



Long Term Plan for PSHE

Havannah First School PSHE Units and Coverage

<p style="text-align: center; color: green; font-weight: bold; font-size: 2em;">R</p>	<p>Self-regulation: My feelings (6 lessons)</p> <p>In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.</p>	<p>Building relationships: Special relationships (6 lessons)</p> <p>In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.</p>	<p>Managing self: Taking on challenges (6 lessons)</p> <p>In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.</p>	<p>Self-regulation: Listening and following instructions (6 lessons)</p> <p>In this unit, children will learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.</p>	<p>Building relationships: My family and friends (6 lessons)</p> <p>In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.</p>	<p>Managing self: My wellbeing (6 lessons)</p> <p>In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.</p>
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<p>Y1</p>	<p><u>Zones of Regulation</u> <u>Lessons 1 – 6</u></p> <p>Students become familiar with the concept of The Zones</p> <p>Students increase their ability to identify emotions</p> <p>Students deepen their understanding of The Zones of Regulation and learn to identify the Zones in others</p> <p>Students learn to identify the Zones in themselves</p> <p>Students learn that in a specific situation there are expected and unexpected behaviour that a person may produce when in a Zone</p> <p>Students gain an increased awareness of how they feel in each Zone</p>	<p><u>Zones of Regulation</u> <u>Lessons 7 – 12</u></p> <p>Students understand that different events change the way they are feeling</p> <p>Students gain awareness that Zones fluctuate throughout the day</p> <p>Students gain awareness that they are more successful if they can manage their triggers and Zones</p> <p>Students gain insight about how sensory support tools can help regulate Zones</p> <p>Students learn about and try out calming techniques that can be utilised to calm their body and mind</p> <p>Students are able to provide examples of big, medium and small problems</p>	<p><u>Zones of Regulation</u> <u>Lessons 13 – 18</u></p> <p>Students understand that they can engage in different strategies to change their Zone and regulate</p> <p>Students review what their Yellow Zone looks like in them</p> <p>Students recognise opportunities in their day to use Zone tools</p> <p>Students increase their use of tools to aid in self-regulation</p> <p>Students increase their problem solving and planning abilities</p> <p>Students celebrate their achievements in using tools to regulate their Zones</p>	<p>Family and relationships (7 lessons)</p> <p>Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair.</p>	<p>Safety and the changing body (8 lessons)</p> <p>Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe.</p>	<p>Economic wellbeing (6 lessons)</p> <p>Learning about a range of money and bank functions including cash safety, spending, saving and jobs.</p>
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<p>Y2</p>	<p>Families and relationships (7 lessons)</p> <p>Learning that families are composed of different people who offer each other care and support. Learning how other people show their feelings and how to respond to them. Looking at conventions of manners and developing an understanding of self-respect.</p>	<p>Health and wellbeing (7 lessons)</p> <p>Learning about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals and developing a growth mindset and understanding dental hygiene.</p>	<p>Safety and the changing body (9 lessons)</p> <p>Developing understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.</p>	<p>Citizenship (7 lessons)</p> <p>Learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion.</p>	<p>Economic wellbeing (6 lessons)</p> <p>Learning about financial literacy including how adults get money, wants and needs, using skills and talents and inclusive environments.</p>
<p>Y3</p>	<p>Family and relationships (8 lessons)</p> <p>Learning how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.</p>	<p>Health and wellbeing (7 lessons)</p> <p>Understanding that a healthy lifestyle includes physical activity, a balanced diet, and rest and relaxation; exploring identity through groups we belong to, and how our strengths can be used to help others; learning how to solve problems by breaking them down into achievable steps.</p>	<p>Safety and the changing body (8 lessons)</p> <p>Learning about cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence.</p>	<p>Citizenship (7 lessons)</p> <p>Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.</p>	<p>Economic wellbeing (6 lessons)</p> <p>Introduction to budgeting, learning about the different paying methods, the emotional impact of money, the ethics of spending, potential jobs and careers and learning that anyone can aspire to anything.</p>
<p>Y4</p>	<p>Families and relationships (8 lessons)</p> <p>Learning that families are varied and differences must be respected; understanding physical and emotional boundaries in friendships; exploring: the roles of bully, victim</p>	<p>Health and wellbeing (7 lessons)</p> <p>Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a</p>	<p>Safety and the changing body (8 lessons)</p> <p>Building awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions;</p>	<p>Citizenship (6 lessons)</p> <p>Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.</p>	<p>Economic wellbeing (6 lessons)</p> <p>Exploring choices associated with looking after money, what makes something good value for money, stereotypes in the workplace, career changes</p>

	and bystander; how behaviour affects others; manners in different situations and learning about bereavement.	growth mindset; identifying calming and relaxing activities; developing independence in dental hygiene.	exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma.		and what influences career choices.
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Suggested long-term plan: RSE & PSHE - Outline (EYFS: Reception)

