

Pottery Primary School: Subject Long-Term Plan: PSHE

Cycle: A



UKS1	Autumn 1 Family & Relationships	Autumn 2 Citizenship	Spring 1 Health and Wellbeing	Spring 2 Economic Wellbeing	Summer 1 Safety and the changing body	Summer 2 Safety and the changing body and transition
	<ul style="list-style-type: none"> Understand the need for rules for PSHE lessons. Reflect on their learning in PSHE so far and identify things they have enjoyed learning about and other things they didn't find as effective. Describe what qualities a good friend should have and recognise which of these they have and which they could develop. Understand everyone can expect a level of 	<ul style="list-style-type: none"> Understand what happens when someone breaks the law. Understand what prejudice and discrimination are and why and how they should be challenged. Understand how reducing the use of materials and energy helps the environment, and what individuals can do to support this. 	<ul style="list-style-type: none"> Follow the instructions from the video, perform some of the yoga poses and describe how yoga makes them feel. Describe how they can get a good night's sleep and why this is important. Describe why you should embrace failure. Describe a strategy to help manage their feelings of failure and to help them to persevere. Set themselves goals and 	<p>Year 5 and 6</p> <ul style="list-style-type: none"> Understand that borrowing money is a way to pay for something but this has to be repaid. Understand what income and expenditure are and how these can be recorded. Understand how to create a weekly budget, including prioritising needs over wants. Understand that there are risks associated with money and 	<ul style="list-style-type: none"> Understand what is safe to share online and what I should do before sending a message. Identify possible dangers online, and suggest ways to stay safe, using the web to research relevant information. Recognise when someone is choking Understand some of the reasons adults decide to drink or not drink alcohol. Understand that other people can influence our 	<ul style="list-style-type: none"> Understand what is safe to share online and what I should do before sending a message. Identify possible dangers online, and suggest ways to stay safe, using the web to research relevant information. Recognise when someone is choking Understand some of the reasons adults decide to drink or not drink alcohol. Understand that other people can influence our

	<p>respect but this can be lost.</p> <ul style="list-style-type: none"> • Understand what respect is and how I should be respected and also respect others. • Understand that we all have a range of attributes that make us who we are and we should be proud of these. • Understand what marriage is and that it is a choice people make. • Understand why someone might bully others. • Understand that attitudes and laws around gender equality have changed over time. • Understand that 		<p>consider how they will achieve them.</p> <ul style="list-style-type: none"> • Describe a range of feelings and two possible ways of dealing with a difficult situation. • Demonstrate an understanding of what calories are and how to use them to help plan healthy meals. • Recognise the food groups and acknowledge that having a variety of food on their dishes is important to achieving a balanced and healthy diet. • Describe how to keep safe in the sun, including some of the risks now and in the future if they do not. 	<p>what some of these are.</p> <p>Year 5 only</p> <ul style="list-style-type: none"> • Understand that there are a range of jobs that people can do, what some of these jobs are and what is required for some jobs. <p>Year 6 only</p> <ul style="list-style-type: none"> • Understand that there are different routes into careers. 	<p>decisions but we have the right to make our own choices.</p> <ul style="list-style-type: none"> • Accurately name all the relevant parts of the body. • Understand the changes their own gender will go through during puberty. • List the range of changes they will go through during puberty. 	<p>decisions but we have the right to make our own choices.</p> <ul style="list-style-type: none"> • Accurately name all the relevant parts of the body. • Understand the changes their own gender will go through during puberty. • List the range of changes they will go through during puberty. • Understand the roles available for them at school and the skills needed for these. • Understand that changes can bring opportunities as well as worries and ways of dealing with change. <p>Year 6 only</p>
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	<p>stereotypes exist including those based on how people look and these can lead to discrimination.</p> <ul style="list-style-type: none">• Understand how stereotypes influence our ideas and opinions and begin to explore our own opinions.• Understand a range of stereotypes, identify key information about them and share this information effectively.					<ul style="list-style-type: none">• Understand the factors which make up identity.• Understand that images can be manipulated by the professional media but also by individuals and that they are not realistic.
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Pottery Primary School: Subject Long-Term Plan: PSHE

Cycle: B

UKS2	Autumn 1 Family & Relationships	Autumn 2 Citizenship	Spring 1 Health and Wellbeing	Spring 2 Economic Wellbeing	Summer 1 Safety and the changing body	Summer 2 Safety and the changing body and transition
	<ul style="list-style-type: none"> • Understand the need for rules for PSHE lessons. • Reflect on their learning in PSHE so far and identify things they have enjoyed learning about and other things they didn't find as effective. • Recognise that friendships have ups and downs and this is normal. • Understand everyone can expect a level of respect but this can be lost. • Understand what respect is and how I should be respected and also respect others. • Understand one stage of the resolution process. • Understand that sometimes families can make children feel unhappy or unsafe. • Understand that attitudes and laws 	<ul style="list-style-type: none"> • Understand the role of pressure groups. • Understand the value of diversity in society, including significant individuals. • Understand some environmental issues relating to food and food production. • Understand the importance of caring for others and that we all have a responsibility to care for 	<ul style="list-style-type: none"> • Describe the importance of relaxation and suggesting different strategies. • Identify how they feel before and after using a relaxation technique. • Describe qualities or values they want to have and create achievable goals in their to do list. • Describe how they look after their physical wellbeing and suggest what else they can 	<p>Year 5 and 6</p> <ul style="list-style-type: none"> • Understand that there can be a range of feelings related to money and the desire to spend and save. • Understand their responsibilities in keeping money safe in the bank. • Understand that stereotypes can exist in the workplace and how these can affect people. • Understand what gambling 	<ul style="list-style-type: none"> • Understand what is safe to share online and what I should do before sending a message. • Identify possible dangers online, and suggest ways to stay safe, using the web to research relevant information. • Recognise when someone is choking • Understand some of the reasons adults decide to drink or 	<ul style="list-style-type: none"> • Accurately name all the relevant parts of the body. • Understand the changes their own gender will go through during puberty. • List the range of changes they will go through during puberty. • To understand that change can cause mixed feelings

	<p>around gender equality have changed over time.</p> <ul style="list-style-type: none"> • Understand that stereotypes exist including those based on how people look and these can lead to discrimination. • Understand how stereotypes influence our ideas and opinions and begin to explore our own opinions. • Understand a range of stereotypes. identify key information about them and share this information effectively. • Understand the term 'grief' and explain some of the associated emotions. 	<p>things and people around us.</p> <ul style="list-style-type: none"> • Understand what rights are and that freedom of expression is one of these rights. • Understand the basics of how Parliament works, including understanding the different parts of Parliament. 	<p>do to improve how they look after themselves.</p> <ul style="list-style-type: none"> • Understand that technology can have an impact on both physical and mental health but there are strategies we can use to overcome this. • Describe what resilience is, why it is important and some useful resilience strategies. • Understand how vaccination works and why it is important to individuals. • Understand that changes in my body 	<p>is and some risks associated with it.</p> <p>Year 5 only</p> <ul style="list-style-type: none"> • Understand that there are a range of jobs that people can do, what some of these jobs are and what is required for some jobs. <p>Year 6 only</p> <ul style="list-style-type: none"> • Understand that there are different routes into careers. 	<p>not drink alcohol.</p> <ul style="list-style-type: none"> • Understand that other people can influence our decisions but we have the right to make our own choices. 	
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