



# Medium Term Plan PSHE 2023-2024



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Trips or events</b>	World Mental Health Day Black History month School Council Elections	Anti-bullying week Road safety week Bonfire night – firework safety World Kindness Day Children in Need	Internet Safety Day	Sport Relief	Dementia awareness month	June LGBT Pride month Lloyds bank money management (KS1)

<p><b>EYFS</b></p>	<p><b><u>Building relationships</u></b>  <b>How do we make friends and belong at school?</b></p> <p>Games so we can learn each other's names.</p> <p>Team and cooperative games.</p> <p>Tours of school and modelling use of the different equipment/areas.</p> <p>Turn taking games.</p> <p>Stories about cooperation/turn-taking</p> <p>Turn taking role play.</p> <p>Cooperative games/tasks.</p>	<p><b><u>Managing yourself, self-regulation &amp; building relationships</u></b>  <b>Why am I special?</b></p> <p>Reading books to explore how we are all different and special.</p> <p>All about me box so that children can speak to the class about what is important to them and makes them special.</p> <p>Books that celebrate diversity, similarity, and difference relevant to the all about me boxes.</p>	<p><b><u>Self-regulation</u></b>  <b>What are emotions and feelings?</b></p> <p>Reading the book, The Colour Monster and identifying and discussing feelings.</p> <p>Introduction of feelings board in line with Colour Monster.</p> <p>Roleplay/puppets - why we might feel certain emotions and how we can show others how we are feeling.</p> <p>Stories to reinforce vocabulary about feelings.</p> <p>What can we do when we have strong feelings?</p>	<p><b><u>Building relationships</u></b>  <b>Why are friends important?</b></p> <p>Reading stories about friendship – characters that act as a good friend or don't and discussing.</p> <p>Role play about how to be a good friend – what would you do in this situation?</p> <p>Kindness tree for noticing when someone is being a good friend</p>	<p><b><u>Self-regulation</u></b>  <b>How can we talk to others about our feelings?</b></p> <p>Reminder about The Colour monster.</p> <p>Reading scenarios where children are feeling a certain emotion – can we explain how they are feeling?</p> <p>The puppet is really sad/angry/excited? How can they explain the feeling they have in their body to someone?</p> <p>What can a puppet/characters in stories do to feel calm?</p>	<p><b><u>Managing yourself</u></b>  <b>Why is it good to try new things? How do we feel about change?</b></p> <p>Reading stories where characters try new things. How did they feel before/after?</p> <p>Discussion about when we have tried something new and why we were glad after.</p> <p>Circle times about the best things about Reception and how we are feeling about year 1.</p> <p>Transition visits.</p> <p>Writing to our new teacher.</p>
--------------------	--	--	---	--	---	--

Thoughtbox lessons are organised into 'Think, Feel and Connect' learning objectives under each title (shown below).

