

PSHCEE LONG TERM PLAN: 2024-25

Term 1 and 2: Relationships			Term 3 and 4: Living in the wider world			Term 5 and 6: Health and Wellbeing			
Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe	
<p>See themselves as a valuable individual and describe themselves in positive terms, talking about their abilities and interests.</p> <p>Talk about what they are good at and what they want to get better at and show resilience and perseverance in the face of challenge.</p>			<p>Talk about the different occupations that familiar adults and members of their community have.</p> <p>Think about the perspectives of others and understand that their own actions can affect other people and begin to act to make amends.</p> <p>Use digital devices to take digital images or recordings of their creations to share with others.</p>			<p>Follow rules and instructions to keep safe.</p> <p>Play cooperatively with others and take turns.</p> <p>Suggest healthy ingredients that can be used to make simple snacks.</p> <p>Look after basic hygiene and personal needs and talks about the importance of good oral health.</p> <p>Talk about what constitutes a healthy lifestyle.</p> <p>Wash and dry hands regularly and say why this is important.</p> <p>Talk about why it is important to stay safe in the sun.</p>			
Yr. 1	<p>Roles of different people; families; feeling cared for</p>	<p>Recognising privacy; staying safe; seeking Permission</p>	<p>How behaviour affects others; being polite and respectful</p>	<p>What rules are; caring for others' needs; looking after the environment</p>	<p>Using the internet and digital devices; Communicating online</p>	<p>Strengths and interests; jobs in the Community</p>	<p>Keeping healthy; food and exercise, hygiene routines; Sun Safety</p>	<p>Recognising what makes them unique and special; feelings; managing when things go wrong.</p>	<p>How rules and age restrictions help us; keeping safe online</p>
Jubilee Primary School RSHE Scheme			JUBILEE UNIVERSITY			JUBILEE UNIVERSITY			
Yr. 2	<p>Making friends; feeling lonely and getting help</p>	<p>Managing secrets; resisting pressure and getting help; recognising hurtful behaviour.</p>	<p>Recognising things in common and differences; playing and working co-operatively: sharing opinions</p>	<p>Belonging to a group; roles and responsibilities; being the same and different in the Community.</p>	<p>The internet in everyday life; online content and information.</p>	<p>What money is; needs and wants; looking after money</p>	<p>Why sleep is important; medicines and keeping healthy: keeping teeth healthy: managing feelings and asking for help.</p>	<p>Growing older; naming body parts; moving class or year</p>	<p>Safety in different environments; risk and safety at home; emergencies.</p>
Jubilee Primary School RSHE Scheme			PE AUTUMN 1 TEAMWORK		TEACH COMPUTING UNIT 1: IT Around Us	Jubilee University: Fire Safety			

Yr. 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour.	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite.	The value of rules and laws; rights, freedoms and responsibilities.	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals.	Health choices and habits; what affects feelings; expressing feelings.	Personal strengths and achievements; managing and re-framing setbacks.	Risks and hazards; safety in the local environment and unfamiliar places.
	Jubilee Primary School RSHE Scheme								
Yr.4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online.	Personal boundaries and privacy.	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle.	Oral hygiene and dental care.	Medicines and household products; drugs common to everyday life
	Jubilee Primary School RSHE Scheme								
Yr. 5	Features of family life; identifying different family structures.	Gender equality in society and the workplace.	Physical and emotional changes that happen in puberty. Term 4	Protecting the environment; compassion towards others.	How information online is targeted; different media types, their role and impact.	Identifying job interests and aspirations; what influences career choices; workplace stereotypes.	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies.	Personal identity; Recognising individuality and different qualities; mental well-being. T	Keeping safe in different situations, including responding in emergencies, first aid.
	Jubilee Primary School RSHE Scheme			JUBILEE UNIVERSITY					Jubilee University Years 4 and 6
Yr. 6	Committed Relationships and Marriage Term 6	Recognising and managing pressure; consent in different situations.	Expressing opinions and respecting other points of view including discussing topical issues.	Valuing diversity; challenging discrimination and stereotypes.	Evaluating media sources; sharing things online.	Influences and attitudes to money; money and financial risks.	What affects mental health and ways to take care of it; managing change. Loss and bereavement; managing time online.	Human reproduction and birth; increasing independence: managing transition. Maidstone Schools Transition Project	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.
	Jubilee Primary School RSHE Scheme					JUBILEE UNIVERSITY			