**PSHCE Long Term Curriculum Plan**

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|  | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Autumn 1** | **Meet the Go-Givers**In this lesson pupils will be introduced to the Go-Giver characters, who will share their likes, dislikes, talents and goals. After meeting the Go-Givers, pupils will share advice for making friends and will practise introducing themselves and initiating a conversation with a peer.**You can’t do that here**In this lesson pupils will consider that some rules are made to keep people safe. They will follow the story of Callum, a Go-Giver who wants to find a place to skateboard. Pupils will explain to Callum why different settings are not suitable and suggest how he can manage his frustration with the rules | **TWINKL: All about me – looking after yourself****Resilience: bouncing back**This lesson helps children to develop resilience and consider how to respond to challenges in a positive way. The Go-Givers characters share their experiences of difficult situations and how they ‘bounced back’.**TWINKL: Buddy the dog’s internet safety story**To teach young children how to use the Internet safely in a fun way! The story specifically focuses on the safe use of tablets and smartphones | **Turning Problems around****The Two Brothers**Pupils will read a tale adapted from Egyptian legend which tells of the love and care which two brothers showed for each other. In discussion, pupils will consider the qualities that they value in a sibling or friend and how siblings and friends can show support for one another. | **You amazing brain: becoming a resilient learner**To recognise, name and deal with their feelings in a positive way.To think about themselves, learn from their experiences andrecognise what they are good at.To learn how to set simple goals.**Children’s rights**Pupils will learn that there are specific rights for children which are set out in the United Nations Conventions on the Rights of the Child.Pupils will learn about the evolution of these rights.Pupils will then consider how their rights are met at school and how they can contribute to a culture in which children’s rights are valued and upheld. | **Mary Seacole and Florence Nightingale: Pioneering Nurses** This lesson tells the story of how Mary Seacole and Florence Nightingale overcame prejudice to help others and explores how discrimination can prevent people from making a full contribution to society. The lesson also helps children understand the importance of good hygiene, particularly in hospitals.**Respect**Children explore what the word respect means and consider different types of behaviour and whether they are respectful or not. | **Stressed Out** This lessons aims to help children understand the situations that cause stress, and to recognise and deal with stress in themselves and others. It accentuates the importance of sharing and listening. **Bullying: Prepare to Stand Up and Stand Out**This lesson looks at ways in which we differ from each other and how we can develop a positive body image. The children learn about intervention strategies through role play. |
| **Autumn 2** | **Litter: the picnic**In this lesson pupils will follow the story of the Go-Givers having a picnic. Pupils will think about the problems caused by littering and how they can take responsibility for cleaning their environment.**Explore the community**In this lesson pupils will research what is meant by the word ‘community’. Pupils will think about who lives in their area and what services and facilities there are for their community. They will discuss what they like and dislike about their area, suggesting things that could be improved. | **More than one friend**Pupils will follow the story of Digby who is upset when his best friend Anna starts spending a lot of time with someone else. Pupils will think about feelings which arise when someone is left out and consider the benefits of working and playing together**Tongue: the power of words**Pupils will read a tale adapted from Carib tradition which tells of how words can be used for good or bad. In discussion, pupils will consider the effects of speaking in aggressive and/or negative language and how well-chosen words can improve relationships. | **Peer Pressure: It’s your choice.**To know how and why rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules.To know that their actions affect themselves and others, to care about other people’s feelings and to try to see things from their points of view**Migration**Pupils will gain an understanding of the term ‘migration’ and some of the reasons why people migrate. They will consider the benefits of migration for a country and learn about the experiences of migrants from first-hand accounts. | **Mediation: resolving conflict**This lesson explores how conflicts can be resolved by looking at things fairly, listening carefully and trying to stand in the other person’s shoes. It also looks at how mediators can help negotiate solutions that can be agreed to by both parties.**The golden rule: Multi-faith values**his lesson shows how all the major religions subscribe to the idea that we should behave towards others as we would like others to behave towards us | **Nelson Mandela**This lesson explores Nelson Mandela's fight against apartheid in South Africa. It considers different points of view about famous people in history and concludes that struggles for freedom are not necessarily peaceful.**Topics for discussion: Mind Maze**Mind Maze consists of a series of cryptic questions to develop children’s ability to discuss social and moral issues. | **Working for Peace** This lesson looks at the causes of conflict and areas of the world where there is strife. It explains the role of the UN and how some charities work for reconciliation.**Righting wrongs: discrimination against gay people**To take part in a simple debate about topical issues e.g. homophobia to recognise choices they can make, and recognise the difference between right and wrong. |
