



# 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)

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

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

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

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

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

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

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

	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	Self-Care	Self-Care	People-Care	Earth Care	Relationship and Sex	People-Care
	<u>Where can we find happiness?</u>	<u>Is social media making us less social?</u>	<u>What is the kindness infection?</u>	<u>Where does food come from?</u>	<u>Education (RSE)</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 understand how and why we communicate in different ways and how this has changed over time	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 explore some of the ingredients in our food and know the importance of understanding what food contains.	LO: I can develop an understanding of gender stereotypes.	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 know ways to look after our emotional wellbeing and how to express feelings	LO: I can explore 'social media'	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.	<b>People-Care</b> <u>What is equality and is it possible?</u>	LO: I can use language for the personal and private parts of the body, understanding safe touch, personal space and consent.	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 explore what we need to feel happy in ourselves	LO: I understand some of the negative impacts of social media and how to keep healthy habits online	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 explore the meaning of equality, justice and fairness to help understand how these feel and how they impact our communities.	LO: I can understand more about keeping clean and not spreading germs.	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 can explore and connect with our own happiness and think of ways to help ourselves and others	LO: I can think about how to find a balance between online and offline experiences and understand the importance of healthy communications.	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 histories of inequalities in our societies	LO: I can understand the physical and emotional changes at puberty to mine and others bodies.	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 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 explain what a period (menstruation) is.	+
	LO: I know why rules and laws protect us and that we live in a democratic society (School council)	LO: I know some basic first aid techniques	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 connect with global changemakers and movements supporting social and environmental justice		LO: I understand feelings linked to transition
	LO: I understand the meaning of Mental Health and know the importance of sharing my feelings (World Mental Health day)	LO: I know what bullying is; I know the differences between different behaviours and realise the consequences of these (Anti bullying)	+	LO: I can explore the facts around smoking		

		have collective responsibility to stand up against bullying.	<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 Mental Health and know the importance of sharing my feelings (Children's Mental Health day)</p>			
--	--	--	---	--	--	--



	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	Self-Care	Self-Care	People-Care	People-Care	Relationship and Sex Education (RSE)	People-Care
	<u>Where can we find happiness?</u>	<u>Is social media making us less social?</u>	<u>What is the kindness infection?</u>	<u>What is equality and is it possible?</u>		<u>Where do we need to belong?</u>
	LO: I can think about and discuss what happiness means and where you find it in your own life	LO: I understand how and why we communicate in different ways and how this has changed over time	LO: I can explore the feelings of kindness and the impact on our bodies and emotions	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 explain what peer pressure is and ways to deal with it	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 know why and how to take care of ourselves and our wellbeing	LO: I can explore different social media platforms, and recognise how and why people use them	LO: I can explore the way values influence our own lives as well as our perception of people around us	LO: I can explore some of the histories of inequalities in our societies	LO: I understand safe and unsafe touch and be able to say no to touch or behaviour	LO: I can think about some of the groups we belong to and understand how groups can provide opportunities
	LO: I can explore the meaning of happiness and wellbeing in other parts of the world and how this can be measured	LO: I understand some of the negatives impacts of social media and how to keep healthy habits online	LO: I understand the benefits of volunteering and helping others	LO: I can explore and unravel the idea of natural justice	LO: I can evaluate the importance of choice, control and time limit in making safer choices.	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
	LO: I know ways to help ourselves to find happiness	LO: I can think about how to find a balance between online and offline experiences and understand the importance of healthy communications.	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 connect with global changemakers and movements supporting social and environmental justice	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 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 know why rules and laws protect us and that we live in a democratic society (School council)	LO: I can assess risks in different situations and can decide how to manage them responsibly (link to rail safety and hazards)	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)	LO: I understand what drugs are and know some of the consequences of these (legal and illegal)	LO: I understand how babies are made	
	LO: I understand the meaning of Mental Health and know the importance of sharing my feelings (World Mental Health day)			LO: I know what medicines are safe for me to take and those that are not	LO: I understand there may be different ways to get pregnant and know about multiple births.	
					LO: I know about pregnancy and how babies are delivered.	
					LO: I can define what sexual orientation and	

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



