



## Long Term Plan for PSHE

### Havannah First School PSHE Units and Coverage

Year Group	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<b>R</b>	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
<b>Y1</b>	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling good Consequences	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology)

	Owning the learning charter		Tackling new challenges  Identifying and overcoming obstacles  Feelings of success	Road safety  Linking health and happiness	Self-acknowledgement  Being a good friend to myself  Celebrating special relationships	Linking growing and learning  Coping with change  Transition
Y2	Hopes and fears for the year  Rights and responsibilities  Rewards and consequences  Safe and fair learning environment  Valuing contributions  Choices  Recognising feelings	Assumptions and stereotypes about gender  Understanding bullying  Standing up for self and others  Making new friends  Gender diversity  Celebrating difference and remaining friends	Achieving realistic goals  Perseverance  Learning strengths  Learning with others  Group co-operation  Contributing to and sharing success	Motivation  Healthier choices  Relaxation  Healthy eating and nutrition  Healthier snacks and sharing food	Different types of family  Physical contact boundaries  Friendship and conflict  Secrets  Trust and appreciation  Expressing appreciation for special relationships	Life cycles in nature  Growing from young to old  Increasing independence  Differences in female and male bodies (correct terminology)  Assertiveness  Preparing for transition
Y3	Setting personal goals  Self-identity and worth  Positivity in challenges  Rules, rights and responsibilities	Families and their differences  Family conflict and how to manage it (child-centred)  Witnessing bullying and how to solve it	Difficult challenges and achieving success  Dreams and ambitions  New challenges  Motivation and enthusiasm	Exercise  Fitness challenges  Food labelling and healthy swaps  Attitudes towards drugs	Family roles and responsibilities  Friendship and negotiation  Keeping safe online and who to go to for help	How babies grow  Understanding a baby's needs  Outside body changes  Inside body changes  Family stereotypes

	<p>Rewards and consequences</p> <p>Responsible choices</p> <p>Seeing things from others' perspectives</p>	<p>Recognising how words can be hurtful</p> <p>Giving and receiving compliments</p>	<p>Recognising and trying to overcome obstacles</p> <p>Evaluating learning processes</p> <p>Managing feelings</p> <p>Simple budgeting</p>	<p>Keeping safe and why it's important in online and offline scenarios</p> <p>Respect for myself and others</p> <p>Healthy and safe choices</p>	<p>Being a global citizen</p> <p>Being aware of how my choices affect others</p> <p>Awareness of how other children have different lives</p> <p>Expressing appreciation for family and friends</p>	<p>Challenging my ideas</p> <p>Preparing for transition</p>
Y4	<p>Being part of a class team</p> <p>Being a school citizen</p> <p>Rights, responsibilities and democracy (school council)</p> <p>Rewards and consequences</p> <p>Group decision making</p> <p>Having a voice</p> <p>What motivates behaviour</p>	<p>Challenging assumptions</p> <p>Judging by appearance</p> <p>Accepting self and others</p> <p>Understanding influences</p> <p>Understanding bullying</p> <p>Problem-solving</p> <p>Identifying how special and unique everyone is</p> <p>First impressions</p>	<p>Hopes and dreams</p> <p>Overcoming disappointment</p> <p>Creating new, realistic dreams</p> <p>Achieving goals</p> <p>Working in a group</p> <p>Celebrating contributions</p> <p>Resilience</p> <p>Positive attitudes</p>	<p>Healthier friendships</p> <p>Group dynamics</p> <p>Smoking</p> <p>Alcohol</p> <p>Assertiveness</p> <p>Peer pressure</p> <p>Celebrating inner strength</p>	<p>Jealousy</p> <p>Love and loss</p> <p>Memories of loves ones</p> <p>Getting on and falling out</p> <p>Girlfriends and boyfriends</p> <p>Showing appreciation to people and animals</p>	<p>Being unique</p> <p>Having a baby</p> <p>Puberty</p> <p>Confidence in change</p> <p>Accepting change</p> <p>Preparing for transition</p> <p>Environmental change</p>