Year 1	<b>Self-Care</b> <u>What makes me, me?</u>	<b>Self-Care</b> <u>What is culture and where does it come from?</u>	<b>People-care</b> <u>What does home mean?</u>	<b>Earth care</b> <u>Where does rubbish go when we throw it away?</u>	<b>Relationship and Health Education (RHE)</b>	<b>People-care</b> <u>What is the kindness infection</u>
	<p>LO: I can understand that we are all unique.</p> <p>LO: I can think about how I see myself and know that we don't need to all be the same.</p> <p>LO: I can think about how we are sometimes influenced by others.</p> <p>LO: I can understand and explore each other's unique characteristics.</p> <p style="text-align: center;">+</p> <p>LO: I understand what it means to be a School Councillor.</p> <p>LO: I know how to take care of myself (World Mental Health day).</p>	<p>LO: I can think about what culture means and how it impacts our lives.</p> <p>LO: I can explore some different cultural traditions from around the world.</p> <p>LO: I can think about some of the ways our culture impacts our choices and preferences.</p> <p>LO: I can understand how we are all connected through our culture and celebrate our cultural diversity.</p> <p style="text-align: center;">+</p> <p>LO: I know it is important to tell someone (such as their teacher) if something makes them feel unhappy or worried (Anti-bullying week).</p>	<p>LO: I can explore some of the different houses that we have.</p> <p>LO: I can think about and discuss how we feel at home.</p> <p>LO: I can think about how it might feel to be living without a home.</p> <p>LO: I can understand how it feels to be left out or ignored by people around you and how to help others in that situation.</p> <p style="text-align: center;">+</p> <p>LO: I know how medicines (including vaccinations and immunisations) can help people stay healthy and that some people to take medicines every day to stay healthy.</p> <p>LO: I know ways to stay happy and can talk</p>	<p>LO: I can discuss rubbish and pollution in the ocean and on the beach.</p> <p>LO: I can understand where some of our waste goes and how it affects wildlife.</p> <p>LO: I can explore and unravel some of the ways that nature removes natural rubbish from the earth.</p> <p><b>Earth care</b> <u>Why isn't there enough water for everyone?</u></p> <p>LO: I can explore why water is a precious resource.</p> <p>LO: I can explore how the world's water problems are linked to a changing climate.</p> <p>LO: I can understand the part we play in the problem of polluted waters.</p>	<p>LO: I can describe some ways that boys and girls are similar or the same</p> <p>LO: I can describe what makes a good friend and how to solve a problem when a friendship goes wrong.</p> <p>LO: I can describe similarities and differences between different families.</p> <p style="text-align: center;">+</p> <p>LO: I know what money is and that money comes in different forms.</p> <p>LO: I know how money is obtained (e.g., earned, won, borrowed, presents) How people make choices about what to do with money, including spending and saving.</p>	<p>LO: I can understand what happens in our bodies when we give and receive kindness and explore how it is infectious.</p> <p>LO: I can understand the impact of kindness on ourselves, on others and on the rest of the natural world.</p> <p>LO: I can explore the ways that we can be kind and empathise with others to better help them with their needs.</p> <p>LO: I can think about how to show self-care, people-care and earth-care.</p> <p style="text-align: center;">+</p> <p>LO: I know how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say.</p> <p>LO: I know how to stay safe in the sun</p>

			about my feelings (Children's Mental Health day).			
--	--	--	---	--	--	--

<b>Year 2</b>	<b>Self-Care</b> <u>Where can we find happiness?</u>	<b>Self-Care</b> <u>Is social media making us less social?</u>	<b>People Care</b> <u>Journeys - Where do we all belong?</u>	<b>People Care</b> <u>What is equality and is it possible?</u>	<b>Relationship and Health Education (RHE)</b>	<b>People Care</b> <u>Groups - Where do we all belong?</u>
	<p>LO: I can think about and discuss how different emotions make us feel and why.</p> <p>LO: I can explore some ways to support our negative feelings and to help our friends too.</p> <p>LO: I can think about and discuss five ways to feel happier.</p> <p>LO: I can understand how different activities can help us to feel happy in different ways.</p> <p style="text-align: center;">+</p> <p>LO: I can understand that we have a right to a fair vote – linked to our School Council.</p> <p>LO: I know how to take care of myself (World mental health day).</p>	<p>LO: I can think about the different ways in which humans communicate with each other.</p> <p>LO: I can understand what social media is used for by different people and for different purposes.</p> <p>LO: I can think about how using social media impacts different people’s lives.</p> <p>LO: I can understand ways in which we can use devices safely and find healthy ways to communicate with others in our lives.</p> <p style="text-align: center;">+</p> <p>LO: I know why name calling, bullying and deliberately excluding others is unacceptable (Anti-bullying week)</p> <p>LO: I know how to report bullying or other hurtful behaviour</p>	<p>LO: I can explore what we need to feel at home and why home is important to us.</p> <p>LO: I can explore how we can use our language to help others to feel welcome and to feel connected.</p> <p>LO: I can understand some of our differences and how we can learn lots of new things from each other.</p> <p>LO: I can connect up some of our different ways of dancing and celebrate our differences and diversity.</p> <p style="text-align: center;">+</p> <p>LO: I know that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest.</p> <p>LO: I understand the meaning of Mental Health and know the importance of sharing my feelings (Children’s Mental Health day).</p>	<p>LO: I can think about and talk about the meaning of fairness and what it means for things to be equal.</p> <p>LO: I can think about and discuss why things are sometimes not fair for some people and why this might happen.</p> <p>LO: I can understand some of the thoughts and feelings of the natural world.</p> <p><b>Earth Care</b> <u>Why is the climate changing and what’s our role?</u></p> <p>LO: develop empathy for different creatures and the experiences they have in changing climates.</p> <p>LO: I can think critically about some of the activities causing climate change.</p> <p>LO: I can explore some of the exciting climate</p>	<p>LO: I can explain that all bodies are different and say what is brilliant about my body.</p> <p>LO: I can explain why it is important to keep clean and healthy.</p> <p>LO: I can name the different parts of my body including the private and personal body parts.</p> <p>LO: I can recognise when a situation is safe or unsafe and how to get help.</p> <p style="text-align: center;">+</p> <p>LO: I can explore the different ways to be safe around roads, fires and medicines.</p>	<p>LO: I can explore what humans can learn from how animals work together.</p> <p>LO: I can think about different groups humans belong to, including teams.</p> <p>LO: I can think about our friendship groups and the influence they have.</p> <p>LO: I can understand what belonging feels like and how we can belong to ourselves.</p> <p style="text-align: center;">+</p> <p>LO: I understand feelings linked to transition</p>

