

PSHCE Long Term Curriculum Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Year 1	<p>New beginnings To know that I belong to a community which I feel safe in and celebrating our differences and similarities. To know how to calm myself when I am upset or scared</p>	<p>Getting on and falling out Say no to bullying I can tell you what being a good friend means to me. I can see things from someone else's point of view. To work well in a group. To manage the feeling of anger and know how to calm down.</p>	<p>Going for goals To know we all learn in different ways. Be able to choose a realistic goal and know how to get there by breaking it down into small steps. Recognize when I am becoming bored or frustrated and know how to change this.</p>	<p>Good to be me To talk about my own gifts and talents and what makes me proud. I know when I learn best. I can use words to express my feelings I can tell when I am feeling proud and what makes me proud I know what it feels like to be relaxed. I can change my behavior if I stop and think about what I am doing. I know when and how to stand up for myself</p>	<p>Relationships To know the people who are important to me. To know and understand the feeling of jealousy To feel proud for friends and family To know ways to fee; better when hurt. I understand that people have hard choices and sometimes they have no choice.</p>	<p>Changes I can tell you some things about me that have changed and some things that will not change. I can tell you what a habit is and know that it is hard to change one. I can think about and plan to overcome obstacles. I can tell you about changes which are within my control.</p>
Year 2	<p>New beginnings To know that I belong to a community which I feel safe in and celebrating our differences and similarities. To know how to calm myself when I am upset or scared Finding ways to solve problems.</p>	<p>Getting on and falling out Say no to bullying I can tell you what being a good friend means to me. I can see things from someone else's point of view. To work well in a group. To manage the feeling of anger and know how to calm down.</p>	<p>Going for goals To know we all learn in different ways. Be able to choose a realistic goal and know how to get there by breaking it down into small steps. Recognize when I am becoming bored or frustrated and know how to change this.</p>	<p>Good to be me To talk about my own gifts and talents and what makes me proud. I know when I learn best. I can use words to express my feelings I can tell when I am feeling proud and what makes me proud I know what it feels like to be relaxed. I can change my behavior if I stop and think about what I am doing. I know when and how to stand up for myself</p>	<p>Relationships To know the people who are important to me. To know and understand the feeling of jealousy To feel proud for friends and family To know ways to fee; better when hurt. I understand that people have hard choices and sometimes they have no choice.</p>	<p>Changes I can tell you some things about me that have changed and some things that will not change. I can tell you what a habit is and know that it is hard to change one. I can think about and plan to overcome obstacles. I can tell you about changes which are within my control.</p>
Year 3	<p>New beginnings To know the class I am part of well and recognise my value I school To be able to talk about my feelings and predict how I will feel in different situations. To know more ways of solving problems.</p>	<p>Getting on and falling out Say no to bullying To know how to look and sounds friendly. To be able to take a role in a group and contribute to overall outcome.</p>	<p>Going for goals I can talk about myself as a learner. I can foresee obstacles and plan to overcome them when I am setting goals using my own success criteria. Recognize when finding learning difficult and persevere when I need to.</p>	<p>Good to be me I know about myself and how I learn. I can recognize when I find something difficult and do something about it or cope with how that makes me feel. To know what feeling surprised is like.</p>	<p>Relationships To know when something is my fault. I can express feelings of guilt. I know when I feel ashamed. I know what to do when I feel guilty. I can understand how I might hurt others.</p>	<p>Changes I know that change can be really good and can tell you about some changes that have made our lives much better, To discuss changes I have had in my life. I know that even changes we want to happen can</p>

		To know how to manage negative emotions and be able to calm down	I can identify and overcome my barriers of learning.	I can stop and think before I act. I can think about my worries and decide what I might do about them, I know when and how to act assertively.		sometimes feel uncomfortable. I know some of the reasons change can feel uncomfortable and scary, I understand other people reaction to change
Year 4	New beginnings To know the class I am part of well and recognise my value I school. To be able to talk about my feelings and predict how I will feel in different situations. To know more ways of solving problems.	Getting on and falling out Say no to bullying To know how to look and sounds friendly. To be able to take a role in a group and contribute to overall outcome. To know how to manage negative emotions and be able to calm down	Going for goals I can talk about myself as a learner. I can foresee obstacles and plan to overcome them when I am setting goals using my own success criteria. Recognize when finding learning difficult and persevere when I need to. I can identify and overcome my barriers of learning.	Good to be me I know about myself and how I learn. I can recognize when I find something difficult and do something about it or cope with how that makes me feel. To know what feeling surprised is like. I can stop and think before I act. I can think about my worries and decide what I might do about them, I know when and how to act assertively.	Relationships To know when something is my fault. I can express feelings of guilt. I know when I feel ashamed. I know what to do when I feel guilty. I can understand how I might hurt others.	Changes I know that change can be really good and can tell you about some changes that have made our lives much better, To discuss changes I have had in my life. I know that even changes we want to happen can sometimes feel uncomfortable. I know some of the reasons change can feel uncomfortable and scary, I understand other people reaction to change
Year 5	New beginnings To know the class I am part of well and recognise my value I school Setting expectations and goals for the year ahead. To understand how it feels to do something . To explain how problems are solved and able to give examples of problems.	Getting on and falling out Say no to bullying To know that different ways of behaving effects relationships. To see situations from another person's perspective. To know what makes a good leader. Work well in a group. Be able to manage all emotions and recognize my triggers. To recognise consequences of decisions I make.	Going for goals to know the skills to be an effective learner. Recognize and celebrate achievements. I can set myself a goal or challenge. I can make a personal or learning long-term plan and break it down into smaller, achievable goals. I know that if at first I don't succeed it is worth trying again.	Good to be me I accept myself for who and what I am. I know the difference between being proud and boasting. I know how to recognize my emotions and how to deal with them, I can use some strategies to help me when I feel useless or inadequate. I respect other people's views and understand I will not always agree with them.	Relationships I can think about what embarrasses me and learn something about me that I didn't know before. To explain the feeling of embarrassment. To understand that there's not just one way to grieve. I know somethings to do when I feel embarrassed that will not make things worse. I can tell when I am hiding a feeling and then choose to share it with someone.	Changes I am aware of common responses to difficult changes, and that they are sometimes similar to our responses when experiencing loss. I understand how it might feel when change takes you away from familiar people and places. I can understand other people's reaction to change. I know that many children have mixed feelings about going to secondary school.
Year 6	New beginnings / Good to be me To know the class I am part of well and recognise my value I school Setting expectations and goals for the year ahead. To explain how problems are solved and able to give examples of problems.	Getting on and falling out Say no to bullying To know that different ways of behaving effects relationships. To see situations from another person's perspective. To know what makes a good leader. Work well in a group.	Going for goals to know the skills to be an effective learner. Recognize and celebrate achievements. I can set myself a goal or challenge. I can make a personal or learning long-term plan and break it down into smaller, achievable goals.	Personal safety Taking responsibility for our own safety and basic first aid.	SRE Children look at life cycles and changes to their bodies during puberty	Changes / transition Preparing to go to secondary school. Discussing worries and what we are looking forward to.

		Be able to manage all emotions and recognize my triggers. To recognise consequences of decisions I make.	I know that if at first I don't succeed it is worth trying again.			
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