Hinstock Primary School- PHSE LTP

At Hinstock School we use PHSE Association and 1 Decision resources and planning to help implement a broad and balanced PHSE curriculum.

	Aut 1	Aut 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Settling in – feelings and emotions Developing self-confidence and an awareness of others needs and feelings.		Learning to deal with new experiences, expressing our opinions and listening to others Working co-operatively as part of a team.		Developing positive relationships and working collaboratively. Making healthy choices.	
Rec	**Settling In / Friendships** What is a good friend? Why are friends important? What makes a good friend? Friendship; feeling lonely, managing arguments.	**Respecting Ourselves and Others** What does the word respect mean? How can I show respect? Good and bad secrets, VIP's, dealing with worries.	**Money Matter** What is money? What do we need money for? Where does money come from? Different jobs, saving money, spending money, wants and needs.	**Media literacy and digital resilience** What is the internet? What do we use the internet for? How can we use the internet safely? What do we do if we see something that makes us feel uncomfortable on the internet? Internet uses, personal information, staying safe online.	**Mental Health** How am I feeling? What can I do if I feel…. Who can I turn to if I am feeling sad or lonely? What can I do to help my mental health?	**Growing and changing / Sex Ed** What body parts do I have? Correct body name parts. Importance of, and how to, maintain personal hygiene

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Year 1 /2	**Friendships** What is a good friend? Why are friends important? What makes a good friend? Friendship; feeling lonely, managing arguments.	**Respecting Ourselves and Others** What does the word respect mean? How can I show respect? Good and bad secrets, VIP's, dealing with worries.	**Money Matter** What is money? What do we need money for? Where does money come from? Different jobs, saving money, spending money, wants and needs.	**Media literacy and digital resilience** What is the internet? What do we use the internet for? How can we use the internet safely? What do we do if we see something that makes us feel uncomfortable on the internet? Internet uses, personal information, staying safe online.	**Mental Health** How am I feeling? What can I do if I feel…. Who can I turn to if I am feeling sad or lonely? What can I do to help my mental health?	**Growing and changing / Sex Ed** What happens to my body as I grow? What is appropriate and inappropriate physical and other contact? Growing older; naming body parts; moving class or year
Year 3/4	**Families and friendships** Friendship; making positive friendships, managing loneliness, dealing with arguments, including online.	**Respecting ourselves and others** Recognising respectful behaviour; the importance of self-	**Money and Work** Different jobs and skills; job stereotypes; setting personal goals Making decisions about money; using	**Media Literacy and digital resilience** How the internet is used; assessing information online How data is shared and used	**Mental Health** What affects my mental health? Does social media play a part on my mental health?	**Sex Ed** Growing and Changing; Reproduction, Birth and puberty.

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	What makes a family; features of family life.	respect; courtesy and being polite, Respecting differences and similarities; discussing difference sensitively.	and keeping money safe.		What are helpful and unhelpful thoughts? How can I work on these?	how to identify external genitalia and reproductive about the physical and emotional changes during puberty.
Year 5/6	**Families and friendships** Managing friendships and peer influence Attraction to others; romantic relationships; civil partnership and marriage person's identity?	**Respecting ourselves and others** Responding respectfully to a wide range of people; recognising prejudice and discrimination Expressing opinions and respecting other points of view, including discussing topical issues	**Money and Work** Identifying job interests and aspirations; what influences career choices; workplace stereotypes Influences and attitudes to money; money and financial risks	**Media Literacy and digital resilience** How information online is targeted; different media types, their role and impact Evaluating media sources; sharing things online	**Mental Health/ First Aid** What positive and negative changes might people experience? What different strategies do people use to manage feelings linked to loss and change and how can I help? When might change lead to positive outcomes for people?	**Sex Edu** Identify the links between love, committed relationships and conception what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults how pregnancy occurs i.e. when a sperm meets an egg and the fertilised

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					What strategies will help me to thrive when I move to my next school?	egg settles into the lining of the womb

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Cycle B

	Aut 1	Aut 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Settling in – feelings and emotions Developing self-confidence and an awareness of others needs and feelings.		Learning to deal with new experiences, expressing our opinions and listening to others Working co-operatively as part of a team.		Developing positive relationships and working collaboratively. Making healthy choices.	
Rec	**Settling In / Safe Relationships / families** What is a family? Who is in your family? Roles of different people; families; feeling cared for	**Sex Ed** Naming body parts Importance of, and how to, maintain personal hygiene	**Mental Health** How am I feeling? What can I do if I feel…. Who can I turn to if I am feeling sad or lonely? What can I do to help my mental health?	**Belonging to a community** Who is in our school community? What communities do I belong to? How can I look after my community? What rules are; caring for others' needs; looking after the environment	**Physical health and Well-being** How do we keep healthy? What is exercise? How do we keep safe in the sun? Keeping healthy; food and exercise, hygiene routines; sun safety	**Keeping safe** What do I think I have to keep safe from? How do I know if something is safe or unsafe? Who are the people who help to keep me safe? What goes on to and into my body and who puts it there?

