



PSHE Long Term Planning



	Being Me in My World 	Celebrating Difference 	Dreams and Goals 	Healthy Me 	Relationships 	Changing Me 
Y1	<p>I know what I am good at.</p> <p>I know how to make good choices.</p> <p>I understand I belong to a class.</p> <p>I understand I can feel proud of my achievements.</p> <p>I am beginning to understand consequences.</p>	<p>I can pay someone a compliment.</p> <p>I understand people don't all look the same.</p> <p>I can talk about how I am different to my friends.</p> <p>I can talk about differences within my school.</p> <p>I understand it is wrong to be nasty to someone because they are different.</p>	<p>I can talk about what I want to be in the future.</p> <p>I can solve a problem.</p> <p>I can set myself a challenge.</p> <p>I am starting to understand resilience.</p> <p>I can talk about a problem someone has overcome.</p>	<p>I understand the difference between healthy and unhealthy foods.</p> <p>I understand exercise is important.</p> <p>I understand I can have different feelings.</p> <p>I can talk about ways to help myself when I feel sad or angry.</p> <p>I can talk about ways to keep myself safe.</p>	<p>I can talk about what I like about myself.</p> <p>I can talk about what makes a good friend.</p> <p>I understand the difference between kind and unkind.</p> <p>I can talk about people who care for me.</p> <p>I can show courtesy and manners.</p>	<p>I can talk about a change I have experienced.</p> <p>I can identify changes a character faces in a story.</p> <p>I understand what might change when I move to Year 2.</p> <p>I can tell my new teacher about myself.</p> <p>I can ask questions I have about moving classes.</p>
Y2	<p>I know what I am good at and not so good at.</p> <p>I can talk about good and bad choices.</p> <p>I understand I belong to a class and we follow school rules.</p> <p>I can discuss an achievement I feel proud of.</p> <p>I understand there are consequences to my actions.</p>	<p>I can compliment someone on a quality they have.</p> <p>I understand that sometimes people are bullied because they are different.</p> <p>I can talk about how I am different to my friends but equally important.</p> <p>I understand that some people have different beliefs.</p> <p>I understand different roles and responsibilities in our school.</p>	<p>I can compliment someone on a quality they have.</p> <p>I understand that sometimes people are bullied because they are different.</p> <p>I can talk about how I am different to my friends but equally important.</p> <p>I understand that some people have different beliefs.</p> <p>I understand different roles and responsibilities in our school.</p>	<p>I understand what is meant by a healthy diet.</p> <p>I understand how exercise is important.</p> <p>I understand I can have different feelings in different situations and give examples.</p> <p>I can talk about ways to help myself when I feel sad, angry or worried.</p> <p>I can talk about ways to keep myself safe.</p>	<p>I understand that healthy friendships make us feel happy and how to resolve problems.</p> <p>I can talk about who makes up my family.</p> <p>I understand ways to make new friends and to welcome others.</p> <p>I can share my ideas and give reasons in discussions.</p> <p>I understand safe and appropriate responses to adults I don't know.</p>	<p>I understand the difference between a growth and fixed mind set.</p> <p>I can talk about how I have changed this year.</p> <p>I understand what will change when I move to Year 3.</p> <p>I can tell my new teacher all about myself.</p> <p>I can ask questions I have about transition to Key Stage 2.</p>
Y3	<p>I can celebrate my own and other people's strengths.</p> <p>I can talk about good and bad choices.</p> <p>I understand there are consequences to my actions.</p> <p>I understand why we follow school rules.</p> <p>I understand how to stay safe online.</p>	<p>I understand that sometimes people are bullied because they are different.</p> <p>I can explain why bullying is wrong.</p> <p>I understand that some people have different beliefs and we must show tolerance to all.</p> <p>I understand we are all equal.</p> <p>I can explain what is meant by the word 'unique'.</p>	<p>I can talk about a goal or aspiration for my future.</p> <p>I can set myself a challenge.</p> <p>I can work out steps to achieve my goal.</p> <p>I can talk about resilience and what it means.</p> <p>I can talk about a time I have shown resilience.</p>	<p>I can discuss what is meant by a varied diet.</p> <p>I understand exercise helps us keep healthy.</p> <p>I can give examples of times when I have felt worried, anxious or angry.</p> <p>I understand ways to overcome feelings of anger or worry.</p> <p>I can talk about ways to keep myself safe.</p>	<p>I understand what is meant by self-respect and can explain why I am proud of myself.</p> <p>I understand that families are centred by love, security and stability.</p> <p>I understand that friendships can have ups and downs and how to manage conflict.</p> <p>I understand what I should share with my friends, peers and others.</p> <p>I understand how to work together in a team to solve a problem.</p>	<p>I understand the difference between a growth and fixed mind set.</p> <p>I can talk about how I have changed this year.</p> <p>I can talk about strategies to help me cope with change.</p> <p>I can tell my new teacher all about myself.</p> <p>I can ask questions I have about transition to Year 4.</p>