		including online to a trusted adult and the importance of doing so (Anti-bullying week)		change inventions and solutions from around the world.		
--	--	---	--	--	--	--

<b>Year 3</b>	<b>Self-Care</b> <u>What makes me, me?</u>	<b>Self-Care</b> <u>What is culture and where does it come from?</u> (Linked to Black History Month)	<b>People-Care</b> <u>What does home mean?</u>	<b>Earth Care</b> <u>Where does rubbish go when we throw it away?</u>	<b>Relationship and Sex Education (RSE)</b>	<b>Earth Care</b> <u>Who makes our clothes?</u>
	<p>LO: I can understand that we are all unique in the world and we have many unique beautiful qualities.</p> <p>LO: I can think about how we see ourselves and some of the ways that we like to do things.</p> <p>LO: I can understand that's it's ok to be different and to make our own decisions and choices.</p> <p>LO: I can understand and explore how we can use our gifts and talents to help us feel strong in the world.</p> <p style="text-align: center;">+</p> <p>LO: I know why rules and laws protect us and that we live in a democratic society (School council)</p> <p>LO: I understand the meaning of Mental Health and know the</p>	<p>LO: I can understand how we are different and connected and why it is important to celebrate and value our differences.</p> <p>LO: I can understand where culture comes from and how it shapes our lives and beliefs.</p> <p>LO: I can explore some of the diverse and amazing cultures around the world and what we gain by learning from and with other people.</p> <p style="text-align: center;">+</p> <p>LO: I know about fire and firework safety.</p> <p>LO: I know ways to keep me safe on the roads.</p> <p>LO: I know what bullying is; I know the differences between different behaviours and realise the consequences of these (Anti bullying)</p> <p>I understand that we all have collective</p>	<p>LO: I can think about and discuss the differences between a house and a home.</p> <p>LO: I can think about and discuss how we make each other feel welcome and at home.</p> <p>LO: I can understand and explore why we need to feel at home somewhere and how it might feel to be homeless.</p> <p>LO: I can explore and unravel how we can change our perception of homelessness and learn to acknowledge.</p> <p style="text-align: center;">+</p> <p>LO: I know about online safety and how to access available help inside and outside school (Internet safety day)</p> <p>LO: I understand the meaning of</p>	<p>LO: I can think about and discuss our understanding of waste and rubbish.</p> <p>LO: I can understand how we might be impacting unknown environments because of our wasteful habits.</p> <p>LO: I can explore and unravel some of the ways we can change our behaviour to think more carefully about the impact of our rubbish.</p> <p>LO: I can understand how to create zero-waste environments and the positive impacts these have on people and planet.</p> <p><b>Where does food come from?</b></p> <p>LO: I can think about and explore ways we can personally make changes to our food attitudes and habits to improve our own health and that of the planet.</p>	<p>LO: I can develop my understanding of what a good or healthy friendship is.</p> <p>LO: I can explore diversity in families and have some ideas of what to do if there are any difficulties in my family.</p> <p>LO: I can develop a positive sense of self.</p> <p>LO: I can use language for the personal and private parts of the body and understand safe touch, personal space and consent.</p> <p>LO: I can begin to develop skills in assessing and managing risk.</p>	<p>LO: I can think about why we choose to wear particular clothes and how these choices are made.</p> <p>LO: I can understand some of the human stories behind the creation of our clothes.</p> <p>LO: I can understand the concept of ethics by exploring the processes and ripple effect of the textile industry.</p> <p>LO: I can think about how we can learn to change our behaviour to have more of a positive impact upon people and the planet.</p> <p style="text-align: center;">+</p> <p>LO: I know how to stay safe in the sun.</p> <p>LO: I understand feelings linked to transition</p>

