



Long Term Plan for PSHE – Unit Overviews

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	Term	Class 1 - Year B
Relationships	Autumn 1	<p><b>Be Yourself KS1</b></p> <p>This unit is inspired by the idea that having confidence to be yourself can have a positive impact on mental health and emotional wellbeing. It aims to enable children to recognise their positive qualities and appreciate their individuality. In this unit, children are encouraged to recognise different emotion and explore different strategies to help them manage any uncomfortable feelings they experience. They will learn about how big life changes impact on feelings and emotions and explore the importance of sharing thei thoughts and feelings.</p>
	Autumn 2	<p>SE (see below)</p>
Health and Wellbeing	Spring 1	<p><b>Mindfulness</b></p> <p>In this unit, children will learn how mindfulness can have a positive impact on their mental health. They will learn about emotions and how strategies such as mindfulness can support us in managing our emotions. Children will learn about breath work, calming activities, take part in mindful colouring and learn about worry monsters.</p>
	Spring 2	<p>SE (see below)</p>
Living in the Wider World	Summer 1	<p><b>One World KS1</b></p> <p>This unit is inspired by the idea that we can benefit from learning about people living in different places to us and their ways of life. It aims to enable the children to explore their own family life, home and school and compare these to children’s family life, homes and school from around the world which are different from their own. In this unit, children also learn about the relationship between people and their environment and how this affects their way of life. They will also learn about how people use the earth’s resources and the importance of protecting the earth for ourselves and future generations and how we can work together to do this.</p>
	Summer 2	<p>SE (see below)</p>

	<u>Term</u>	<u>Class 2 - Year B</u>
Relationships	<b>Autumn 1</b>	<b>Digital Wellbeing KS1</b> This unit of learning is designed to encourage children to consider how we can use the Internet in a safe and responsible way. Children will discuss how the Internet can be useful in our everyday lives and how we can balance time online with doing other activities to keep our mind and body healthy. Children will consider what risks there are online and how we can make sure we stay safe, including how important it is to not share any personal information over the Internet. This unit will also explore the importance of communicating online in a way that shows kindness and respect and discuss whether or not we can believe everything we see on the Internet
	<b>Autumn 2</b>	<b>SE</b> (see below)
Health and Wellbeing	<b>Spring 1</b>	<b>It's My Body KS1</b> The It's My Body unit explores choices that children can make about looking after their bodies. The lessons look at key areas where children can make safer choices: their body, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.
	<b>Spring 2</b>	<b>SE</b> (see below)
Living in the Wider World	<b>Summer 1</b>	<b>Diverse Britain KS1</b> This unit is inspired by the idea that individuals can have a positive impact on groups and communities to which they belong. It aims to enable the children to identify that they belong to various groups and communities and ways in which they contribute positively to these. In this unit, children learn about community, being good neighbours and looking after the environment. They will also learn about Britain, what it means to be British, about diversity and the importance of celebrating and being respectful of our differences.
	<b>Summer 2</b>	<b>SE</b> (see below)

	<u>Term</u>	<u>Class 3 - Year B</u>
Relationships	<b>Autumn 1</b>	<p><b>Be Yourself LKS2</b></p> <p>This unit is inspired by the idea that it is important to have confidence to be yourself. It aims to enable children to identify their strengths and achievements as well as help them to recognise different emotions they experience. In this unit, children will also explore how to express their thoughts and feelings respectfully and how to be assertive when in uncomfortable situations. The children will also have an opportunity to explore the influence of the media in how we view ourselves and analyse the reality of these messages. The unit ends with the children exploring how to make things right when we make mistakes, both in person or online, and the importance of learning from these.</p>
	<b>Autumn 2</b>	SE (see below)
Health and Wellbeing	<b>Spring 1</b>	<p><b>St Johns Ambulance First Aid</b></p> <p>In this unit, children use the resources from St John's ambulance to learn about first aid. They learn about allergies, asthma, bites and stings as well and what to do in case of an emergency and how to call for help. Children learn this through role play, discussions and scenarios. Children will learn how this can apply to a real life situation and are able to ask questions.</p>
	<b>Spring 2</b>	<p>SE (see below)</p> <p><b>Think Positive LKS2</b></p> <p>This unit is designed to build on what the children have already learnt about feelings, both comfortable and uncomfortable and how our attitude towards life can affect our mental health. The lessons centre around themes such as thinking positively and calmly, managing difficult emotions, taking responsibility for decisions and developing a growth mindset approach to learning.</p>
Living in the Wider World	<b>Summer 1</b>	<p><b>One World LKS2</b></p> <p>This unit is based on a case study of a fictional girl called Chiwa, who lives in Malawi. The children will explore different aspects of her life in each lesson. It is inspired by the idea that people's life experiences and opportunities differ throughout the world and that our actions can have both positive and harmful effects on people living in different countries. It aims to enable the children to explore the concepts of inequality and stereotypes and encourages them to reflect on what they can do to help make the world a fairer place. In this unit, children also learn about climate change and its effects, fair trading practices and organisations that help people like Chiwa. They will also learn about how to be a good global citizen.</p>
	<b>Summer 2</b>	SE (see below)