| **Spring 1** | **Why do we wash our hands**pupils will learn that washing their hands can help to prevent the spread of germs which cause illnesses. Pupils will experiment with hand washing techniques before being given advice on how to effectively clean their hands and when hand washing is essential.**The Selfish Little Red Hen**Pupils will read and discuss the tale of the Selfish Little Red Hen who does not offer her friend any help as she prepares for a party. Following the story, pupils will think about the people who help them and what help they can offer in return. | **TWINKL: Good and bad relationships**What are the qualities of good and bad relationships?**TWINKL: We are all different**A short story which looks at what makes people individual e.g. things they like/dislike, their families, their talents. | **Keeping Safe in Cyberspace** This lesson explores the dangers of sharing personal information on the internet through situations involving the Go-Givers characters. It focuses on why bullying via social media and mobile phones is particularly harmful and how children can protect themselves from the various forms of cyber-bullying.**Animal care: creature kindness.**To understand the importance of looking after others in ourcare. | **Fairtrade: Have a Banana** This lesson explores how Fairtrade can create a more equal market for the independent producer. It also includes the health giving properties of a banana.**Emergency**This lesson describes how the emergency services operate. It also explains the role of the volunteer and how to administer basic First Aid in situations such as nose bleed and bee sting. The lesson includes a video containing interviews with the staff of Kent Air Ambulance, and an electronic First Aid quiz. | **Martin Luther King: Sacrificing all for the Dream**  This lesson looks at discrimination against African Americans in the United States during the 1950s and 1960s, the Civil Rights Movement and how Martin Luther King achieved change through peaceful protest. It also explores the nature of prejudice and racism and includes a link to the famous ‘I have a dream’ speech.**Jealousy: The GreenEyed Monster** A lesson about the difference between envy and jealousy, and how jealous feelings can be harmful to ourselves and others. It suggests various scenarios where jealousy can occur and how we can react negatively or positively | **Democracy**An understanding of how citizens can influencedecision-making through the democratic process.**Why do we pay Taxes? PART 2** Through this lesson we learn how the welfare state ensures a basic level of care for all citizens. It includes the role of the Chancellor and how taxes are levied. |
| **Spring 2** | **TWINKL: Recipe for friendship**Children look at what is needed to make a good friendship. Children create the perfect friendship through baking.**TWINKL: Being sorry**Discussing what the word sorry means and how it is important to feel and say sorry after doing something wrong. Children will understand how this makes another person feels.**How do you feel today?**Pupils will read about Mitali and his concerns for his friend Anna, who appears to be withdrawn and unhappy. Pupils will consider what can make people feel unhappy and how they can spot when their friends are feeling low. Pupils will identify trusted adults in their lives who can support them | **Vote for the Go-Givers** pupils will learn what it means to vote by looking at relatable examples in the lives of the Go-Givers. They will consider why and how votes are held and think about how people might feel if their preference does not win.The lesson continues with a basic introduction as to what happens in a general election and the election of a school council.**Saving Energy**Pupils will learn what is meant by the term energy source. They will consider how they use energy in their lives and be introduced to the basic environmental concerns raised when creating electricity from burning fossil fuels or through nuclear reactions.Pupils will then be shown how they can help the environment through saving energy in their day to day lives. | **Homelessness**Pupils will think about what home means to them through writing a poem inspired by the line ‘Home is where the heart is’.They will consider the reasons why someone may become homeless and the realities of life on the streets or in temporary accommodation.**Water: Our most precious resource.**pupils will learn about the qualities of water and why it is vital to life on Earth.They will consider the problems facing people who cannot access clean water and the pressures that have been placed on our water supply due to climate change and population growth | **Animal Care: Creature Kindness** This lesson looks at the advantages and disadvantages of pet ownership, the importance of taking care of animals and the work of animal welfare charities such as the RSPCA.**Microorganisms**To research, discuss and debate topical issues, problems and events.To know that bacteria and viruses can affect health and that following simple, safe routines can reduce their spread.What makes a healthy lifestyle, including the benefits of exercise. | **Healthcare: improving life chances.****Why do we pay Taxes?**  Through this lesson we learn how the welfare state ensures a basic level of care for all citizens. It includes the role of the Chancellor and how taxes are levied. | **Fake News**pupils will learn what is meant by ‘fake news’ and the risks that it poses to them and society. Pupils will be introduced to the concept of bias and will think about how they can critically examine news articles.**Stephen Lawrence: Long Search for Justice**This lesson for upper KS2 looks at how we use our discrimination, and how discrimination can be socially harmful. This unit sets out how the parents of Stephen Lawrence went about achieving justice for their son. |
