

'My Life' PSHE Long Term Plan KS2

	Year Three	Year Four	Year Five	Year Six
Autumn	Safety Online The internet – good bits and bad bits It's private! Friends forever It's playtime Safety online – our advice Celebrating Achievements and Being Resilient Celebrating Achievements Setting goals and having aspirations Resilience A growth mindset It's OK to fail!	Nutrition and Dental Health Healthy food, healthy me! Unhealthy choices, unhealthy me! Chef for the day! Looking after myself Looking after my teeth Human Rights Playtime for everyone! Our class charter Born free When rights are taken away Happy, happy, happy!	Body Image My awesome body Body image through the ages Images on the internet The big debate Celebrating our bodies Bereavement and Loss Loss Losing someone we love Celebrating life Celebrating life in other cultures When families change	Drugs and Alcohol Education What are drugs? Legal or illegal? Why do people take drugs? Cigarettes and smoking Alcohol Mental and Emotional Health What are emotions? Mindfulness Self-care Sleep Feeling worried
Spring	Being Part of a Community I belong in my class I belong in my family I belong in my community Kindness in my community It's everyone's community Exercise What's so good about exercise? Let's have fun and get fit! What happens to my body if I don't exercise? Getting healthy outdoors Recognising ill health and asking for help	Emergency Situations What is an emergency? First aid Fire safety Water safety Celebrating our emergency services Respect A fantastic friend I don't like it when... When friendships go wrong Five fingers It's only a joke!	Fake News What is fake news? How to spot fake news Clickbait Advertising Who are you? Life in Plastic What is plastic? How does plastic affect our planet? Making changes Party time! Reduce, recycle, reuse	Global Sustainable Development Our world – the damage Global sustainable development goals To travel or not to travel? What's the good news? What can we do to make the world more sustainable? E-Safety and Social Media The internet – is it all bad? What's my password? You've won a PRIZE! You're not my friend! It's personal!
Summer	Stereotypes Boys v girls Men v women Fairy tales with a difference! That's stereotyping! Knowing what to say What I Like My favourite things My values and what's important to me Differences in opinion I have choices What to do if I'm worried	Money Matters What is money? How does society manage our money? What can I do to make money in the future? Let's be entrepreneurs! Falling Out and Making Up Why is friendship important? What makes a good friend? Falling out Feeling left out Healthy friendships	Puberty (See 'Journey in Love') Changes in Friendships What does friendship look like? Falling out Being a bystander Who can we trust? Friendships online	Anti-social Behaviour and the Role of the Police and the Law Name that crime! It's my right! Community matters Controversial Issues You are the judge Sex Education (See 'Journey in Love')

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