

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

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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	