Week	Autumn	Spring	Summer
Week 1	Self-regulation: My feelings (6 lessons) Lesson 1: Identifying my feelings	Managing self: Taking on challenges (6 lessons) Lesson 1: Why do we have rules?	Building relationships: My family and friends (6 lessons) Lesson 1: Festivals
Week 2	Lesson 2: Feelings jars	Lesson 2: Building towers	Lesson 2: Sharing
Week 3	Lesson 3: Coping strategies	Lesson 3: Team den building	Lesson 3: What makes a good friend?
Week 4	Lesson 4: Describing feelings	Lesson 4: Grounding	Lesson 4: Being a good friend
Week 5	Lesson 5: Facial expressions	Lesson 5: Team races	Lesson 5: Teamwork
Week 6	Lesson 6: Creating a calm corner	Lesson 6: Circus skills	Lesson 6: Celebrating friendships
Week 7	Building relationships: Special relationships (6 lessons) Lesson 1: My family	Self-regulation: Listening and following instructions (6 lessons) Lesson 1: Simon says	Managing self: My wellbeing (6 lessons) Lesson 1: What is exercise?
Week 8	Lesson 2: Special people	Lesson 2: Listening to a story	Lesson 2: Yoga and relaxation
Week 9	Lesson 3: Sharing	Lesson 3: Pass the whisper	Lesson 3: Looking after ourselves
Week 10	Lesson 4: I am unique	Lesson 4: Obstacle race	Lesson 4: Being a safe pedestrian
Week 11	Lesson 5: My interests	Lesson 5: Blindfold walk	Lesson 5: Eating healthily
Week 12	Lesson 6: Similarities and differences	Lesson 6: Treasure hunt	Lesson 6: A rainbow of food

Week	Autumn	Spring	Summer	
Introduction	 <p>THE ZONES OF REGULATION</p>	 <p>THE ZONES OF REGULATION</p>	Safety and the changing body (8 lessons) Lesson 1: Adults in school	
Week 1			Lesson 2: Adults outside school	
Week 2			Lesson 3: Getting lost	
Week 3			Lesson 4: Making an emergency phone call	
Week 4			Lesson 5: Appropriate contact	
Week 5			Lesson 6: Safety with substances	
Week 6			Family and relationships (7 lessons) Lesson 1: What is family?	Lesson 7: Safety at home
Week 7			Lesson 2: What are friendships?	Lesson 8: People who help keep us safe
Week 8			Lesson 3: Recognising other people's emotions	Economic wellbeing (6 lessons) Lesson 1: What is money?
Week 9			Lesson 4: Working with others	Lesson 2: Keeping money safe
Week 10			Lesson 5: Friendship problems	Lesson 3: What is a bank?
Week 11			Lesson 6: Healthy friendships	Lesson 4: Saving and spending
Week 12	Lesson 7: Gender stereotypes	Lesson 5: Jobs in school		
			Lesson 6: Jobs out of school	

