeing Linked to secondary school
Wk 5	Whole School Themed Week - Citizenship - Transition Week					
Wk 6	Whole School Themed Week - Train Safety					