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**Long Term Plan for PSHE**

**Havannah First School PSHE Units and Coverage**

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| **Year Group** | Being Me in My World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
| **R** | 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 |
| **Y1** | **Zones of Regulation**  **Lessons 1 – 6**  Students become familiar with the concept of The Zones  Students increase their ability to identify emotions  Students deepen their understanding of The Zones of Regulation and learn to identify the Zones in others  Students learn to identify the Zones in themselves  Students learn that in a specific situation there are expected and unexpected behaviour that a person may produce when in a Zone  Students gain an increased awareness of how they feel in each Zone | **Zones of Regulation**  **Lessons 7 – 12**  Students understand that different events change the way they are feeling  Students gain awareness that Zones fluctuate throughout the day  Students gain awareness that they are more successful if they can manage their triggers and Zones  Students gain insight about how sensory support tools can help regulate Zones  Students learn about and try out calming techniques that can be utilised to calm their body and mind  Students are able to provide examples of big, medium and small problems | **Zones of Regulation**  **Lessons 13 – 18**  Students understand that they can engage in different strategies to change their Zone and regulate  Students review what their Yellow Zone looks like in them  Students recognise opportunities in their day to use Zone tools  Students increase their use of tools to aid in self-regulation  Students increase their problem solving and planning abilities  Students celebrate their achievements in using tools to regulate their Zones | **Jigsaw PSHE**  **Healthy Me**  Keeping myself healthy  Healthier lifestyle choices  Keeping clean  Being safe  Medicine safety/safety with household items  Road safety  Linking health and happiness | **Jigsaw PSHE**  **Relationships**  Belonging to a family  Making friends/being a good friend  Physical contact preferences  People who help us  Qualities as a friend and person  Self-acknowledgement  Being a good friend to myself  Celebrating special relationships | **Jigsaw PSHE**  **Changing Me**  Life cycles – animal and human  Changes in me  Changes since being a baby  Differences between female and male bodies (correct terminology)  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  Rewards and consequences  Responsible choices  Seeing things from others’ perspectives | Families and their differences  Family conflict and how to manage it (child-centred)  Witnessing bullying and how to solve it  Recognising how words can be hurtful  Giving and receiving compliments | Difficult challenges and achieving success  Dreams and ambitions  New challenges  Motivation and enthusiasm  Recognising and trying to overcome obstacles  Evaluating learning processes  Managing feelings  Simple budgeting | Exercise  Fitness challenges  Food labelling and healthy swaps  Attitudes towards drugs  Keeping safe and why it’s important in online and offline scenarios  Respect for myself and others  Healthy and safe choices | Family roles and responsibilities  Friendship and negotiation  Keeping safe online and who to go to for help  Being a global citizen  Being aware of how my choices affect others  Awareness of how other children have different lives  Expressing appreciation for family and friends | How babies grow  Understanding a baby’s needs  Outside body changes  Inside body changes  Family stereotypes  Challenging my ideas  Preparing for transition |
| **Y4** | Being part of a class team  Being a school citizen  Rights, responsibilities and democracy (school council)  Rewards and consequences  Group decision making  Having a voice  What motivates behaviour | Challenging assumptions  Judging by appearance  Accepting self and others  Understanding influences  Understanding bullying  Problem-solving  Identifying how special and unique everyone is  First impressions | Hopes and dreams  Overcoming disappointment  Creating new, realistic dreams  Achieving goals  Working in a group  Celebrating contributions  Resilience  Positive attitudes | Healthier friendships  Group dynamics  Smoking  Alcohol  Assertiveness  Peer pressure  Celebrating inner strength | Jealousy  Love and loss  Memories of loves ones  Getting on and falling out  Girlfriends and boyfriends  Showing appreciation to people and animals | Being unique  Having a baby  Puberty  Confidence in change  Accepting change  Preparing for transition  Environmental change |