

## Foundation Stage and Key Stage 1 PSHE Long Term Plan

We learn about our school Values in our PSHE lessons

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Busy Bees	<p><b><u>Good to be Me</u></b>  <b><u>(*EH&amp;WB)</u></b>            Making friends,            New routines,            Sharing and taking turns,            feelings – happy, sad,</p>	<p><b><u>Staying safe</u></b>            Firework Safety,            Toileting and hand washing,            Safe use of equipment.</p>	<p><b><u>Healthy Lifestyles</u></b>            Caring for the classroom and ourselves,            Caring for pets/growing plants.</p>	<p><b><u>Citizenship</u></b>  <b><u>(**EWB&amp;FC)</u></b>            Inviting friends to play, Playing in a group, Resolving conflicts, Right and wrong,</p>	<p><b><u>Drug Education</u></b>            Healthy Eating - Everyday foods and sometimes foods</p>	<p><b><u>Friendships and Changes</u></b>            Relationships – my family, sun safety</p>
Year R	<p><b><u>Good to be Me</u></b>  <b><u>(*EH&amp;WB)</u></b>            Forming friends and classroom routines, responsibilities, School council            What makes me unique?</p>	<p><b><u>Staying safe</u></b>            Firework Safety,            Health for Life:            Keeping Safe 4-5            Hand washing, toileting, sneezing, coughing – protecting ourselves and others</p>	<p><b><u>Citizenship</u></b>  <b><u>(*EWB&amp;FC)</u></b>            communities and groups, fairness and respecting the views of others, people who help us            LCP - Communities</p>	<p><b><u>Healthy Lifestyles</u></b>            Exercise – understanding why it is important and changes to our bodies when we exercise – making healthy choices</p>	<p><b><u>Drug Education</u></b>            Healthy Eating            Making healthy choices,            Caring for animals</p>	<p><b><u>Friendships and Changes</u></b>            Health for Life :            Me and my relationships 4-5,            Lifecycles – butterfly, sun safety,</p>

Year 1	<p><b><u>Good to be Me</u></b> <b>(*EH&amp;WB)</b></p> <p>Aspirations and personal targets, Choosing a friend, Playing safe Feelings and emotions: What makes us happy, sad, angry.</p>	<p><b><u>Staying safe</u></b></p> <p>Firework Safety, Anti-Bullying, Playground rules, Listening to each other, playground rules, road safety</p>	<p><b><u>Healthy Lifestyles</u></b></p> <p>Healthy eating, Healthy Exercise, Health for Life: growing and changing</p>	<p><b><u>Citizenship</u></b> <b>(*EWB&amp;FC)</b></p> <p>Communication and participation, the family People who help us in school, school rules, The Police,</p>	<p><b><u>Drug Education</u></b></p> <p>Health for Life: Medicines and drugs 4-5</p>	<p><b><u>Friendships and Changes</u></b></p> <p>Looking after ourselves, getting dressed, cleanliness and personal hygiene, differences between people,</p>
Year 2	<p><b><u>Good to be Me</u></b> <b>(*EH&amp;WB)</b></p> <p>Aspirations and personal targets, Class Rules, School council playground buddies, friendship, feelings and relationships - anger, fear, trust, frustration, self-confidence, Friendship web</p>	<p><b><u>Staying safe</u></b></p> <p>Firework safety, night time safety Rights and responsibilities – the right to be safe, playground rules, the right to education and medicine Health for life : keeping myself safe 6-7</p>	<p><b><u>Drug Education</u></b></p> <p>Health for Life: Healthy lifestyles and the world of drugs 6-7 , rules in the home and safety in the home, dangerous household goods</p>	<p><b><u>Citizenship</u></b> <b>(*EWB&amp;FC)</b></p> <p>Reviewing class rules, special people, people who help us – Doctors and nurses, developing our school grounds, living in a diverse world</p>	<p><b><u>Healthy Lifestyles</u></b></p> <p>Healthy Eating and Exercise – making healthy choices. Health for Life: Healthy Eating 6-7</p>	<p><b><u>Friendships and Changes</u></b></p> <p>Health for Life: me and my relationships 6-7, Families and being a parent, Sun safety,</p>

\*Emotional Health & Wellbeing

\*\*Economic Wellbeing and Financial Capability