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (7 lessons) Lesson 1: Families offer stability and love	Lesson 7: Looking after our teeth	Lesson 3: Our local environment
Week 2	Lesson 2: Families are all different	Safety and the changing body (8 lessons) Lesson 1: Introduction to the internet	Lesson 4: Job roles in our local community
Week 3	Lesson 3: Other people's' feelings	Lesson 2: Communicating online	Lesson 5: Similar yet different - my local community
Week 4	Lesson 4: Unhappy friendships	Lesson 3: Secrets and surprises	Lesson 6: School council
Week 5	Lesson 5: Introduction to manners and courtesy	Lesson 4: Appropriate contact: My private parts	Lesson 7: Giving my opinion
Week 6	Lesson 6: Change and loss	Lesson 5: Appropriate contact: My private parts are private	★ Extend the unit, or put into practise some of the improvements to the school environment from Lesson 2 (eg plant flowers, litter picking, cleaning)
Week 7	Lesson 7: Gender stereotypes: Careers and jobs	Lesson 6: My personal boundaries	Economic wellbeing (6 lessons) Lesson 1: Where does money come from?
Week 8	Health and wellbeing (7 lessons) Lesson 1: Experiencing different emotions	Lesson 7: Road safety	Lesson 2: Exploring wants
Week 9	Lesson 2: Being active	Lesson 8: Crossing roads safely	Lesson 3: Exploring needs
Week 10	Lesson 3: Relaxation: Breathing exercise	Lesson 9: Staying safe with medicine	Lesson 4: Bank cards and accounts
Week 11	Lesson 4: Steps to success	Citizenship (7 lessons) Lesson 1: Rules beyond school	Lesson 5: My skills and talents
Week 12	Lesson 5: Developing a growth mindset	Lesson 2: Our school environment	Lesson 6: Everyone is welcome
Week 13	Lesson 6: Healthy diet		

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (8 lessons) Lesson 1: Healthy families	Lesson 6: Communicating my feelings - coming soon!	Lesson 3: Recycling
Week 2	Lesson 2: Friendship conflict	Lesson 7: Diet and dental health	Lesson 4: Local community groups
Week 3	Lesson 3: Friendship conflict versus bullying	Safety and the changing body (8 lessons) Lesson 1: First Aid: Emergencies and calling for help	Lesson 5: Charity
Week 4	Lesson 4: Effective communication	Lesson 2: First Aid: Bites and stings	Lesson 6: Local democracy
Week 5	Lesson 5: Learning who to trust	Lesson 3: Be kind online	Lesson 7: Rules
Week 6	Lesson 6: Respecting differences in others	Lesson 4: Cyberbullying	★ Extend the unit, or set up a mock election to demonstrate how democracy works.
Week 7	Lesson 7: Stereotyping gender	Lesson 5: Fake emails	Economic wellbeing (6 lessons) Lesson 1: How can we pay for something?
Week 8	Lesson 8: Stereotyping age	Lesson 6: Making choices	Lesson 2: Budgeting
Week 9	Health and wellbeing (6 lessons) Lesson 1: My healthy diary	Lesson 7: Influences	Lesson 3: Understanding our feelings about money
Week 10	Lesson 2: Relaxation	Lesson 8: Keeping safe out and about	Lesson 4: Impact of spending
Week 11	Lesson 3: Wonderful me	Citizenship (7 lessons) Lesson 1: Rights of the child	Lesson 5: Career quest
Week 12	Lesson 4: My superpowers	Lesson 2: Rights and responsibilities	Lesson 6: Can anyone be anything?
Week 13	Lesson 5: Resilience breaking down barriers		

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (8 lessons) Lesson 1: Respect and manners	Lesson 5: My happiness	Citizenship (6 lessons) Lesson 1: What are human rights?
Week 2	Lesson 2: Healthy friendships	Lesson 6: Emotions	Lesson 2: Caring for the environment
Week 3	Lesson 3: How my behaviour affects others	Lesson 7: Mental health	Lesson 3: Community
Week 4	Lesson 4: Bullying	Safety and the changing body (8 lessons) Lesson 1: Internet safety: Age restrictions	Lesson 4: Contributing
Week 5	Lesson 5: Stereotypes: Gender	Lesson 2: Share aware	Lesson 5: Diverse communities
Week 6	Lesson 6: Stereotypes: Disability	Lesson 3: First Aid: Asthma	Lesson 6: Local councillors
Week 7	Lesson 7: Families in the wider world	Lesson 4: Privacy and secrecy	Economic wellbeing (6 lessons) Lesson 1: Navigating feelings about money
Week 8	Lesson 8: Change and loss	Lesson 5: Consuming information online	Lesson 2: Keeping money safe
Week 9	Health and wellbeing (7 lessons) Lesson 1: Looking after our teeth	Lesson 6: Growing up	Lesson 3: Imagining our financial future
Week 10	Lesson 2: Relaxation: Visualisation	Lesson 7: Introducing puberty	Lesson 4: The risks of gambling
Week 11	Lesson 3: Celebrating mistakes	Lesson 8: Tobacco	Lesson 5: Workplace environments
Week 12	Lesson 4: Meaning and purpose: My role	★ Extend the unit, or allow children time to explore the Thinkuknow website about online safety	Lesson 6: Career routes

