

CYCLE A and B Personal, Social, Health and Education (PSHE) KS1 and KS2

The long term plan below has been adapted from the PSHE Association long-term plan and covers three core themes over three terms; Relationships, Health and Wellbeing and Living in the Wider World . It takes into account progression, development of pupils’ understanding of the overarching concepts and development of essential skills. Content has been selected to ensure opportunities to explore the overarching concepts and to develop the essential skills and attributes set out in the PSHE Association Programme of Study, through a curriculum that is relevant and appropriate to the ethos of our school and the needs of our pupils. Our programme revisits themes every year, gradually extending thinking, expanding knowledge and developing skills.

Using this text colour we have indicated teaching specific to our school as a Church school. This is taken from the Diocese of Bristol’s resource Goodness and Mercy. The resource aims to fully support the Church of England vision for education: “I come that they may have life in all its fullness” (John 10:10). We have also linked our curriculum to the four strands in the Church of England’s vision for education; wisdom, hope, community and dignity.

RELATIONSHIPS (Autumn Term)			
	Feelings and emotions Hope	Healthy relationships Community	Valuing difference Dignity
EYFS Taught through child initiated Personal, Social and Emotional Development and adult led activities	Be confident to talk to other children and communicate freely about home and community Confident to try new activities; understand and cooperate with some boundaries and routines	Be interested in others’ play and start to join in Form special relationships with another child Initiate play, offering clues to peers to join them Our school believes that you are loved and welcomed into the family of God	Begin to accept the needs of others and can take turns and share resources Accept the needs of others; they show sensitivity to others’ needs and feelings
Key Stage 1	Recognise feelings in self Special people	Secrets and surprises Working together	Attributes: kindness/fairness Sharing and respecting opinions

	Behaviour and how people's bodies and feelings can be hurt	Boundaries and relationships Resolving conflict Teasing and bullying in all its forms Our school believes that you are loved and welcomed into the family of God	Recognising and respecting similarities and differences
Lower Key Stage 2	Recognising and managing different feelings Keeping something confidential or secret Recognising and managing dares Our school believes that, through all the ups and downs of life, God never stops loving you	Recognising aspects of a healthy relationship; Physical boundaries within different relationships; Working together; Behaviour; Resolving conflict For most Christians and people of other faiths and beliefs there is often a special ceremony of promises and rituals to mark marriage	Recognising stereotypes Different types of relationships; friendships, family relationships, and relationships with other children and with adults. Respecting similarities and differences Bullying and discrimination Respecting others' feelings and opinions
HEALTH AND WELLBEING (Spring Term)			
	Healthy Lifestyle Wisdom	Keeping safe Dignity	Growing and changing Wisdom Dignity
EYFS Taught through child initiated Personal, Social and Emotional Development and adult led activities	Observe the effects of activity on their bodies Understand that equipment and tools have to be used safely	Can tell adults when they are hungry or tired or when they want to rest or play Show understanding of the need for safety when tackling	Talk about why things happen and how things work Develop an understanding of growth

	<p>Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health</p> <p>I am special and my school believes I am loved and made by God</p>	<p>new challenges, and manages some risk</p>	
Key Stage 1	<p>Keeping our bodies healthy; likes/dislikes and choices; recognising and managing different feelings; personal hygiene mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p>I am special and my school believes I am loved and made by God.</p>	<p>What goes into our bodies; rules for keeping physically and emotionally safe; personal identity: family networks; people who are responsible for keeping us safe</p>	<p>Change, loss and getting older;); personal identity: likes; choices; strengths</p>
Lower Key Stage 2	<p>Making informed choices; balanced diet; hygiene</p> <p>Good sleep, rest and some kind of spiritual practice can help us have good health.</p> <p>where and how to seek support if they are worried about their own or someone else's mental wellbeing or ability to control their emotions</p> <p>It is common for people to experience mental ill health. For many people who do, the</p>	<p>Risk, danger and hazard; pressures on behaviour; rules for safety and how to get help; keeping physically and emotionally safe on and offline; responsibilities for keeping ourselves and others safe</p>	<p>Aspirations and goals; recognising and managing feelings; change, loss and grief</p> <p>Names of main body parts (including external genitalia)</p> <p>What puberty is and how bodies change (Year 4 and Year 3 where appropriate)</p>

	<p>problems can be resolved if the right support is made available, especially if accessed early enough</p> <p>We are all special and my school believes everyone is loved and made by God in his image.</p>		
LIVING IN THE WIDER WORLD (Summer Term)			
	<p>Rights and responsibilities Community Hope</p>	<p>Taking care of the environment Hope Community</p>	<p>Money Wisdom</p>
<p>EYFS</p> <p>Taught through child initiated Personal, Social and Emotional Development and adult led activities</p>	<p>Contributing to life in the classroom; constructing and following rules; awareness of needs of people and other living things; belonging to communities and groups</p>	<p>Develop an understanding of growth, decay and changes over time</p>	<p>Enterprise Week</p> <p>EYFS – Where does money come from?</p>
<p>Key Stage 1</p>	<p>UK Parliament Week</p> <p>Contributing to life in the classroom; constructing and following rules; awareness of needs of people and other living things; belonging to communities and groups</p>	<p>Improvements and harm to local environments; ways of looking after local environments</p>	<p>Enterprise Week</p> <p>Homepage Values, Money & Me</p> <p>Y1 – What are needs and wants?</p> <p>Y2 – How can I keep track of money?</p> <p>Sources of money; uses for money; spending and saving; role of money in their lives; managing money and</p>

