



Oughtibridge Primary School

Personal, Social and Health Education Long Term Plan



Foundation Stage

Autumn 1

Children will learn to...

- follow the school routine and boundaries
- join in and be part of a class
- express feelings and emotions

Aim: to learn the school routine and feel happy, safe, and secure in their new class.

Children will learn to...

- understand how it feels to belong and that we are similar and different
- start to recognise and manage their feelings
- work with others to make school a good place to be
- understand why it is good to be kind and use gentle hands
- understand children's rights to allow everyone to learn and play safely

Aims:

To know who I am and how I fit into the world.

To understand how to be kind towards others.

Spring Term

Spring 1

Children will learn to...

- understand how to persevere to tackle challenges
- explain about a time they didn't give up until they had achieved their goal
- set a goal and work towards it
- use kind words to encourage people
- understand the link between what they learn now and the job they might like to do when they are older
- say how they feel when they achieve a goal and know what it means to feel proud

Aim: to understand and recognise aspirations, how to achieve their goals and the emotions that are associated with this.

Children will learn to...

- explain what they are good at
- understand what makes them special
- share about the people who are special to them, including both family and friends

Aims:

To understand what they are good at and what makes them special.

To recognise that other children do not always enjoy the same things.

Summer Term

Summer 1

Children will learn to...

- know what a friend is
- understand the difference between family and friends
- work together to solve problems when friendships breakdown

Aims:

To build positive, healthy relationships with other children and adults.

To understand what to do if conflict arises within play.

Foundation Stage

Autumn 2

Children will learn to...

- identify something they are good at and understand everyone is good at different things
- understand that being different makes us all special
- know we are all different but the same in some ways
- describe why their home is special to them
- explain how to be a kind friend
- know which words to use to stand up for themselves when someone says or does something unkind

Aim: to learn to respect each other and our similarities and differences.

Children will learn to...

- talk about how themselves and others show feelings
- think about ways in which they can be kind

Aim: to understand what kindness is and how it can be shown to others.

Children will learn to...

- recognise different emotions
- know steps they can take to regulate their emotions through discussing the Zones of Regulation

Aim: to recognise when they feel a particular emotion and know what they can do to deal with it.

Spring 2

Children will learn to...

- understand that they need to exercise to keep their body healthy
- understand how moving and resting are good for their bodies
- know which foods are healthy and not so healthy and can make healthy eating choices
- know how to help themselves go to sleep and understand why sleep is good for them
- wash their hands thoroughly and understand why this is important especially before they eat and after they go to the toilet
- know what a stranger is and how to stay safe if a stranger approaches them

Aim: to understand about being and keeping safe and healthy.

Summer 2

Children will learn to...

- cope positively with change
- discuss changes and moving up to Year 1

Aim: to feel ready and confident about transitioning into Year 1.

Year 1

Children will learn to...

- understand where their feelings come from and what each emotion means
- understand what a friend is and how to be a good friend
- make the school a happy place
- follow class and school rules

Aims:

To contribute to making class rules and following them throughout the year.

To read and explore the 'colour monster' story and be able to identify what each emotion means.

To recognise what a friend is and understand how to be a good friend.

Children will learn to...

- help their bodies stay healthy
- decide what to eat to keep their bodies healthy
- understand the importance of managing screen time

Aim: to be able to explain what their bodies need to be healthy and choose appropriate food stuff to help their bodies stay healthy.

Children will learn to...

- recognise that changes happen when we grow up

Aim: to understand that changes happen and that this could be a positive experience (linked to transition).

Children will learn to...

- recognise who is in their family
- understand that all families are different
- understand how families should treat each other

Aim: to explore different family types and be able to compare their family to another.

Children will learn to...

- understand the importance of keeping personal information private online

Aim: to understand the importance of keeping their information private online.

Year 2

Health and Mental Wellbeing

Children will learn to...

- identify changes in mood
- recognise things that positively impact their mood
- recognise that emotions are fluid, rather than a constant state, and that their mood may be different to the mood of others

Aim: to develop an understanding of what makes us happy

Relationships

Children will learn to...

