

PSHE and Citizenship LTP

Relationships: Families and friendships, Safe relationships, Respecting ourselves and others

Living in the wider world: Media literacy and digital resilience, Belonging to a community, Money and work

Health and Wellbeing: Physical Health and Mental wellbeing, Growing and changing, Keeping Safe

	Autumn			Spring			Summer		
	Class charters, School council elections, well-being week, anti-bullying week								
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online (Computing – e-safety)	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety, <i>dog safety</i> .	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help Belonging to a group; roles and responsibilities; being the same and different in the community	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information (Computing – e-safety)	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
Year 3	How data is shared and used (Computing – Computer systems and networks)	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	What makes a family; features of family life	The value of rules and laws; rights, freedoms and responsibilities	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Making decisions about money; using and keeping money safe	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	How the internet is used; assessing	What makes a community; shared responsibilities	Respecting differences and similarities;	Responding to hurtful behaviour; managing	Maintaining a balanced lifestyle; oral hygiene and	Different jobs and skills; job stereotypes; setting	Positive friendships, including online	Physical and emotional changes in puberty;	Medicines and household products; drugs

	information online (Computing – Computer systems and networks)		discussing difference sensitively (Anti-bullying week)	confidentiality; recognising risks online	dental care (link to science digestion topic)	personal goals		external genitalia; personal hygiene routines; support with puberty	common to everyday life
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media