



Newlaithes Infant School

PHSE Long Term Plan



	Living in The Wider World	Relationships	Health and Wellbeing
	Autumn Term	Spring Term	Summer Term
Reception	<p><u>Belonging to a community</u> Class rules and school rules; what is a rule?</p> <p><u>Media literacy and digital resilience</u> Different ways of communicating; how do we communicate with each other in person?</p> <p><u>Money and work</u> What makes someone good at their job?; What jobs do your grownups do?; People who help us.</p>	<p><u>Families and friendships</u> Who is in my family? What makes a good friend?</p> <p><u>Safe relationships</u> Who to ask for help if they felt unsafe; trusted grown ups in school</p> <p><u>Respecting ourselves and others</u> Using 'please' and 'thank you'; what are good manners?</p>	<p><u>Physical health and mental wellbeing</u> What different emotions are there? (Happy, sad, worried & angry)</p> <p><u>Growing and changing</u> Moving to a new year group</p> <p><u>Keeping safe</u> What does it mean to be safe? Who helps us to keep safe?</p>
Year 1	<p><u>Belonging to a community</u> What rules are; caring for others' needs; looking after the environment; school council</p> <p><u>Media literacy and digital resilience</u> Using the internet and digital devices; communicating online</p> <p><u>Money and work</u> Strengths and interests; jobs in the community</p>	<p><u>Families and friendships</u> Roles of different people; families; feeling cared for</p> <p><u>Safe Relationships</u> Recognising privacy; seeking permission</p> <p><u>Respecting ourselves and others</u> How behaviour affects others; being polite and respectful</p>	<p><u>Physical health and mental wellbeing</u> Keeping healthy; food and exercise, hygiene routines; sun safety</p> <p><u>Growing and changing</u> Recognising what makes them unique and special; feelings; managing when things go wrong; moving to a new year group.</p> <p><u>Keeping safe</u> How rules and age restrictions help us; keeping safe online</p>

<p>Year 2</p>	<p><u>Belonging to a community</u> Belonging to a group; roles and responsibilities; being the same and different in the community; school council</p> <p><u>Media literacy and digital resilience</u> The internet in everyday life; online content and information</p> <p><u>Money and work</u> What money is; needs and wants; looking after money</p>	<p><u>Families and friendships</u> Making friends; feeling lonely and getting help.</p> <p><u>Safe Relationships</u> Managing secrets; resisting pressure and getting help, recognising hurtful behaviour</p> <p><u>Respecting ourselves and others</u> Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p><u>Physical health and mental wellbeing</u> Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p><u>Growing and changing</u> Growing older; naming body parts; moving to a new school.</p> <p><u>Keeping safe</u> Safety in different environments; risk and safety at home; emergencies; road safety awareness</p>
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The content of the lessons are planned and selected by each year group and adapted as deemed necessary by each teacher to ensure inclusion. The core themes: health and wellbeing, relationships and living in the wider world are incorporated into the year group plans.

As a school, we have adapted the PSHE Association's thematic approach, teaching one wider theme per term and outlining the three themes within that in our long-term plan. Due to all year groups engaging with a wider theme at the same time, we can have a whole-school approach to each of the core themes which is addressed during assembly times and in displays around the school.

All lessons have elements of 'You can do it', with teachers giving awards throughout the week for children noted to have been confident, persisting, getting along or being organised. The awards are given out in a celebration assembly every Friday. Kidsafe lessons are conducted throughout the Foundation Stage and Key Stage 1, they follow a specific programme and delivered by a trained facilitator. They include:- showing feelings, good and not so good, and how to develop simple strategies for dealing with them; Being safe and making choices and good and not good consequences; who to talk to if they are worried or upset; acceptable and unacceptable contact.