Y4	<p>I recognise what is special about my world.</p> <p>I understand that everyone has a right to learn.</p> <p>I understand there are rewards and consequences to my actions.</p> <p>I can talk about how to stay safe online.</p> <p>I know how to keep myself safe.</p>	<p>I understand that people can have different faiths.</p> <p>I understand what bullying is.</p> <p>I understand that it is wrong to judge someone based on a difference.</p> <p>I could give advice to someone who was being bullied.</p> <p>I understand differences make us all special and unique.</p>	<p>I can set myself goals.</p> <p>I can set myself goals and aspirations for the future.</p> <p>I understand what is meant by resilience.</p> <p>I can be proud of my achievements.</p> <p>I understand learning behaviours which make me successful.</p>	<p>I understand the benefits of eating healthy and exercising.</p> <p>I understand how to look after myself.</p> <p>I understand the difference between a growth and fixed mind set.</p> <p>I can give tips on how to keep a healthy 'digital profile'.</p> <p>I am beginning to understand what makes a healthy friendship.</p>	<p>I understand what self-esteem is and what influences this.</p> <p>I understand that good friendships are built on mutual respect, trust, loyalty, kindness and support.</p> <p>I understand the term bystander and can discuss what I'd do if I saw or experienced bullying.</p> <p>I understand that marriage represents a formal and legally binding commitment of two people.</p> <p>I can recognise and report feelings of being unsafe.</p>	<p>I can discuss how change can be uncomfortable at first but have a positive outcome.</p> <p>I can talk about strategies for coping with change.</p> <p>I can reflect on how I have changed this year.</p> <p>I can give advice to someone experiencing change.</p> <p>I can talk about my feelings about moving to Year 5.</p>
Y5	<p>I can talk about what it means to be responsible.</p> <p>I can discuss things I am good at and things I need to work on.</p> <p>I can talk about rewards and consequences.</p> <p>I can talk about the potential dangers of the 'digital world'.</p> <p>I can give examples of how to keep myself safe.</p>	<p>I understand that people can have different faiths.</p> <p>I understand that people can have different strengths and weaknesses.</p> <p>I understand that bullying is often about difference.</p> <p>I know when and how to stand up for myself and others.</p> <p>I understand differences make us all special and unique.</p>	<p>I can set myself goals.</p> <p>I can talk about what I would like from my future.</p> <p>I understand what is meant by resilience and can give examples.</p> <p>I can work as part of a team to overcome problems.</p> <p>I can talk about a person who has overcome obstacles to success.</p>	<p>I understand what a healthy friendship looks like.</p> <p>I understand how to keep myself physically healthy.</p> <p>I understand ways to react to my feelings e.g. anger.</p> <p>I understand what is meant by self-esteem.</p> <p>I can give examples of things that are bad for my health.</p>	<p>I understand what is meant by peer influence and how this impacts self-image.</p> <p>I understand that healthy family life is a commitment to one another in times of difficulty and the protection and care of children.</p> <p>I understand that relationships, including friendships, should be happy and where to seek help.</p> <p>I understand what is meant by privacy and permission seeking.</p> <p>I understand what is meant by stereotype, trolling and harassment.</p>	<p>I can talk about strategies for coping with change.</p> <p>I recognise how I become more responsible as I grow up.</p> <p>I can reflect on how I have changed this year.</p> <p>I understand the importance of looking after myself as I grow up.</p> <p>I can talk about my feelings about moving to Year 6.</p>
Y6	<p>I can identify my rights and responsibilities.</p> <p>I understand my own strengths and weaknesses and how to overcome these.</p> <p>I understand there are consequences to my actions.</p> <p>I can discuss what is meant by my 'digital world' and the impact this can have on mental health.</p> <p>I understand how to keep myself safe and what this means as I move to secondary school.</p>	<p>I understand that people can have different faiths and beliefs.</p> <p>I understand what the word 'stereotype' means.</p> <p>I understand what is meant by racism and sexism.</p> <p>I can talk about what is meant by identity.</p> <p>I understand what is meant by diversity.</p>	<p>I can set myself ambitious goals.</p> <p>I can put together action plans to reach my goals.</p> <p>I have a vision for what I would like from my future.</p> <p>I can be resilient to failure and talk about examples of this.</p> <p>I can ask questions about my transition to secondary school.</p>	<p>I understand mental health is as important as physical health.</p> <p>I know how to calm down if I feel stressed or anxious.</p> <p>I understand what a healthy friendship looks like.</p> <p>I can discuss how drugs and alcohol affect health.</p> <p>I know what is meant by 'personal hygiene' as my body starts to change.</p>	<p>I understand the terms self-image and self-esteem.</p> <p>I understand that each person's body belongs to them and the difference between appropriate and inappropriate contact.</p> <p>I stand peer pressure and how to respond to this by constructively challenging points of view.</p> <p>I understand that stable, caring relationships, which may be of different types, are centred by love and at the heart of happy families.</p> <p>I understand how to report concerns of abuse or seek advice if I need to.</p>	<p>I understand how my body will change through puberty.</p> <p>I can talk about social media and how it may affect self-image.</p> <p>I can discuss my feelings about going to secondary school.</p> <p>I understand how body language can give messages to others.</p> <p>I understand clear decision-making strategies and apply this within money.</p>