	importance of sharing my feelings (World Mental Health day)	responsibility to stand up against bullying.	Mental Health and know the importance of sharing my feelings (Children's Mental Health day).	LO: I can understand that it's possible to make changes at a local level to improve our own health and that of the planet.		
--	---	--	--	--	--	--

Year 4	<u>Self-Care</u> <u>Where can we find happiness?</u>	<u>Self-Care</u> <u>Is social media making us less social?</u>	<u>People-Care</u> <u>What is the kindness infection?</u>	<u>Earth Care</u> <u>Where does food come from?</u>	<u>Relationship and Sex Education (RSE)</u> LO: I can develop an understanding of gender stereotypes. LO: I can develop a positive sense of self. LO: I can use language for the personal and private parts of the body, understanding safe touch, personal space and consent. LO: I can understand more about keeping clean and not spreading germs. LO: I can understand the physical and emotional changes at puberty to mine and others bodies. LO: I can explain what a period (menstruation) is.	<u>People-Care</u> <u>Where do we need to belong?</u>
	LO: I can explore the true meaning if happiness and understand the feelings associated with the emotion LO: I know ways to look after our emotional wellbeing and how to express feelings LO: I can explore what we need to feel happy in ourselves LO: I can explore and connect with our own happiness and think of ways to help ourselves and others + LO: I know why rules and laws protect us and that we live in a democratic society (School council) LO: I understand the meaning of Mental Health and know the importance of sharing my feelings (World Mental Health day)	LO: I understand how and why we communicate in different ways and how this has changed over time LO: I can explore 'social media' LO: I understand some of the negative impacts of social media and how to keep healthy habits online LO: I can think about how to find a balance between online and offline experiences and understand the importance of healthy communications. + LO: I know some basic first aid techniques LO: I know what bullying is; I know the differences between different behaviours and realise the consequences of these (Anti bullying) I understand that we all	LO: I can explore the effects of kindness on ourselves as well as on others and how being kind is beneficial for our health and wellbeing LO: I can connect with the some of the intrinsic values that we all hold, and explore the untold stories of kindness in our communities to see how people really are. LO: I can discuss charity and the ethics of giving to understand how and why helping others is a positive way to channel our energies LO: I can look at ways to care more thoughtfully for ourselves, for others and for the rest of the natural world through the practices of triple wellbeing +	LO: I can explore some of the ingredients in our food and know the importance of understanding what food contains. <u>People-Care</u> <u>What is equality and is it possible?</u> LO: I can explore the meaning of equality, justice and fairness to help understand how these feel and how they impact our communities. LO: I can explore some of the histories of inequalities in our societies LO: I can connect with the natural worlds and Indigenous wisdom to explore the concept of natural justice and fairness for the more-than-human world LO: I can connect with global changemakers and movements supporting social and environmental justice + LO: I can explore the facts around smoking		LO: I can explore the different kinds of behaviours in humans and animals, looking at why and how we like to be part of a group or a pack LO: I can explore some of the ways we relate to each other, thinking about our role within a group of some of the needs we have to be part of something LO: I can reflect on the value and significance of belonging and the importance of relationships with others to help us learn to belong to ourselves and the world + LO: I understand feelings linked to transition

		have collective responsibility to stand up against bullying.	LO: I know about online safety and how to access available help inside and outside school (Internet safety day)  LO: I understand the meaning of Mental Health and know the importance of sharing my feelings (Children's Mental Health day)			
--	--	--	--	--	--	--

