

PSHE – Cycle B
Spring

KS1 - Year 2 – Medium Term Plan

Term	Topic/LO	Success Criteria	Resources/Ideas
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Spring – Health and Wellbeing Relationships</p>	<p>Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p><u>LO: To understand routines and habits maintain good physical and mental health</u></p>	<ul style="list-style-type: none"> • I know why sleep and rest are important for growing and keeping healthy • I know that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies • I know the importance of, and routines for, brushing teeth and visiting the dentist • I know about food and drink that affect dental health • I know how to describe and share a range of feelings • I know ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others • I know how to manage big feelings including those associated with change, loss and bereavement • I know when and how to ask for help, and how to help others, with their feelings 	<p>Discussion Food dairies Photos from home Mind maps Videos</p>
	<p>Safety in different environments; risk and safety at home; emergencies</p> <p><u>LO - To understand how to recognise risk in everyday situations, e.g. road, water and rail safety, medicines</u></p>	<ul style="list-style-type: none"> • I know how to help keep themselves safe in familiar and unfamiliar environments, such as inn school, online and ‘out and about’ • I can identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger • I know how to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products • I know about things that people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel • I know how to respond if there is an accident and someone is hurt • I know about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say 	<p>Discussion (photo evidence)</p>
	<p>Making friends; feeling lonely and getting help</p> <p><u>LO – To understand how to be a good friend, e.g. kindness, listening, honesty</u></p>	<ul style="list-style-type: none"> • I know about different ways that people meet and make friends • I can find strategies for positive play with friends, e.g. joining in, including others, etc. about what causes arguments between friends • I know how to positively resolve arguments between friends • I know how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else 	<p>Family photos Discussion Mind maps</p>

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LKS2 - Year 4 – Medium Term Plan

Term	Topic/LO	Success Criteria	Resources/Ideas
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Spring – Health and Wellbeing Relationships</p>	<p>Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p><u>LO: To identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally.</u></p>	<ul style="list-style-type: none"> • I know what good physical health means and how to recognise early signs of physical illness • I know that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary • I know how to maintain oral hygiene and dental health, including how to brush and floss correctly • I know the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health 	<p>Discussion Mind maps Videos BBC bitesize Games Examples of floss and toothbrushes. Use 3D model of teeth</p>
	<p>Medicines and household products; drugs common to everyday life</p> <p><u>LO - To understand the importance of taking medicines correctly and using household products safely.</u></p>	<ul style="list-style-type: none"> • I can recognise what is meant by a ‘drug’ • I know that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing • I can identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects • I can identify some of the risks associated with drugs common to everyday life • I know that for some people using drugs can become a habit which is difficult to break • I know how to ask for help or advice 	<p>Discussion (photo evidence) Videos BBC news report Guess speakers – police</p>
	<p>Positive friendships, including online</p> <p><u>LO – To understand the features of positive healthy friendships such as mutual respect, trust and sharing interests.</u></p>	<ul style="list-style-type: none"> • I know strategies to build positive friendships • I know how to seek support with relationships if they feel lonely or excluded • I know how to communicate respectfully with friends when using digital devices • I know that knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know • I know what to do or whom to tell if they are worried about any contact online 	<p>Discussion Mind maps Circle time E-safety</p>

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UKS2 - Year 6 – Medium Term Plan

Term	Topic/LO	Success Criteria	Resources/Ideas
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Spring – Health and Wellbeing</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Relationships</p>	<p>Money and financial risks What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p> <p><u>LO: To understand that mental health is just as important as physical health and that both need looking after.</u></p>	<ul style="list-style-type: none"> • I can recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support • I know how negative experiences such as being bullied or feeling lonely can affect mental wellbeing positive • I know strategies for managing feelings • I know that there are situations when someone may experience mixed or conflicting feelings • I know how feelings can often be helpful, whilst recognising that they sometimes need to be overcome • I can recognise that if someone experiences feelings that are not so good (most or all of the time) – help and support is available • I can identify where they and others can ask for help and support with mental wellbeing in and outside school • I know the importance of asking for support from a trusted adult • I know about the changes that may occur in life including death, and how these can cause conflicting feelings • I know that changes can mean people experience feelings of loss or grief • I know about the process of grieving and how grief can be expressed • I know about strategies that can help someone cope with the feelings associated with change or loss • I can identify how to ask for help and support with loss, grief or other aspects of change • I know how balancing time online with other activities helps to maintain their health and wellbeing • I know strategies to manage time spent online and foster positive habits e.g. switching phone off at night • I know what to do and whom to tell if they are frightened or worried about something they have seen online 	<p>Discussion Mind maps Videos News reports Statistics Discuss daily routines Screen time</p>

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	<p>Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p> <p><u>LO - To be able to protect personal information and identify risks of drugs and media.</u></p>	<ul style="list-style-type: none"> • I can identify potential risks of personal information being misused • I know strategies for dealing with requests for personal information or images of themselves • I can identify types of images that are appropriate to share with others and those which might not be appropriate • I know that images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be • I know what to do if they take, share or come across an image which may upset, hurt or embarrass them or others • I know how to report the misuse of personal information or sharing of upsetting content/ images online • I know about the different age rating systems for social media, T.V, films, games and online gaming • I know why age restrictions are important and how they help people make safe decisions about what to watch, use or play • I know about the risks and effects of different drugs • I know about the laws relating to drugs common to everyday life and illegal drugs • I can recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs • I know about the organisations where people can get help and support concerning drug use • I can ask for help if they have concerns about drug use • I know about mixed messages in the media relating to drug use and how they might influence opinions and decisions 	<p>Discussion (photo evidence) PowerPoint Media examples Examples of law Discuss age restriction</p>
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	<p>Attraction to others; romantic relationships; civil partnership and marriage</p> <p><u>LO – To understand what it means to be attracted to someone and different kinds of loving relationships.</u></p>	<ul style="list-style-type: none"> • I know that people who love each other can be of any gender, ethnicity or faith • I know the difference between gender identity and sexual orientation and everyone’s right to be loved • I know about the qualities of healthy relationships that help individuals flourish • I know the ways in which couples show their love and commitment to one another, including those who are not married or who live apart • I know what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults • I know that people have the right to choose whom they marry or whether to get married and that to force anyone into marriage is illegal • I know how and where to report forced marriage or ask for help if they are worried 	<p>Family photos Discussion Mind maps Positive affirmation Guest speakers News articles Videos</p>
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