

Bentham Community Primary School – PSHE Long Term Plan.

	Year 1	Y2/3 Year A	Y2/3 Year B	Y4/5 Year A	Y4/5 Year B	Y5/6 Year A	Y5/6 Year B
Autumn 1	Physical health and wellbeing Fun times	Physical health and wellbeing What keeps me healthy?	Keeping safe and managing risk ● Bullying – see it, say it, stop it	Keeping safe and managing risk ● Playing safe ●	Physical health and wellbeing What is important to me?	Drug, alcohol and tobacco education ● Different influences	Physical health and wellbeing In the media
Autumn 2	Keeping safe and managing risk ● Feeling safe ●						
Spring 1	Identity, society and equality 🇬🇧 Me and others	Keeping safe and managing risk ● Indoors and outdoors	Drug, alcohol and tobacco education Tobacco is a drug	Drug, alcohol and tobacco education ● Making choices	Mental health and emotional wellbeing Dealing with feelings	Identity, society and equality Human rights	Mental health and emotional wellbeing ● Healthy minds
Spring 2	Drug, alcohol and tobacco education What do we put into and on to bodies? ●	Mental health and emotional wellbeing Friendship	Identity, society and equality 🇬🇧 Celebrating difference	Physical health and wellbeing What helps me choose?	Keeping safe and managing risk ● When things go wrong	Drug, alcohol and tobacco education ● Weighing up risk	Keeping safe and managing risk ● Keeping safe - out and about FGM
Summer 1	Mental health and emotional wellbeing Feelings	Drug, alcohol and tobacco education Medicines and me ●	Mental health and emotional wellbeing Strengths and challenges	Identity, society and equality Democracy 🇬🇧	Careers, financial capability and economic wellbeing Saving, spending and budgeting	Identity, society and equality Stereotypes, discrimination and prejudice (including tackling homophobia)	Careers, financial capability and economic wellbeing 🇬🇧 Borrowing and earning money
Summer 2	Careers, financial capability and economic wellbeing My money						
		<u>ONLY FOR Y2</u> Sex and relationship education Boys and girls, families 6 lessons	<u>ONLY FOR Y2</u> Sex and relationship education Boys and girls, families 6 lessons	<u>ONLY FOR Y5</u> Sex and relationship education Growing up and changing 7 lessons	<u>ONLY FOR Y5</u> Sex and relationship education Growing up and changing 7 lessons	<u>ONLY FOR Y6</u> Sex and relationship education Healthy relationships / How a baby is made 10 lessons	<u>ONLY FOR Y6</u> Sex and relationship education Healthy relationships / How a baby is made 10 lessons

● = lessons which are explicitly linked to safe-guarding. 🇬🇧 = lessons that link to the British Values.