

PSHE topic overview


BRAISHFIELD PRIMARY SCHOOL LONG TERM PLANNING CYCLE A	Autumn 1 1/2 Amazing Animals 3/4 Rocks to Riches 5/6 Ships Ahoy	Autumn 2 1/2 Toy Story 3/4 Rocks to Riches 5/6 Born Survivor	Spring 1 1/2 London Calling 3/4 Doctor, Doctor 5/6 Uganda or UK?	Spring 2 1/2 London's Burning 3/4 Kensuke's Kingdom 5/6 Who Let the Gods Out?	Summer 1 1/2 Sink or Swim? 3/4 Blooming Marvellous 5/6 Go Green!	Summer 2 1/2 Healthy Me, Healthy You 3/4 Fire and Ice 5/6 Lights, Camera, Action
Year R	Self-regulation: My feelings 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.	Building relationships: Special relationships 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.	Managing self: Taking on challenges 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.	Self-regulation: Listening and following instructions Why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.	Building relationships: My family and friends We all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another. RSE (Family & Friendships): Caring friendships, being kind, Families	Managing self: My wellbeing How to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.
Year 1/2	Family & Relationships Family, Friendships, Families are all different, Other people's feelings, Getting along with others, Friendship problems, Gender stereotypes	Health & Wellbeing Understanding my feelings, Relaxation – laughter and progressive muscle relaxation, What am I like?, Ready for bed?, Handwashing and personal hygiene, Sun safety, Allergies, People who help us stay healthy	Safety and the changing body Communicating with adults, People who help to keep us safe, Road safety, Safety with medicines, Calling the emergency services	Citizenship Rules, Similar yet different, Belonging, Job roles in the community, Our school environment, Our local environment	Economic wellbeing Money, Needs and wants, Looking after money, Banks and building societies, Jobs	Safety and the changing body Secrets and surprises, Appropriate contact RSE Y1: Growing & Caring for Ourselves Different friends, Growing & changing, Families & care Y2: Differences Differences, Male & Female animals, Naming body parts Transition
Year 3/4	Family & Relationships Friendship issues and bullying, Stereotyping – gender, age, disability, Healthy friendships –	Health & Wellbeing My healthy diary, Diet and dental health, Relaxation – stretches, Wonderful me, My	Safety and the changing body Be kind online, Cyberbullying, Share aware, Privacy and secrecy, First	Citizenship Recycling/ reusing, Local community buildings and groups, Local council and	Economic wellbeing Spending choice, Budgeting, Money and emotions, Jobs and careers, Jobs for me	Safety and the changing body Y3 – First Aid: Emergencies and calling for help, Road safety RSE



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	boundaries, Learning who to trust, Respecting differences, Change and loss – bereavement	superpowers, Celebrating mistakes, My happiness	aid – bites and stings, Choices and influences	democracy, Rules, Rights of the child, Human rights		Y3: Valuing difference & Keeping safe Body differences, Personal space, Help & support Y4: Growing up Changes, What is Puberty?, Healthy relationships Transition Coping strategies
Year 5/6	Family & Relationships Being a friend – what makes a good friend, Respect, Respecting myself, Marriage, Bullying, Stereotyping, Challenging stereotypes	Health & Wellbeing Relaxation – Yoga, The importance of rest, Embracing failure, Going for goals, Taking responsibility for my feelings, Healthy meals, Sun safety	Safety and the changing body Online friendships, Staying safe online, First Aid: Choking, Alcohol, Drugs, alcohol and tobacco (influences)	Citizenship Breaking the law, Prejudice and discrimination, Protecting the planet, Contributing to the community, Rights and responsibilities, Parliament and national democracy	Economic wellbeing Borrowing, Income and expenditure, Prioritising spending, Risks with money, Careers	Safety and the changing body RSE Y5: Puberty Talking about puberty, The reproductive system, Help and support Y6: Puberty, Relationships & Reproduction Puberty & reproduction, Communication in relationships, Families, conception & pregnancy, Online relationships Transition Roles and responsibilities