- understand that friends should treat each other well and be fair
- understand that there is not an ideal number of friends and you can have as many as you like
- understand that being controlling of other people is bad and that excluding other children is hurtful
- understand that friends should not tell us what to do, although we should listen politely
- empathise with other people and understand why bullying is so hurtful
- order types of bullying to understand which ones are the worst
- understand the connection between their actions and the feelings of themselves and others

Aim: to develop a deeper understanding of kind personality traits, be able to describe what a good friend is and apply this understanding to infer emotions.

Children will learn to...

- understand that people online are strangers if we don't know them in real life
- understand that we shouldn't share private and personal information with strangers
- understand that anybody can put things online
- recognise the difference between truth and fiction
- understand that things online are sometimes not true
- become more familiar with the term 'Fake News'
- understand that germs are spread by coughs, sneezes and physical contact with dirt and other people
- understand that we can prevent the spread of germs by washing our hands with soap, especially when we go to the toilet, eat or are unwell
- understand that we can prevent tooth decay by brushing our teeth regularly
- identify common dangers that they may encounter both at home and in the wider world
- know what to do in an emergency situation

Aims:

To develop an understanding of the truth, hygiene and dangers within the community.

Children will learn to...

- understand that other people need permission before they can touch us
- understand that some parts of our bodies are more private than others
- recognise that other people often want different things than ourselves
- understand that certain parts of our bodies are very private, and only we get to decide what happens to them
- understand that secrets and surprises are different
- understand how to report concerns
- understand that families are highly varied and no family is the same
- name their body parts, including external genitalia
- discuss the similarities and differences between boys and girls, including ideas that challenge gender stereotypes
- recognise the 5 key stages of human life
- understand how their bodies will change as they age
- consider how their lives will change as they get older
- appreciate how increasing independence presents new dangers, challenges, benefits and responsibilities

Aim: to develop an understanding of the human body, appropriate behaviours concerning their own bodies and those of others, and how to raise concerns with appropriate adults when they are worried.

Year 3

Relationships

Children will learn to...

- understand that families can change and it is not their fault
- discuss different emotions (link to bereavement) and know it is not their fault
- appreciate that there are many differences between families and all families are unique
- understand that within families, there are far more similarities than there are differences
- understand there is no one set family structure
- appreciate that any type of family can provide love and support
- appreciate that we have responsibilities to our friends
- acknowledge that other people's emotions are important
- understand that our actions can affect other people's feelings
- understand what we can do to maintain healthy relationships

Aim: to understand how family structures vary and how to be a good friend by understanding differences.

Living in the Wider World

Children will learn to...

- improve their understanding of the value of money

Aim: to learn how to recognise the value of coins and notes, calculate amounts of money and calculate change.

Online Safety

Children will learn to...

- use search engines safely, and know what to do if inappropriate content appears on screen
- understand how copyright affects online content and how creators use copyright to protect their work
- recognise how to ask for help online
- understand how limiting screen time to appropriate lengths is important for health
- keep themselves safe in online environments
- use search engines safely, and know what to do if inappropriate content appears on screen
- understand how copyright affects online content and how creators use copyright to protect their work

Aim: to be able to use search engines safely and to independently find answers to any questions (linked to lessons studying the Stone Age).

Health and Wellbeing

Children will learn to...

- recognise what makes a balanced diet
- seek opportunities for making choices with food
- describe what influences food choices and habits

Aim: to understand about healthy diets and how to look after their bodies.

Community

Children will learn to...

- recognise bullying in all forms
- maintain positive and healthy relationships
- understand how actions affect others within the community

Aim: to be able to maintain friendships and understand how actions may have consequences.

Year 4

Relationships and Mental Wellbeing

Children will learn to...

- understand the differences in gender, skin colour, religion etc
- understand similarities between boys and girls and stereotypes
- understand that relationships come with a mixture of emotions
- understand that we can have a range of negative emotions

Aim: to know how to keep themselves and others healthy and safe, physically and mentally.

Online Safety

Children will learn to...

- explain ways to communicate safely online and identify ways to get support if they do not feel safe (including assessing the reliability of online information)
- explain what personal information includes and know why we shouldn't share passwords and private information
- explain why we have rules and restrictions around the technology we use

Aim: to know how to keep themselves safe online and know what to do if they have a problem online.