<b>Year 5</b>	<b>Self-care</b>	<b>Self-care</b>	<b>People care</b>	<b>Earth care</b>	<b>Relationship and Sex Education (RSE)</b>	<b>Earth care</b>
	<b>What makes me me?</b>	<b>What is culture and where does it come from?</b>	<b>What does home mean?</b>	<b>Where does rubbish go when we throw it away?</b>	<b>Who makes our clothes?</b>	
	LO: I know what makes us unique and that diversity is a positive part of the human population	LO: I can explore the meaning of culture, how it shapes our lives and some of the different cultures and traditions from around the world.	LO: I can explore the word 'home' and what it means to different people	LO: I can explore how and why some rubbish can decompose and unravel some of the habits that make us wasteful	LO: I can explore the challenges of on and offline friendships and can explain ways to access help if I need it	LO: I can understand and explore what influences our clothing choices
	LO: I can explore the concept of 'labels' and stereotypes and the impacts they can have	LO: I can explore the core elements that connect us all, think about where culture comes from and how it is connected to land, language and identity	LO: I can explore and empathise how it might feel to not have a home and why we have a human need to feel safe and secure	LO: I understand how we might be impacting unknown environments with our waste	LO: I can describe qualities of a good friend and can explore trust and secrets in our friendships.	LO: I understand some of the human stories behind the creation of our clothes
	LO: I can explore what is meant by 'beauty'	LO: I can explore the core elements that connect us all, think about where culture comes from and how it is connected to land, language and identity	LO: I can explore the idea of homelessness	LO: I understand how we might be impacting unknown environments with our waste	LO: I recognise and understand ways to keep safe including being able to say no to unwanted touch or behaviour.	LO: I can understand and explore the concept of ethics linked to the textile industry
	LO: I know that positive self-esteem and self-worth are important	LO: I can connect with the impact of cultural stereotyping	LO: I can think about and explore some of the humane and insightful responses to people experiencing homelessness	LO: I can explore how our wasteful habits might be seen by others across the world and begin to understand how long it takes our waste to 'disappear'	LO: I understand physical and emotional changes at puberty	LO: I can explore various ethical and sustainable shopping choices
	+	LO: I can reflect on the value and significance of unique cultures, and find ways to celebrate and respect diversity	LO: I know about online safety and how to access available help inside and outside school (Internet safety day)	LO: I can explore how our wasteful habits might be seen by others across the world and begin to understand how long it takes our waste to 'disappear'	LO: I can identify some of the changes that will happen in my body and other bodies during puberty, suggest ways to manage these changes and know who to talk to when I need help	+
	LO: I know why rules and laws protect us and that we live in a democratic society (School council)	LO: I can reflect on the value and significance of unique cultures, and find ways to celebrate and respect diversity	LO: I know about online safety and how to access available help inside and outside school (Internet safety day)	LO: I can understand and explore the meaning of 'zero-waste' and the positive impacts these have on people and planet	LO: I can explain what prejudice and discrimination means and describe ways to challenge this behaviour	LO: I know about online safety and how to access available help inside and outside school
	LO: I understand the meaning of Mental Health and know the importance of sharing my feelings (World Mental	LO: I know about risks, dangers and hazards and	LO: I understand the meaning of Mental Health and know the importance of sharing my feelings (Children's Mental	LO: I can develop an	LO: I can explain what prejudice and discrimination means and describe ways to challenge this behaviour	LO: I understand feelings linked to transition
					LO: I know about who can help including external	

	Health day)	<p>how to manage them responsibly</p> <p>LO: I know what bullying is; I know the differences between different behaviours and realise the consequences of these (Anti bullying)</p> <p>LO: I understand that we all have collective responsibility to stand up against bullying.</p>	Health day)	<p>initial understanding of the concepts linked to money and wellbeing</p> <p>LO: I understand how to manage money by using a budget to help make decisions about how it is spent. I understand some of the consequences of gambling</p>	<p>services and know that it is good to talk no matter what the issue.</p>	
--	-------------	--	-------------	--	--	--