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BRAISHFIELD PRIMARY SCHOOL LONG TERM PLANNING CYCLE B 	Autumn 1 1/2 Superheroes 3/4 Rotten Romans, Savage Saxons and Vicious Vikings 5/6 Stories from Around the World/ Mayan Mayhem	Autumn 2 1/2 Wild Weather 3/4 Rotten Romans, Savage Saxons and Vicious Vikings 5/6 Brightstorm	Spring 1 1/2 Queens, Castles and Dirty Rascals 3/4 Rainforests 5/6 Keep Calm and Carry On	Spring 2 1/2 Queens, Castles and Dirty Rascals 3/4 Rainforests 5/6 Our Planet	Summer 1 1/2 Coastal Chaos 3/4 Tomb Raiders 5/6 Thrills and Spills	Summer 2 1/2 Under the Sea 3/4 Tomb Raiders 5/6 Lights, Camera, Action
Year R	Self-regulation: My feelings 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.	Building relationships: Special relationships 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.	Managing self: Taking on challenges 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.	Self-regulation: Listening and following instructions Why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.	Building relationships: My family and friends We all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another. RSE (Family & Friendships): Caring friendships, being kind, Families	Managing self: My wellbeing How to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.
Year 1/2	Family & Relationships Family, Friendships, Other people's feelings, Getting along with others, Friendship problems, Gender stereotypes, Change and loss	Health & Wellbeing Understanding my feelings, Steps to success, Developing a growth mindset, Being active, Relaxation: breathing exercises, Healthy diet, Looking after our teeth	Safety and the changing body Communicating with adults, Road safety, Safety at home, Safety with medicines, What to do if I get lost, The internet	Citizenship Rules, Similar yet different, Caring for others: Animals, The needs of others, Democratic decisions, School council, Giving my opinion	Economic wellbeing Money, Needs and wants, Saving and spending, Banks and building societies, Jobs	Safety and the changing body Appropriate contact RSE Y1: Growing & Caring for Ourselves Different friends, Growing & changing, Families & care Y2: Differences Differences, Male & Female animals, Naming body parts Transition
Year 3/4	Family & Relationships Friendship issues and bullying, Healthy families, Stereotyping – gender, age, disability, How my	Health & Wellbeing My healthy diary, Looking after our teeth, Relaxation – visualisation, Meaning and purpose – my role, Resilience:	Safety and the changing body Fake emails, Internet safety: age restrictions, Consuming information	Citizenship Recycling/ reusing, Local community buildings and groups, Local council and democracy, Diverse	Economic wellbeing Spending choice, Budgeting, Money and emotions, Jobs and careers, Jobs for me	Safety and the changing body Y3 – First Aid: Emergencies and calling for help, Road safety RSE

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	behaviour affects others, Effective communication to support relationships, Respect and manners, Respecting differences	Breaking down problems, Emotions, Mental health	online, Tobacco, First aid: asthma, Choices and influences	communities, Rights of the child, Charity		Y3: Valuing difference & Keeping safe Body differences, Personal space, Help & support Y4: Growing up Changes, What is Puberty?, Healthy relationships Transition Coping strategies
Year 5/6	Family & Relationships Friendship skills, Respect, Resolving conflict, Family life, Stereotyping, Challenging stereotypes, Change and loss	Health & Wellbeing Relaxation – mindfulness, What can I be?, Taking responsibility for my health, The impact of technology on health, Resilience toolbox, Immunisation, Physical health concerns, Good and bad habits	Safety and the changing body Critical digital consumers, Social media, First Aid: Bleeding, First Aid: Basic life support	Citizenship Pressure groups, Valuing diversity, Food choices and the environment, Caring for others, Rights and responsibilities, Parliament and national democracy	Economic wellbeing Attitudes to money, Keeping money safe, Stereotypes in the workplace, Gambling, Careers	Safety and the changing body RSE Y5: Puberty Talking about puberty, The reproductive system, Help and support Y6: Puberty, Relationships & Reproduction Puberty & reproduction, Communication in relationships, Families, conception & pregnancy, Online relationships Transition Roles and responsibilities