



# PHSCE: Long Term Plan



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

<b>Year Six</b>	<b>Personal Identity:</b> What contributes to who we are; Personal strengths; Interests; Setting goals; Managing setbacks; New opportunities and responsibilities	<b>Puberty and reproduction:</b> Menstrual wellbeing; Developing independence; How a baby is made	<b>Health and hygiene:</b> 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	<b>Managing change:</b> Developing friendship skills; Changing and ending friendships; Managing change, loss and bereavement; Sources of support	<b>Media literacy:</b> 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	<b>Friendships and staying safe:</b> Opportunities to connect online; The nature of online only friendships; Reporting harmful content and contact; Staying safe online
-----------------	--	--	--	---	--	--

**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.**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year Seven</b>	<b>Economic wellbeing:</b> Evaluating value for money; Debt, fraud and personal values around finance; Financial exploitation	<b>Healthy lifestyles:</b> Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services	<b>Health and well-being:</b> Understanding what mental health is, online wellbeing; consensual and non-consensual sharing of online photographs; awareness of smoking and drinking; awareness of vaping	<b>Careers:</b> Developing enterprise skills; The world of work and young people's employment rights; Enterprise project <i>CROSS-YEAR, GROUP WITH Y5</i>	<b>Relationships:</b> Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent	<b>Friendships and diversity:</b> Respectful relationships and conflict resolution, including online; Equality, diversity and tackling prejudice; Bullying, including online
<b>Year Eight</b>	<b>Careers:</b> Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence	<b>Friendships and managing influences:</b> Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance use.	<b>Relationships:</b> Stereotypes and expectations of gender roles, behaviour and intimacy; Consent in intimate situations; Introduction to contraception and sexual health.	<b>First aid and keeping safe:</b> First aid including CPR and defibrillator use; Personal safety including travel safety	<b>Mental health and wellbeing:</b> Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others	<b>Moving forward:</b> Personal strengths, celebrating successes and setting goals; Moving on to a new school; Managing change

**Preparing For future learning in areas relating to:**

<b>Health and Wellbeing</b> 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	<b>Relationships</b> Relationships and Bullying Healthy Relationships Domestic violence Negotiation and assertiveness, Pornography Vs Reality STIs and Safe Sex	<b>Wider World</b> Justice system - National Crime and punishment Diversity Sustainability
Health and Wellbeing	Relationships	The Wider World