



PHSCE: Long Term Plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Building on First School Relationship work at age appropriate level: <ul style="list-style-type: none"> • families and people who care for me • caring friendships • respectful relationships • online relationships • being safe 			Building on First School Health Education work at age appropriate level: <ul style="list-style-type: none"> • mental wellbeing • internet safety and harms • physical health and fitness • healthy eating • facts and risks associated with drugs, alcohol and tobacco • health and prevention • basic first aid • changing adolescent body 		
Year Five	Respect and bullying: Mutual respect; Sharing points of view; Stereotypes; Types of bullying and how to get help; Discrimination	Mental wellbeing: Taking care of mental health and emotional wellbeing; Managing challenges; Seeking support for themselves and others	Careers-DUCTU: Career types; Charity organisations and roles, active participation in "Bags of Kindness" project	Staying safe: Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety and the PANTS rule, Online safety and safe online relationships	Health and wellbeing: Managing and identifying the physical changes of puberty; menstruation; Benefits of a balanced lifestyle; How physical activity affects wellbeing	Substances: Medicines, vaccinations and immunisations; Risks and effects of alcohol and smoking; Peer-pressure; mixed-media messages; staying "Sun Safe".

Year Six	Personal Identity: What contributes to who we are; Personal strengths; Interests; Setting goals; Managing setbacks; New opportunities and responsibilities	Puberty and reproduction: Menstrual wellbeing; Developing independence; How a baby is made	Health and hygiene: Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene, bacteria and viruses; Allergies and getting help in an emergency; Vaccination and immunisation; Dental health	Managing change: Developing friendship skills; Changing and ending friendships; Managing change, loss and bereavement; Sources of support	Media literacy: How data is shared and used online; Evaluating reliability of sources; Misinformation and targeted information; Choosing age-appropriate TV, games and online content; Influences relating to gambling	Friendships and staying safe: Opportunities to connect online; The nature of online only friendships; Reporting harmful content and contact; Staying safe online
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Sex and relationship education (SRE) is compulsory from age 11 onwards.
It involves teaching children about reproduction, sexuality and sexual health. It does not promote early sexual activity or any particular sexual orientation.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Seven	Economic wellbeing: Evaluating value for money; Debt, fraud and personal values around finance; Financial exploitation	Healthy lifestyles: Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services	Health and well-being: Understanding what mental health is, online wellbeing; consensual and non-consensual sharing of online photographs; awareness of smoking and drinking; awareness of vaping	Careers: Developing enterprise skills; The world of work and young people’s employment rights; Enterprise project <i>CROSS-YEAR, GROUP WITH Y5</i>	Relationships: Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent	Friendships and diversity: Respectful relationships and conflict resolution, including online; Equality, diversity and tackling prejudice; Bullying, including online

Year Eight	Careers: Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence	Friendships and managing influences: Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance use.	Relationships: Stereotypes and expectations of gender roles, behaviour and intimacy; Consent in intimate situations; Introduction to contraception and sexual health.	First aid and keeping safe: First aid including CPR and defibrillator use; Personal safety including travel safety	Mental health and wellbeing: Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others	Moving forward: Personal strengths, celebrating successes and setting goals; Moving on to a new school; Managing change
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Preparing For future learning in areas relating to:

Health and Wellbeing

Physical, Emotional and mental wellbeing
Mental health – stress/depression/anxiety
Drugs/Alcohol
Impact of Social Media on Mental Health
Healthy living Work/Leisure/Exercise/
Sunbathing/Physical health
First Aid
Principles of First Aid, Chest only CPR
Severe Bleeding
Choking
Recovery Position

Relationships

Relationships and Bullying
Healthy Relationships
Domestic violence
Negotiation and assertiveness,
Pornography Vs Reality
STIs and Safe Sex

Wider World

Justice system - National
Crime and punishment
Diversity
Sustainability

Health and Wellbeing

Relationships

The Wider World