

Herne Junior School – Long Term Planning



Subject: PSHE

Term Year Group	Mini Unit/RR	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Whole School Initiatives
Year 3	<p>Shared responsibilities:</p> <p>Class Charter</p> <p>Rights and responsibilities; Why we have rules</p>		<p>Friendships:</p> <p>Making and maintaining healthy friendships</p> <p>Similarities and differences</p>	<p>Emotional wellbeing:</p> <p>Expressing and managing every day feelings</p> <p>Seeking support for self or others</p>	<p>Physical health:</p> <p>Healthy lifestyles;</p> <p>Physical exercise and its impact on mental wellbeing;</p> <p>Balanced diets and making choices</p> <p><i>(Covered in Science- 'Healthy Heroes' Animals Including Humans)</i></p>	<p>Staying safe:</p> <p>Trusted people and feeling safe</p> <p>Keeping secrets and when to break confidentiality</p> <p>Recognising and reporting feeling unsafe</p> <p>Sun safety & Safety at home; (Science - Light and Shadow)</p> <p>Safety in different environments</p>	<p>Economic wellbeing:</p> <p>Attitudes and ideas about spending</p> <p>Saving and giving money</p> <p>Wants and needs</p> <p>Keeping money safe</p>	<p>Whole School Initiatives/weeks:</p> <p>NSPCC Day</p> <p>HARMONY Week</p> <p>Anti-Bullying Week</p> <p>Fairtrade Fortnight</p>
Year 4	<p>Shared responsibilities:</p> <p>Class Charter</p> <p>Rights and responsibilities; Why we have rules</p>	<p>Friendships:</p> <p>Managing conflict and repairing friendships</p> <p>Feeling lonely</p> <p>Friendship skills including communicating safely online</p> <p>Listening and responding</p> <p>Respecting self and others</p>	<p>Families:</p> <p>Different types of relationships</p> <p>Characteristics of healthy family relationships</p> <p>Feeling safe and cared for</p>	<p>Staying healthy:</p> <p>Dental health: <i>(Covered in Science- Animals including Humans: Digestion)</i></p> <p>Hygiene, germs</p> <p>Basic first aid</p> <p>Early signs of illness and seeking help</p>	<p>Communities:</p> <p>What makes a community</p> <p>Diversity; Freedom of expression</p> <p>Online communities Identifying and responding to prejudice</p>	<p>Economic wellbeing:</p> <p>Budgeting</p> <p>Saving</p> <p>Spending Decisions</p> <p>How managing money makes us feel</p> <p>How spending choices affect others</p>	<p>Growing and changing:</p> <p>Growing up</p> <p>Puberty, including periods and wet dreams;</p> <p>Sleep</p>	

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Year 5	Shared responsibilities: Class Charter Rights and responsibilities; Why we have rules	Respect and bullying: Mutual respect Sharing points of view Stereotypes Types of bullying and how to get help Discrimination	Mental wellbeing: Taking care of mental health and emotional wellbeing Managing challenges Seeking support for themselves and others	Staying safe: Privacy and personal boundaries Acceptable and unacceptable contact Permission-seeking and giving Personal safety	Keeping active: Benefits of a balanced lifestyle Balancing internet use How physical activity affects wellbeing	Substances: Drugs common to everyday life Risks and effects of alcohol and smoking Rules and laws	Media literacy: How data is shared and used online Evaluating reliability of sources Misinformation and targeted information Choosing age-appropriate TV, games and online content Influences relating to gambling	Whole School Initiatives/weeks: NSPCC Day HARMONY Week Anti-Bullying Week Fairtrade Fortnight
Year 6	Shared responsibilities: Class Charter Rights and responsibilities; Why we have rules	Personal Identity: What contributes to who we are Personal strengths Interests Setting goals Managing setbacks New opportunities and responsibilities	Health and hygiene: Making informed choices regarding a healthy lifestyle, including nutrition <i>(Covered in Science- Animals Including Humans)</i> Hygiene and bacteria and viruses <i>(Covered in Science – Living Things and their Habitats)</i> Allergies and getting help in an emergency Vaccination and immunisation	Friendships and staying safe: Opportunities to connect online The nature of online-only friendships Reporting harmful content and contact Staying safe online	Careers: Career types Challenging career stereotypes Enterprise project Developing enterprise skills The world of work and young people's employment rights	Puberty and reproduction: Growing up and developing independence. Menstrual wellbeing Managing the changes of puberty How a baby is made	Managing change: Developing friendship skills Changing and ending friendships Managing change, loss and bereavement Sources of support	