	<u>Term</u>	<u>Class 4 - Year B</u>
<b>Relationships</b>	<b>Autumn 1</b>	<b>TEAM UKS2</b> This unit entitled TEAM (Together Everyone Achieves More) focuses on the positive qualities of a team, learning how to disagree respectfully and communicate effectively. It looks at the key qualities and skills needed for a team to be successful. The lessons address collaborative learning and teach children how to compromise to ensure a group task is completed successfully. Children will discuss different types and effects of unkind behaviour and explore strategies for helping situations by creating team support networks. The unit ends by addressing the importance of caring for team members and the shared responsibilities a team has.
	<b>Autumn 2</b>	<b>SE</b> (see below) <b>Digital Wellbeing UKS2</b> This unit is inspired by the idea that it is important to understand and have digital wellbeing. Children will consider ways they can use the Internet positively and how they can look after their wellbeing while being online. Children will learn about potential risks of being online and when using digital technologies as well as strategies to stay safe and to get help. They will also learn about online relationships and what a respectful and healthy online relationship looks like, as well as signs of an inappropriate online relationship and ways to get help. The benefits and risk of social media will also be explored, as well as how social media can be used responsibly. Children will also learn how to recognise what online bullying looks like and how to help make it stop. Finally, the concept of 'fake news' will be explored with children learning how to be able to tell if something online is reliable or not and what they can do to stop the spreading of unreliable information.
<b>Health and Wellbeing</b>	<b>Spring 1</b>	<b>It's My Body LKS2</b> This unit, entitled It's My Body, explores the choices children can make about looking after their bodies. The lessons look at making safer choices about their bodies, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies on how to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.
	<b>Spring 2</b>	<b>SE</b> (see below)
<b>Living in the Wider World</b>	<b>Summer 1</b>	<b>Diverse Britain UKS2</b> This unit is inspired by the idea that Britain represents a wide range of faiths and ethnicities and that the structures within it are there to support all. It aims to enable the children to identify how they can make a positive contribution to the community. In this unit, children learn about the law and the consequences of not respecting it. They will also learn about the workings of local and national government and the role of charities and voluntary groups in British society.
	<b>Summer 2</b>	<b>SE</b> (see below) <b>Money Matters UKS2</b> This unit aims to encourage children to think about how money is used in the wider world. In their learning, children will discuss what a financial risk is, why people may take risks with money and some consequences of this. Children will explore how to see the real value of products by being critical consumers and also consider influences that advertisers try to use to encourage people to spend money. Having learnt about ways we can spend money, children will also learn about budgeting and will discuss how people may choose or need to prioritise spending. Throughout the unit, children will have opportunity to discuss what impact money can have on people's emotional wellbeing. They will consider the emotions that can be experienced around money and discuss the fact that people cannot always afford what they want or what they need as well as the impact this may have on emotional wellbeing. They will also explore the impact of spending on the environment by discussing how earning and spending can contribute to society (through the payment of tax) and also the decisions people may choose to make around ethical spending by discussing issues like fair trade, single-use plastics and recycling.

	<u>Term</u>	<u>Class 5 - Year B</u>
<b>Relationships</b>	<b>Autumn 1</b>	<b>Be Yourself UKS2</b> This unit is inspired by the idea that we are all individuals and that it is important to 'be yourself'. It aims to encourage the children to develop a positive view of themselves and enable them to recognise the importance of being proud of their individuality. In this unit, children focus on the importance of recognising situations where they need to make positive choices in order to do the right thing. They also explore how to avoid being led into tricky situations and how to recognise and respond to peer pressure. The unit will also look at how to be confident and how to manage uncomfortable feelings. The unit ends by helping the children to investigate how to make things right when they make a mistake.
	<b>Autumn 2</b>	<b>SE</b> (see below) <b>STAR</b> (Stop, Think, Act, Reflect) programme with West Mercia Police. The age-appropriate sessions cover the dangers of drugs and alcohol to help the children make the right choices as they enter young adulthood. <b>DOVE – self esteem</b> Our Confident Me body-confidence teaching materials explore influences on young people's body image and self-esteem. Unrealistic appearance ideals. This includes, the impact of social media, celebrity culture and advertising, how to reduce appearance-focused conversations and comparisons, body activism and positive behaviour change.
<b>Health and Wellbeing</b>	<b>Spring 1</b>	<b>St John's Ambulance First Aid</b> In this unit, children use the resources from St John's ambulance to learn about first aid. They learn about basic life support, bleeding, urns and scalds, choking and head injuries. Children learn this through role play, discussions and scenarios. Children will learn how this can apply to a real life situation and are able to ask questions.
	<b>Spring 2</b>	<b>SE</b> (see below) <b>Digital awareness – reactive</b>
<b>Living in the Wider World</b>	<b>Summer 1</b>	<b>One World UKS2</b> This unit is based on the concept that we all have a responsibility to live as global citizens. It is inspired by the idea that we all have a responsibility to help the environment and all living things throughout the world through the choices we make. It aims to enable the children to explore the ideas of sustainability, the use of the earth's natural resources and the harmful effects of global warming. In this unit, children also learn about the steps they can take to reduce these harmful effects. They will also learn about biodiversity and its importance and explore what they would like to do to make the world a better place.
	<b>Summer 2</b>	<b>SE</b> (see below) Y6 – Y7 transition