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						How rules and age restrictions help us; keeping safe online
Y1/2	**Settling In / Safe Relationships / families** What is a family? Who is in your family? Are all families the same? What is a separation? Roles of different people; families; feeling cared for	**Sex Ed** What are the names of the main parts of the body? What can my amazing body do? When am I in charge of my actions and my body? How can I keep my body clean?	**Mental Health** Can I name some different feelings? Can I describe situations in which I might feel happy, sad, cross etc? How do my feelings and actions affect others? How can I manage some of my emotions? What are the different ways people might relax? Who can I share my feelings with?	**Belonging to a community** What communities do I belong to? What roles / responsibilities do I have in my community?	**Physical health and Well-being** How can I stay as healthy as possible? What does it feel like to be healthy? What does healthy eating mean and why is it important? Why is it important to be active & what are the opportunities for physical activity? Why do we need food? What healthy choices can I make? Why is sleep important? How much sleep do I need each night?	**Keeping safe** Safety in different environments; risk and safety at home; emergencies

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					Keeping healthy; food and exercise, hygiene routines; sun safety Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	
Y3/4	**Settling In / Safe Relationships / families** Personal boundaries; safely responding to others; the impact of hurtful b Responding to hurtful behaviour; managing confidentiality; recognising risks online behaviour	**Sex Edu** What is meant by 'privacy'; their right to keep things 'private'; the importance of respecting others' privacy Names for the main parts of the body (including external genitalia) and the bodily similarities and differences	**Mental Health** Why is it important to accept and feel proud of who we are? What does the word 'unique' mean and what do I feel proud of about myself? Why is mental wellbeing as important as physical wellbeing? How can I	**Belonging to a community** Do people who live in my locality have different traditions, cultures and beliefs? Why are stereotypes unfair and how can I challenge them? How do people in my locality benefit from being part of different groups?	**Physical health and Well-being** Health choices and habits; what affects feelings; expressing feelings Maintaining a balanced lifestyle; oral hygiene and dental care	**Keeping safe** Risks and hazards; safety in the local environment and unfamiliar places. Medicines and household products; drugs common to everyday life.

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		between boys and girls What kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond	communicate my emotions? Can I recognise some simple ways to manage difficult emotions? How do my actions and feelings affect the way I and others feel? How do I care for other people's feelings?	What are the roles of people who support others with different needs in my community? How can we care for the local environment and what are the benefits? The value of rules and laws; rights, freedoms and responsibilities. What makes a community; shared responsibilities.		

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Y5/6	**Settling In / Safe Relationships / families** How do I judge who is a trusted adult or trusted friend? How can I seek help or advice from someone on my personal network and when should I review my network? How could I report concerns of abuse or neglect? Can I identify appropriate & inappropriate or unsafe physical contact? How do I judge when it is not right to keep a secret and what action could I take? What strategies can I use to assess risk	**Sex Edu** What are male and female sexual parts called and what are their functions? How can I talk about bodies confidently and appropriately? What happens to different bodies at puberty? What might influence my view of my body?	**Mental Health** How do people's emotions evolve over time as they experience loss and change? How can I manage the changing influences and pressures on my friendships and relationships? What strategies can I use to promote my well-being?	**Belonging to a community** What are people's different identities, locally and in the UK? How can I show respect to those with different lifestyles, beliefs & traditions? Which wider communities & groups am I part of & how does this benefit me? What are voluntary organisations and how do they make a difference? What is the role of the media and how does it influence me and my community? Who cares for the wider environment	**Physical health and Well-being** Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online.	**First Aid** How do I make a clear and efficient call to emergency services? Concepts of basic first-aid e.g. dealing with common injuries, including head injuries. Basic life support

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	and help me feel safer when I am feeling unsafe? Physical contact and feeling safe. Recognising and managing pressure; consent in different situations.			and what is my contribution? Protecting the environment; compassion towards others Valuing diversity; challenging discrimination and stereotypes		