

# Holy Cross Catholic Primary School

## PSHE LONG TERM PLAN

*This follows the PSHE Association Question-based Model.*

*To be used alongside the Catholic Ten: Ten RSE Programme 'Life to the Full' to cover statutory guidance for RSE.*

	<b>Autumn 1 Spirituality</b>	<b>Autumn 2 Confidence</b>	<b>Spring 1 Aspiration</b>	<b>Spring 2 Enquiry</b>	<b>Summer 1 Resilience</b>	<b>Summer 2 Spirituality</b>
<b>YEAR 1</b>	<p><b>What is the same and different about us?</b></p> <p>Ourselves and others; similarities and differences; individuality; our bodies.</p> <p>PoS refs: H21, H22, H23, H25, R13, R23, L6, L14.</p>	<p><b>Who is special to us?</b></p> <p>Ourselves and others; people who care for us; groups we belong to; families.</p> <p>PoS refs: L4, R1, R2, R3, R4, R5.</p>	<p><b>What helps us stay healthy?</b></p> <p>Being healthy; hygiene; medicines; people who help us with health.</p> <p>PoS refs: H1, H5, H6, H7, H10, H37.</p>	<p><b>What can we do with money?</b></p> <p>Money; making choices; needs and wants.</p> <p>PoS refs: L10, L11, L12, L13.</p>	<p><b>Who helps to keep us safe?</b></p> <p>Keeping safe; people who help us.</p> <p>PoS refs: H33, H35, H36, R15, R20, L5.</p>	<p><b>How can we look after each other and the world?</b></p> <p>Ourselves and others; the wider around us; growing and changing.</p> <p>PoS refs: H26, H27, R21, R22, R24, R25, L2, L3.</p>
<b>YEAR 2</b>	<p><b>What makes a good friend?</b></p> <p>Friendship; feeling lonely; managing arguments.</p> <p>PoS refs: R6, R7, R8, R9, R25.</p>	<p><b>What is bullying?</b></p> <p>Behaviour; bullying; words and actions; respect for others.</p> <p>PoS refs: R10, R11, R12, R16, R17, R21, R22, R24, R25.</p>	<p><b>What jobs do people do?</b></p> <p>People and jobs; money; role of the internet.</p> <p>PoS refs: L15, L16, L17, L7, L8.</p>	<p><b>What helps us to stay safe?</b></p> <p>Keeping safe; recognising risk; rules.</p> <p>PoS refs: H28, H29, H30, H31, H32, H34, R14, R16, R18, R19, R20, L1, L9.</p>	<p><b>What helps us grow and stay healthy?</b></p> <p>Being healthy; eating and drinking; playing and sleeping.</p> <p>PoS refs: H1, H2, H3, H4, H8, H9.</p>	<p><b>How do we recognise our feelings?</b></p> <p>Feelings; mood; times of change; loss and bereavement; growing up.</p> <p>PoS refs: H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H24, H27.</p>

YEAR 3	<p><b>How can we be a good friend?</b></p> <p>Friendship; making positive friendships; managing loneliness; dealing with arguments.</p> <p>PoS refs: R10, R11, R13, R14, R17, R18.</p>	<p><b>What keeps us safe?</b></p> <p>Keeping safe; at home and school; our bodies; hygiene; medicines and household products.</p> <p>Pos Refs: H9, H10, H26, H39, H30, H40, H42, H43, H44, R25, R26, R28, R29.</p>	<p><b>What are families like?</b></p> <p>Families; family life; caring for each other.</p> <p>PoS refs: R5, R6, R7, R8, R9.</p>	<p><b>What makes a community?</b></p> <p>Community; belonging to groups; similarities and differences; respect for others.</p> <p>PoS refs: R32, R33, L6, L7, L8.</p>	<p><b>Why should we eat well and look after our teeth?</b></p> <p>Being healthy; eating well; dental care.</p> <p>PoS refs: H1, H2, H3, H4, H5, H6, H11, H14.</p>	<p><b>Why should we keep active and sleep well?</b></p> <p>Being healthy; keeping active; taking rest.</p> <p>PoS refs: H1, H2, H3, H4, H7, H8, H13, H14.</p>
YEAR 4	<p><b>What strengths, skills and interests do we have?</b></p> <p>Self-esteem; self-worth; personal qualities; goal-setting; managing set backs.</p> <p>Pos refs: H27, H28, H29, L25.</p>	<p><b>How do we treat each other with respect?</b></p> <p>Respect for self and others; courteous behaviour; safety; human rights.</p> <p>PoS refs: R19, R20, R22, R25, R27, R29, R30, R31, H45, L2, L3, L10.</p>	<p><b>How can we manage our feelings?</b></p> <p>Feelings and emotions; expression of feelings; behaviour.</p> <p>PoS refs: H17, H18, H19, H20, H23.</p>	<p><b>How will we grow and change?</b></p> <p>Growing and changing; puberty.</p> <p>PoS refs: H31, H32, H34.</p>	<p><b>How can our choices make a difference to others and the environment?</b></p> <p>Caring for others; the environment; people and animals; shared responsibilities; making choices and decisions.</p> <p>PoS refs: L4, L5, L19, R34.</p>	<p><b>How can we manage risk in different places?</b></p> <p>Keeping safe; out and about; recognising and managing risk.</p> <p>PoS refs: H12, H37, H38, H41, H42, H47, R12, R15, R23, R24, R28, R29, L1, L5, L15.</p>

YEAR 5	<p><b>What makes up a person’s identity?</b></p> <p>Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes.</p> <p>PoS refs: H25, H26, H27, R32, L9.</p>	<p><b>What decisions can people make with money?</b></p> <p>Money; making decisions; spending and saving.</p> <p>Pos refs: R34, L17, L18, L20, L21, L22, L24.</p>	<p><b>How can we help in an accident or emergency?</b></p> <p>Basic first aid; accidents, dealing with emergencies.</p> <p>PoS refs: H43, H44.</p>	<p><b>How can friends communicate safely?</b></p> <p>Friendships; relationships; becoming independent; online safety.</p> <p>PoS refs: R1, R18, R24, R26, R29, L11, L15.</p>	<p><b>How can drugs common to everyday life affect health?</b></p> <p>Drugs, alcohol and tobacco; healthy habits.</p> <p>PoS refs: H1, H2, H3, H4, H46, H47, H47, H50.</p>	<p><b>What jobs would we like?</b></p> <p>Careers; aspirations; role models; the future.</p> <p>PoS refs: L26, L27, L28, L29, L30, L31, L32.</p>
YEAR 6	<p><b>How can we keep healthy as we grow?</b></p> <p>Looking after ourselves; growing up; becoming independent; taking more responsibility.</p> <p>PoS refs: H1, H2, H3, H4, H5, H6, H7, H8, H11, H12, H13, H14, H15, H16, H21, H22, H40, H46, R10.</p>		<p><b>How can the media influence people?</b></p> <p>Media literacy and digital resilience; influences and decision-making; online safety.</p> <p>PoS refs: H49, R34, L11, L12, L13, L14, L15, L16, L23.</p>		<p><b>What will change as we become more independent?</b></p> <p><b>How do friendships change as we grow?</b></p> <p>Different relationships; changing and growing; adulthood; independence; moving to secondary schools.</p> <p>PoS refs: H24, H30, H33, H34, H35, H36, R2, R3, R4, R5, R6, R16.</p>	
KEY	RELATIONSHIPS		HEALTH AND WELLBEING		LIVING IN THE WIDER WORLD	