Community

Children will learn to:

- understand that we are all part of a wider community of people, who we rely on
- understand that we should treat the people in our community with respect
- understand that we have the power and responsibility to make our communities better places to live

Aim: to understand the importance of belonging to a community and being a good citizen.

Health and Wellbeing – Physical Health

Children will learn to...

- explore ways to think yourself happy
- understand that all people deserve respect, even if they are different to other people
- understand the importance of hygiene, especially hand washing

Aim: to be able to understand the importance of hygiene and good health.

Year 5

Community

Children will learn to...

- understand what it means to be prejudice and the history of it
- understand what to do if they encounter prejudices
- be a good citizen
- understand actions and consequences of actions
- listen to others, raising concerns and challenge perceptions
- understand rules and laws and changing laws
- respect and resolve difference
- understand different rights, responsibilities and duties

Aim: to understand the possible impact of a person's opinions and actions and how to deal with these effectively.

Friendships

Children will learn to...

- understand what makes a close friend
- understand that different types of people can be friends
- understand that friends can't tell them what to do
- understand that social media comes with pressure
- understand that we have a significant amount of control over our online lives
- understand that our actions/lack of actions can have an impact on ourselves and those around us
- understand that people sometimes behave online, in a way that they would not in real life
- know a range of strategies to deal with online abuse

Aim: to understand how to keep friendships healthy.

Mental Wellbeing and Online Safety

Children will learn to...

- understand whether everyone has the same feelings
- understand about happiness and being happy
- understand that social media can exert pressure on us, by making us feel jealous or insecure about our own lives
- understand that images and videos that we see online are not always a true reflection of reality
- understand that people can feel under pressure to behave in certain ways, because of their bodies and gender
- understand that self-esteem and confidence can affect how we behave online
- begin to understand the motivations of the health industry and their advertising and media coverage

Aim: to understand my own and other's feelings and how this is portrayed on and offline.

Health and Wellbeing

Children will learn to...

- understand body image
- understand how to keep fit and healthy
- understand how to avoid getting ill
- become familiar with positive health messages
- recognise inaccurate health information online

Aim: to understand how to stay healthy.

Online Safety

Children will learn to...

- understand that not everything they read is true or without bias
- understand that bias can mislead readers, and that there are multiple perspectives to many stories
- understand that it is easy to edit images using computers, which can make it hard to tell the difference between truth and fake-news
- understand that information can be untrue
- understand that there are ways of spotting and checking information online
- understand how different groups have their own motivations, often based around commercial or ideological reasons
- understand how social media tends to limit the number of opposing views that we encounter
- begin to be aware of the issues of extremism and radicalisation

Aim: to become more digitally literate by being able to analyse digital content.

Family

Children will learn to...

- understand why some people get married
- understand about different types of families and if families are ever perfect
- begin to develop an awareness of domestic abuse

Aim: to understand that all families are unique and come with different challenges.

Growing Up - Puberty

Children will learn to...

- understand why their body changes as they get older
- understand how feelings change as they get older
- understand how to stay clean during puberty
- understand what menstruation is

Aim: to prepare for changes during puberty.

Year 6

Relationships

Children will learn to...

- understand the roles and responsibilities of parents
- discuss what is meant by the term conventional.
- recognise and discuss similarities and differences between families
- recognise cultural differences and similarities between people and families

Aim: to understand what makes a family and how to maintain healthy friendships.

Community

Children will learn to...

- identify and discuss stereotypes and begin to challenge them
- use correct terminology based around gender, sex and relationships.
- begin to discuss and debate health and wellbeing issues
- listen to others
- recognise what makes people the same or different
- recognise discrimination and bullying
- develop an awareness of extremism and radicalisation

Aim: to understand what is meant by the term 'community' and the term 'mental well-being'.

Health and Wellbeing and Community

Children will learn to...

