

**KS2 PSHE**  
**Curriculum Content - Long term plan**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 3</b>	<b>Wellbeing, Feelings &amp; Social Skills</b> Making choices. Setting goals (targets) Likes and dislikes. Right and wrong. Taking turns. <b>SEAL: Role Model</b>	<b>Keeping Safe, Active &amp; Healthy</b> <b>Drug Education:</b> Using medicines safely. <b>Keeping Safe:</b> Road safety. What is bullying? <b>SEAL: Challenging Bullying</b>	<b>Keeping Safe, Active &amp; Healthy</b> <b>Choices Affecting Health:</b> Types of foods. Keeping clean. Dental hygiene. <b>SEAL: Confident</b>	<b>Wellbeing, Feelings &amp; Social Skills</b> <b>Feelings:</b> Recognising and dealing with feelings. <b>SEAL: Sense of Humour</b>	<b>Relationships &amp; Sex Education</b> Ageing process from birth to death. Male and female body parts. <b>SEAL: Helpful</b>	<b>Family Community &amp; the Environment</b> <b>My Environment:</b> Family and friends. The community – home and school. Caring for pets. Environment (class). <b>SEAL: Always Willing to Try</b>
<b>Year 4</b>	<b>Wellbeing, Feelings &amp; Social Skills</b> Rules for the class. Rules at home. <b>Keeping Safe:</b> Road safety. Playing safely. Personal safety. <b>SEAL: Role Model</b>	<b>Keeping Safe, Active &amp; Healthy</b> <b>Drug Education:</b> Using medicines and household products safely. <b>Keeping Safe:</b> Firework code. Bullying. <b>SEAL: Challenging Bullying</b>	<b>Keeping Safe, Active &amp; Healthy</b> <b>Keeping Healthy:</b> Healthy foods and drinks. Keeping clean. Dental hygiene. <b>SEAL: Confident</b>	<b>Wellbeing, Feelings &amp; Social Skills</b> <b>Feelings:</b> Self and others. Making friends. People who help us. <b>SEAL: Sense of Humour</b>	<b>Relationships &amp; Sex Education</b> Internal body parts. Similarities and differences between children and adults. <b>SEAL: Helpful</b>	<b>Family Community &amp; the Environment</b> <b>My Environment:</b> Family feelings and events. Environment (school) <b>SEAL: Always Willing to Try</b>
<b>Year 5</b>	<b>Wellbeing, Feelings &amp; Social Skills</b> Responsibilities at home and school. The role of the police. <b>SEAL: Role Model</b> <b>Step 9 Careers, Rules &amp; the Law</b>	<b>Keeping Safe, Active &amp; Healthy</b> <b>Drug Education:</b> Making informed choices. Dangers of smoking and alcohol. <b>Keeping Safe:</b> Road safety. Safety in the home. Water safety. Bullying in the school <b>SEAL: Challenging Bullying</b>	<b>Keeping Safe, Active &amp; Healthy</b> <b>Keeping Healthy:</b> Healthy diet. Dental hygiene. Personal hygiene. How diseases are spread. <b>SEAL: Confident</b>	<b>Wellbeing, Feelings &amp; Social Skills</b> <b>Feelings:</b> <b>SEAL: Sense of Humour</b>	<b>Relationships &amp; Sex Education</b> Changes at puberty. Male/female differences <b>SEAL: Helpful</b>	<b>Family Community &amp; the Environment</b> <b>My Environment:</b> Different types of families. Care of the local environment. <b>SEAL: Always Willing to Try</b>

<b>Year 6</b>	<b>Wellbeing, Feelings &amp; Social Skills</b> Worth as individuals. Individual differences. Responsibilities in the wider community. SEAL: Role Model Step 9 Careers, Rules & the Law	<b>Keeping Safe, Active &amp; Healthy</b> <b>Drug Education:</b> Making informed choices. Dangers of smoking, alcohol and illegal drugs. <b>Keeping Safe:</b> Firework code. Safety in the home. Safety outside – road, park, town. Bullying in school and the wider community. SEAL:Challenging Bullying	<b>Keeping Safe, Active &amp; Healthy</b> General principles of a healthy lifestyle. Dental hygiene. Hygiene, relating to changes at puberty. SEAL: Confident	<b>Wellbeing, Feelings &amp; Social Skills</b> <b>Feelings:</b> SEAL: Sense of Humour	<b>Relationships &amp; Sex Education</b> Reasons for changes at puberty. Relationships.A baby within the family. How a baby develops. SEAL: Helpful	<b>Family Community &amp; the Environment:</b> Equality of race and gender. Stereotypes. SEAL: Always Willing to Try
<b>PSHE Association SEND Framework Link</b>	<b>Self-Awareness Managing Feelings</b>	<b>Healthy Lifestyles Self-care, Support and Safety</b>	<b>Healthy Lifestyles Self-care, Support and Safety</b>	<b>Self-Awareness Managing Feelings</b>	<b>Changing and Growing</b>	<b>The World I Live In</b>
<b>Key dates</b>		Anti-Bullying week				Healthy Eating week