			keeping it safe; choices about spending; influences on spending choices
Lower Key Stage 2	<p>UK Parliament Week</p> <p>Voting; the purpose of rules and laws; different cultures; difference between rights and responsibilities; resolving differences</p>	Our responsibilities towards our environment; being part of a community; different groups that support our communities and environment; the lives of other people around the world; how resources are allocated to communities	<p>Enterprise Week</p> <p>Homepage Values, Money & Me</p> <p>Y3 – What affects my choices about money?</p> <p>Y4 – How do I plan a simple budget?</p> <p>The role that money plays in their lives; borrowing, debt and interest; enterprise</p>

RELATIONSHIPS

KS1

Vocabulary	Definition
Family	A group of people living together. Often it is made up of a parent or parents and their child or children
Friend	A person who you know well and like and who likes you
Bullying	Actions that are unkind, that frighten or hurt people and make them feel picked on or outside the group
Safety	Keeping away from danger or harm
Boundaries	Making limits to keep you safe
Theological vocabulary	Definition
Eternal	God has always loved us and will never stop loving us

Created	We are specially made by God and so is everyone else
Frail	All people sometimes make mistakes
Expansive	God loves all people and wants us all to grow more into being good and kind to each other
Worthy	Everyone is special and really worth keeping safe
Included	No one should be left out or made to feel they are not as lovely as other people
Forgiven	If people say sorry then they should be allowed a fresh start
Faithful	It is good for us to keep sticking with our friends and family

KS2

Vocabulary	Definition
Relationships	A connection between people
Marriage	An official bond to mark a union between two people; it can be recognised by law, religion or society
Stereotypes	Categorising a group of people and simplifying or standardising them as being all the same e.g. "All boys are..." or "All teachers are..."
Theological vocabulary	Definition
Eternal	Our Church school believes that, even though people might let us down or hurt us, God has always loved us and will never stop loving us.
Created	Everyone is made in the image of God and therefore we should always treat one another as sacred and special, never as a thing or an object.
Frail	All people will make mistakes and are capable of disappointing us or worse.
Expansive	God wants us to work towards wholeness and towards reconciliation with others who let us down and who we let down. God calls us to live more 'holy' or 'God-supported lives'. God created a huge diversity of people and we need to be expansive to learn from and enjoy people even if they are not like us.
Worthy	All humans are of ultimate worth and precious; we are all worth protecting and keeping safe from harm.
Included	Good communities include and value us and we should ensure that we don't bully or stereotype anyone else; we will be upstanders when we see bullying of others.
Forgiven	Our school believes that if we say sorry and stop our harmful behaviour then we may be offered forgiveness. In most cases, it is right to try to forgive others when they harm or upset us.
Faithful	We should try to maintain our friendships and relationships so we have and can give support and joy through our lives. We should communicate to our friends and family through words and actions that we appreciate the love and care that they offer.

HEALTH AND WELLBEING

KS1

Vocabulary	Definition
Emotions	Strong feelings such as joy, anger and fear
Exercise	Activity done to keep the body or mind strong or to make them stronger
Hobbies	Interests or activities that you do because it makes you happy in your spare time
Bullying	Actions that are unkind, frighten or hurt people and make them feel picked on or outside the group
Meditation	Deep thinking, often about just one thing such as a word, breathing, a candle, a flower or nature
Theological vocabulary	Definition
Created	We are wonderful and have been made by God.
Dignity	As we are all special to God, we should treat ourselves and others as very valuable.
Community	We are a part of a whole family; anything we do towards each other matters to everyone.

KS2

Vocabulary	Definition
Healthy	Being of fit mind and body, being free from sickness
Cyberbullying	Bullying that is done by posting hurtful messages on the internet
First Aid	Emergency medical help given to a hurt or sick person while waiting for a medical professional
Hygiene	The practice of keeping clean to stay healthy and prevent disease
Puberty	The time in a person's life when their body changes to allow them to be able to reproduce and have babies when they are ready and if they want to
Theological vocabulary	Definition
Created	Our school believes that we have been created and are carefully and wonderfully made.
Dignity	Our school believes that we need to see ourselves and treat others with huge respect as people who are crafted by God.
Worthy	Having great value. We are all worthy of being looked after and protected.
Community	We are a part of a group and in our relationships, we need to realise we can have an impact on others. We need to try to show kindness and help everyone feel happy and safe. Jesus taught "Love your neighbour as yourself" (Matthew 22:37-39).
Frail	People are sometimes inclined to make poor choices about their own wellbeing - this is part of being human.

Forgiveness	We can start again, if we recognise our bad choices and start afresh. Christians believe God can help you live with more care for yourself and others.
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LIVING IN THE WIDER WORLD