Year 6	<u>Self-Care</u> <u>Where can we find happiness?</u>	<u>Self-Care</u> <u>Is social media making us less social?</u>	<u>People-Care</u> <u>What is the kindness infection?</u>	<u>People-Care</u> <u>What is equality and is it possible?</u>	<u>Relationship and Sex Education (RSE)</u>	<u>People-Care</u> <u>Where do we need to belong?</u>
	<p>LO: I can think about and discuss what happiness means and where you find it in your own life</p> <p>LO: I know why and how to take care of ourselves and our wellbeing</p> <p>LO: I can explore the meaning of happiness and wellbeing in other parts of the world and how this can be measured</p> <p>LO: I know ways to help ourselves to find happiness</p> <p style="text-align: center;">+</p> <p>LO: I know why rules and laws protect us and that we live in a democratic society (School council)</p> <p>LO: I understand the meaning of Mental Health and know the importance of sharing my feelings (World Mental Health day)</p>	<p>LO: I understand how and why we communicate in different ways and how this has changed over time</p> <p>LO: I can explore different social media platforms, and recognise how and why people use them</p> <p>LO: I understand some of the negatives impacts of social media and how to keep healthy habits online</p> <p>LO: I can think about how to find a balance between online and offline experiences and understand the importance of healthy communications.</p> <p style="text-align: center;">+</p> <p>LO: I can assess risks in different situations and can decide how to manage them responsibly (link to rail safety and hazards)</p>	<p>LO: I can explore the feelings of kindness and the impact on our bodies and emotions</p> <p>LO: I can explore the way values influence our own lives as well as our perception of people around us</p> <p>LO: I understand the benefits of volunteering and helping others</p> <p>LO: I can look at ways to care more thoughtfully for ourselves, for others and for the rest of the natural world through the practices of triple wellbeing</p> <p style="text-align: center;">+</p> <p>LO: I recognise how images in the media do not always reflect reality and can affect how people feel about themselves (link to Internet safety day)</p>	<p>LO: I can explore the meaning of equality, justice and fairness to help understand how these feel and how they impact our communities.</p> <p>LO: I can explore some of the histories of inequalities in our societies</p> <p>LO: I can explore and unravel the idea of natural justice</p> <p>LO: I can connect with global changemakers and movements supporting social and environmental justice</p> <p style="text-align: center;">+</p> <p>LO: I understand what drugs are and know some of the consequences of these (legal and illegal)</p> <p>LO: I know what medicines are safe for me to take and those that are not</p>	<p>LO: I can explain what peer pressure is and ways to deal with it</p> <p>LO: I understand safe and unsafe touch and be able to say no to touch or behaviour</p> <p>LO: I can evaluate the importance of choice, control and time limit in making safer choices.</p> <p>LO: I can identify some of the changes that will happen in my body and other bodies during puberty, suggest ways to manage these changes and know who to talk to when I need help</p> <p>LO: I understand how babies are made</p> <p>LO: I understand there may be different ways to get pregnant and know about multiple births.</p> <p>LO: I know about pregnancy and how babies are delivered.</p> <p>LO: I can define what sexual orientation and</p>	<p>LO: I can explore the different kinds of behaviours in humans and animals, looking at why and how we like to be part of a group or a pack</p> <p>LO: I can think about some of the groups we belong to and understand how groups can provide opportunities</p> <p>LO: I can engage with some of the reasons people join gangs, understanding the wider ripple effects as well as the impacts of gang life on wider communities</p> <p>LO: I can reflect on the value and significance of belonging and the importance of relationships with others to help us learn to belong to ourselves and the world</p> <p style="text-align: center;">+</p>

		<p>LO: I understand that we all have collective responsibility to stand up against bullying. (link to anti bullying week)</p>	<p>LO: I understand the importance of a 'work life balance.' (Children's Mental Health day)</p>		<p>gender mean and can identify things that shape our personal identity.</p> <p>LO: I know about who can help including external services and know that it is good to talk no matter what the issue.</p>	<p>LO: I can explore the 5 ways to wellbeing (linked to transition)</p>
--	--	---	---	--	--	---