| **Summer 1** | **Pollution: Expedition to Planet Bluebell**This lesson explores the issues of pollution of our planet and sustainable power. It is based around an animated story, involving the Go-Givers characters, in which creatures from a friendly planet are invited to help clean up Earth.**Go Givers playground**Pupils will consider the varying needs and interests of the Go-Giver characters and design a playground that matches these requirements. They will work in groups to present their ideas and agree rules that will keep the Go-Givers safe and happy in their playground. | **The messy magpie: all about recycling****Keeping safe at home**Pupils will spot potential risks in the home. They will learn how they can help adults to keep them safe by reporting problems and keeping the home tidy. Pupils will demonstrate their learning through creating a poster advising on home safety. | **The value of trees.**Pupils will learn about the role trees play in supporting life on Earth and their importance in our lives. They will examine the effects of deforestation and learn how they can help to renew forests.**Chicken soup**Pupils will read a tale adapted from Jewish folklore that explores the theme of sharing. Pupils will reflect on the behaviour of the characters and consider how they would resolve the conflict which is described in the story. | **Homophobia: Respecting all our differences**This lesson takes the form of an animated story involving Go-Givers character Anna who is being called ‘gay’ because she plays football and doesn’t like wearing dresses. The story addresses the issue of homophobic bullying, and explores different kinds of families. This lesson has been approved by the Stonewall education team.**The Gift of Sight** This lesson explains how the eye works. It explores the importance of sight, eye safety and how sight can be restored to some blind people in developing countries for very little cost. | **Bereavement: Treasured Memories** This lesson helps children understand how to deal with their feelings after the death of someone they cared for. It also suggests activities for children to do in school on the occasion of the death of a pupil or adult associated with the school.**Belonging to Groups**To recognise the role of voluntary, community and pressure groups**Discussion Scenarios: Dizzy Dilemmas**This lesson is a series of nine personal and social dilemmas children might come across in real life. It provides opportunities for open-ended discussion, suitable for Circle Time, and asks children what they would do in a similar situation. | **Knife Crime: Shielding from Harm** This lesson explores knife crime in the news and tries to put frightening headlines into perspective. It also explains what the law says about carrying knives and gives tips on how children can keep themselves, and others, safe and stand up to peer pressure.**Challenging stereotypes** pupils will develop an understanding of the term ‘stereotype’, identify examples of stereotypical opinions |
| **Summer 2** | **People who are special to me**Pupils will think about the ‘special people’ in their lives such as family, friends and carers. Pupils will be encouraged to recognise and respect the diversity found in different families and support networks, developing an appreciation that all ‘special people’ are characterised by their loving and caring qualities.**Caring for Pets**This lesson starts with a simple story that helps children to explore what responsibilities come with owning a pet.Children then go on to look at what happens when pets are not properly cared for and some of the charitable organisations that look after animals. | **TWINKL: St John Ambulance First Aid – introduction to first aid and getting help****Africa** | **It’s my body.** Exploring how to keep and healthy body and mind and understanding why this is important**Going for goals: Mo Farah** | **Charitable Giving through History** This lesson looks at the meaning and history of charity and their role in society both past and present. It looks at the role of the Victorian workhouse and alms houses. It also explores how the government helps those in need.**Care for the Elderly: The Grey Years**  This lesson aims to help children understand the process of ageing and what it feels like to be old. It also looks at how charities help older people retain their independence.. | **Rights & Responsibilities: Getting the Balance Right** This lesson explores how rules and laws help keep the balance between our rights and the rights of others by looking at the examples of privacy and free speech. It includes a video of an interview with Shami Chakrabarti, Director of Liberty.**Internet deceivers** To know that pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong | **Hygiene during Puberty (Don’t Make Your Best Friend Tell You!)** This lesson explores how bodies change at puberty, focusing on changes to skin, hair and hormones that cause body odour, meaning that good personal hygiene is more important during, and following, adolescence.**Year 6 Transition**This transition lesson for Year 6 helps children to prepare for secondary school. Follow Teefa as she organises herself and gets ready for the first day, considers how to keep safe, and sets herself goals. |