

| <b>PSHE Curriculum Framework -The Welbeck Federation- Long Term Plan</b> |  |   |                                     |   |
|--|--|---|-------------------------------------|---|
| <b>FS1</b>   | Self-Regulation<br>Managing Self<br>Building Relationships                         |   |                                     |   |
|  | <b>Communication &amp; Language</b>  | <b>Personal, Socials and Emotional Development</b>  | <b>Physical Development</b>         | <b>Understanding the world</b>  |
|  | Expressing a point of view<br>Start conversations                                  | Develop sense of responsibility<br>Show confidence<br>Solutions to conflicts<br>Rules<br>Feelings<br>Own care needs<br>Making healthy choices | Independence when getting dressed   | Life-story & family history<br>Occupations<br>Differences between people<br>Different countries |
| <b>FS2</b>   | Self-Regulation<br>Managing Self<br>Building Relationships                         |   |                                     |   |
|  | <b>Communication &amp; Language</b>  | <b>Personal, Socials and Emotional Development</b>  | <b>Physical Development</b>         | <b>Understanding the world</b>  |
|  | Work out problems & organize thinking<br>Explain how things work<br>Social phrases | Constructive & respectful relationships<br>Feelings<br>Resilience & perseverance<br>Manage own needs<br>Health & wellbeing                    | Develop skills to manage school day | Talk about family<br>Recognise people's different Beliefs                                       |

| <b>Term</b>   | <b>Autumn</b>  | <b>Spring</b>  | <b>Summer</b>  |  |
|---------------|--|--|--|--|
|               | <b>Relationships</b>   | <b>Living in the wider world</b>   | <b>Health and Wellbeing</b>  | <b>British Values</b><br>(Taught within the 3 main themes)   |
| <b>Year 1</b> | <p><b>Families and Relationships</b><br/>Roles of different people; families; feeling cared for</p> <p><b>Safe Relationships</b><br/>Recognising privacy; staying safe, seeking permission</p> <p><b>Respecting ourselves and others</b><br/>How behaviour affects others; being polite and respectful</p> | <p><b>Belonging to a community</b><br/>What rules are; caring for others' needs; looking after the environment,</p> <p>Jobs of people in the community</p> | <p><b>Physical health and Mental wellbeing</b><br/>Keeping healthy; food and exercise, hygiene routines; sun safety</p> <p><b>Growing and Changing</b><br/>Recognising what makes them unique and special; feelings; managing when things go wrong</p> | <p>School rules</p> <p>Anti-Racism Programme</p>   |
| <b>Year 2</b> | <p><b>Families and Relationships</b><br/>Making friends; feeling lonely and getting help</p> <p><b>Safe Relationships</b><br/>Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</p>   | <p><b>Money and Work</b><br/>What money is; needs and wants; looking after money</p>   | <p><b>Growing and Changing</b><br/>Growing older; naming body parts; moving class or year</p>  | <p>Anti-Racism Programme</p>   |
|               |  | <p><b>CASE</b><br/>See programme objectives</p>  |  |  |
| <b>Year 3</b> | <p><b>Safe Relationships</b><br/>Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p><b>Respecting ourselves and others</b><br/>Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p>                                       | <p><b>Money and work</b><br/>Different jobs and skills; job stereotypes; setting personal goals</p>  | <p><b>Growing and Changing</b><br/>Personal strengths and achievements; managing and reframing setbacks</p> <p><b>Keeping Safe</b><br/>Risks and hazards; safety in the local environment and unfamiliar places</p>                                    | <p>The value of rules and laws; rights, freedoms and responsibilities</p> <p>Anti-Racism Programme</p> |

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| <b>Year 4</b> | <p><b>Safe Relationships</b><br/>Responding to hurtful behaviour; managing confidentiality</p> <p><b>Respecting ourselves and others</b><br/>Respecting differences and similarities; discussing difference sensitively</p>   |   | <p><b>Belonging to a community</b><br/>What makes a community; shared responsibilities</p> <p><b>Money and Work</b><br/>Making decisions about money; using and keeping money safe</p>   | <p><b>Growing and Changing</b><br/>Physical and emotional changes in puberty; support with puberty</p> <p><b>Keeping Safe</b><br/>Medicines and household products; drugs common to everyday life</p>   | Respecting differences and similarities; discussing difference sensitively<br>Anti-Racism Programme                      |
| <b>Year 5</b> | <p><b>Families and Friendships</b><br/>Managing friendships and peer influence</p> <p><b>Safe Relationships</b><br/>Physical contact and feeling safe</p> <p><b>Respecting ourselves and others</b><br/>Responding respectfully to a wide range of people; recognising prejudice and discrimination</p> |   | <p><b>Belonging to a community</b><br/>Protecting the environment; compassion towards others</p> <p><b>Money and work</b><br/>Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p> | <p><b>Growing and changing</b><br/>Personal identity; recognising individuality and different qualities; mental wellbeing</p>   | Responding respectfully to a wide range of people; recognising prejudice and discrimination<br><br>Anti-Racism Programme |
| <b>Year 6</b> | <p>DARE 25 Recognising and managing pressure; consent in different situations</p> <p>[Safe relationships]</p> <p><b>Respecting ourselves and others</b><br/>Expressing opinions and respecting other points of view, including discussing topical issues</p>  | <p>DARE 25<br/><b>Keeping Safe</b><br/>Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p> | <p><b>Belonging to a Community</b><br/>Valuing diversity; challenging discrimination and stereotypes</p> <p><b>Money and work</b><br/>Influences and attitudes to money; money and financial risks</p>                             | <p><b>Growing and changing</b><br/>Human reproduction and birth; Emotion challenges of puberty. increasing independence; managing transition</p> <p><b>Physical health and mental wellbeing</b><br/>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online<br/>[Physical health + mental well-being]</p> | Valuing diversity; challenging discrimination and stereotypes<br><br>Anti-Racism Programme                               |

All Year groups will follow the Notts Anti-Racism Programme