- discuss and debate health and wellbeing issues
- understand human rights, the rights of child, cultural practices and British Law
- listen to others, raise concerns and challenge opinions
- recognise and discuss what makes people the same or different
- understand how resources are allocated and the effect of this on individuals, communities and the environment
- be part of a community and groups that support communities
- be critical of what is in the media and what they forward to others
- recognise and challenge stereotypes
- discuss discrimination and bullying
- develop their awareness of domestic abuse
- begin to understand how images in the media and reality can affect how people feel
- recognise image manipulation and the media
- recognise positive health messages

Aims:

To understand why money is important.

To understand what makes us British.

To understand why people argue.

To discuss if the internet makes us happy.

Growing Up and Relationships

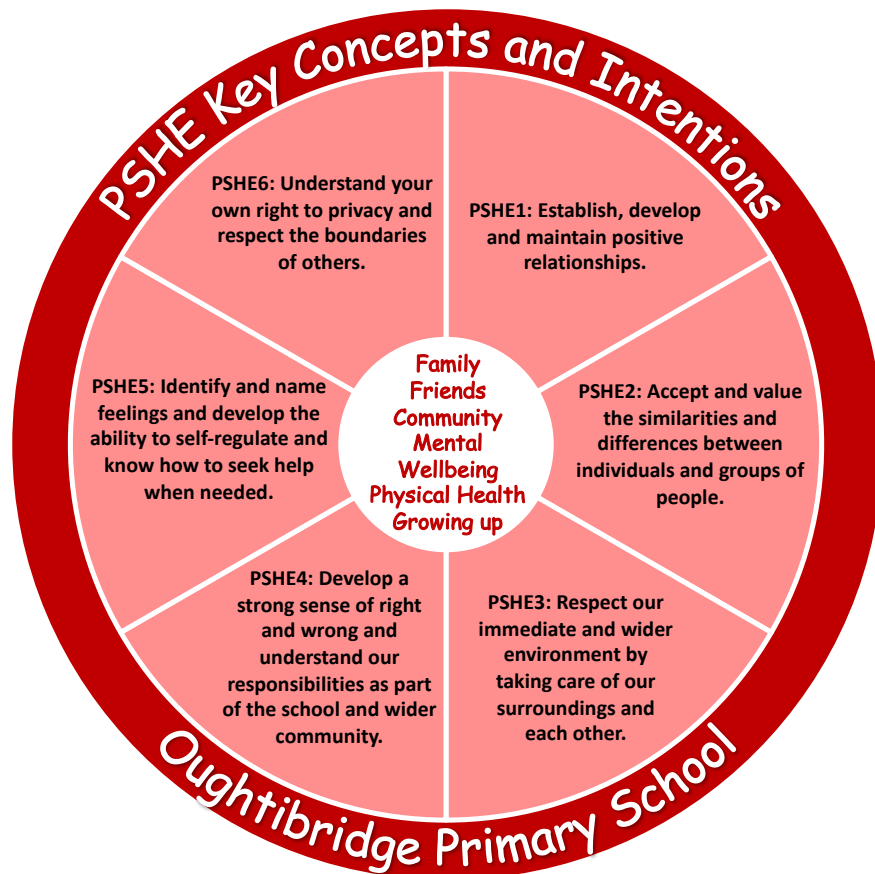
Children will learn to...

- know who is responsible for their health and safety and where to get help and advice
- discuss the risk and effects of drugs
- develop an awareness of the idea of county lines
- understand images in the media and how they can affect our feelings
- know the changes at puberty and human reproduction
- understand different types of relationships
- recognise and maintain positive and healthy relationships
- recognise when a relationship is unhealthy
- discuss personal boundaries and the right to privacy
- understand what is meant by confidentiality and when to break a confidence
- begin to understand and maintain positive and healthy relationships
- manage dares with their peers and pressure
- understand the term independence and recognise increased responsibility as you get older

Aims:

To confidently recognise the changes which occur in the human body.

To be able to discuss the term 'relationship' in detail.



Family – What does ‘family’ mean to different people?

Friends – What makes a positive friendship?

Community – What responsibilities do we have to our community and beyond?

Mental Wellbeing – What can people do to be mentally healthy and how do these choices affect them?

Physical Health – What can people do to be physically healthy and how do these choices affect them?

Growing up – How do people change as they get older?