

Long Term Plan

Autumn 1 - Being Me in My World

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> -Feeling special and safe -Being part of a class -Rights and responsibilities -Rewards and feeling proud -Consequences -Owning the Learning Charter 	<ul style="list-style-type: none"> -Hopes and fears for the year -Rights and responsibilities -Rewards and consequences -Safe and fair learning environment -Valuing contributions -Choices -Recognising feelings 	<ul style="list-style-type: none"> -Setting personal goals -Self-identity and worth -Positivity in challenges -Rules, rights and responsibilities -Rewards and consequences -Responsible choices -Seeing things from others' perspectives 	<ul style="list-style-type: none"> -Being part of a class team -Being a school citizen -Rights, responsibilities and democracy (school council) -Rewards and consequences -Group decision-making -Having a voice -What motivates behaviour 	<ul style="list-style-type: none"> -Planning the forthcoming year -Being a citizen -Rights and responsibilities -Rewards and consequences -How behaviour affects groups -Democracy, having a voice, participating 	<ul style="list-style-type: none"> -Identifying goals for the year -Global citizenship -Children's universal rights -Feeling welcome and valued -Choices, consequences and rewards -Group dynamics -Democracy, having a voice -Anti-social behaviour -Role-modelling

Autumn 2 - Celebrating Difference

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> -Similarities and differences -Understanding bullying and knowing how to deal with it -Making new friends -Celebrating the differences in everyone 	<ul style="list-style-type: none"> -Assumptions and stereotypes about gender -Understanding bullying -Standing up for self and others -Making new friends -Gender diversity -Celebrating difference and remaining friends 	<ul style="list-style-type: none"> -Families and their differences -Family conflict and how to manage it (child-centred) -Witnessing bullying and how to solve it -Recognising how words can be hurtful -Giving and receiving compliments 	<ul style="list-style-type: none"> -Challenging assumptions -Judging by appearance -Accepting self and others -Understanding influences -Understanding bullying -Problem-solving -Identifying how special and unique everyone is -First impressions 	<ul style="list-style-type: none"> -Cultural differences and how they can cause conflict -Racism -Rumours and name-calling -Types of bullying -Material wealth and happiness -Enjoying and respecting other cultures 	<ul style="list-style-type: none"> -Perceptions of normality -Understanding disability -Power struggles -Understanding bullying -Inclusion/exclusion -Differences as conflict, difference as celebration -Empathy

Spring 1 - Dreams and Goals

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> -Setting goals -Identifying successes and achievements -Learning styles -Working well and celebrating achievement with a partner -Tackling new challenges -Identifying and overcoming obstacles -Feelings of success 	<ul style="list-style-type: none"> -Achieving realistic goals -Perseverance -Learning strengths -Learning with others -Group co-operation -Contributing to and sharing success 	<ul style="list-style-type: none"> -Difficult challenges and achieving success -Dreams and ambitions -New challenges -Motivation and enthusiasm -Recognising and trying to overcome obstacles -Evaluating learning processes -Managing feelings -Simple budgeting 	<ul style="list-style-type: none"> -Hopes and dreams -Overcoming disappointment -Creating new, realistic dreams -Achieving goals -Working in a group -Celebrating contributions -Resilience -Positive attitudes 	<ul style="list-style-type: none"> -Future dreams -The importance of money -Jobs and careers -Dream job and how to get there -Goals in different cultures -Supporting others (charity) -Motivation 	<ul style="list-style-type: none"> -Personal learning goals, in and out of school -Success criteria -Emotions in success -Making a difference in the world -Motivation -Recognising achievements -Compliments

Spring 2 - Healthy Me

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> -Keeping myself healthy -Healthier lifestyle choices -Keeping clean -Being safe -Medicine safety/safety with household items -Road safety -Linking health and happiness 	<ul style="list-style-type: none"> -Motivation -Healthier choices -Relaxation -Healthy eating and nutrition -Healthier snacks and sharing food 	<ul style="list-style-type: none"> -Exercise -Fitness challenges -Food labelling and healthy swaps -Attitudes towards drugs -Keeping safe and why it's important -Respect for myself and others -Healthy and safe choices 	<ul style="list-style-type: none"> -Healthier friendships -Group dynamics -Smoking -Alcohol -Assertiveness -Peer pressure -Celebrating inner strength 	<ul style="list-style-type: none"> -Smoking, including vaping -Alcohol -Alcohol and anti-social behaviour -Emergency aid -Body image -Relationships with food -Healthy choices -Motivation and behaviour 	<ul style="list-style-type: none"> -Taking personal responsibility -How substances affect the body -Exploitation, including 'county lines' and gang culture -Emotional and mental health -Managing stress

Summer 1 - Relationships

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> -Belonging to a family -Making friends/being a good friend -Physical contact preferences -People who help us -Qualities as a friend and person -Self-acknowledgement -Being a good friend to myself -Celebrating special relationships 	<ul style="list-style-type: none"> -Different types of family -Physical contact boundaries -Friendship and conflict -Secrets -Trust and appreciation -Expressing appreciation for special relationships 	<ul style="list-style-type: none"> -Family roles and responsibilities -Friendship and negotiation -Keeping safe online and who to go to for help -Being a global citizen -Being aware of how my choices affect others -Awareness of how other children have different lives -Expressing appreciation for family and friends 	<ul style="list-style-type: none"> -Jealousy -Love and loss -Memories of loved ones -Getting on and Falling Out -Girlfriends and boyfriends -Showing appreciation to people and animals 	<ul style="list-style-type: none"> -Self-recognition and self-worth -Building self-esteem -Safer online communities -Rights and responsibilities online -Online gaming and gambling -Reducing screen time -Dangers of online grooming -SMART internet safety rules 	<ul style="list-style-type: none"> -Mental health -Identifying mental health worries and sources of support -Love and loss -Managing feelings -Power and control -Assertiveness -Technology safety -Take responsibility with technology use

Summer 2 - Changing Me

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> -Life cycles - animal and human -Changes in me -Changes since being a baby -Differences between female and male bodies (correct terminology) -Linking growing and learning -Coping with change -Transition 	<ul style="list-style-type: none"> -Life cycles in nature -Growing from young to old -Increasing independence -Differences in female and male bodies (correct terminology) -Assertiveness -Preparing for transition 	<ul style="list-style-type: none"> -How babies grow -Understanding a baby's needs -Outside body changes -Inside body changes -Family stereotypes -Challenging my ideas -Preparing for transition 	<ul style="list-style-type: none"> -Being unique -Having a baby -Girls and puberty -Confidence in change -Accepting change -Preparing for transition -Environmental change 	<ul style="list-style-type: none"> -Self- and body image -Influence of online and media on body image -Puberty for girls -Puberty for boys -Conception (including IVF) -Growing responsibility -Coping with change -Preparing for transition 	<ul style="list-style-type: none"> -Self-image -Body image -Puberty and feelings -Conception to birth -Reflections about change -Physical attraction -Respect and consent -Boyfriends/girlfriends -Sexting -Transition