

# West Tyne Church Schools Federation

## PSHCE and SRE Long Term Plan

### Reception

Select and use activities and resources, with help when needed. Develop their sense of responsibility and membership of a community. Become more outgoing with unfamiliar people, in the safe context of their setting. Show more confidence in new social situations. Play with one or more other children, extending and elaborating play ideas. Find solutions to conflicts and rivalries.

Increasingly follow rules, understanding why they are important. Remember rules without needing an adult to remind them. Develop appropriate ways of being assertive. Talk with others to solve conflicts. Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Understand gradually how others might be feeling.

Be increasingly independent in meeting their own care needs. See themselves as a valuable individual. Build constructive and respectful relationships. Express their feelings and consider the feelings of others.

Show resilience and perseverance in the face of challenge. Identify and moderate their own feelings socially and emotionally. Think about the perspectives of others. Know and talk about the different factors that support their overall health and wellbeing: sensible amounts of 'screen time' · having a good sleep routine · being a safe pedestrian

### Year 1/2 Cycle A

#### Whole School Focus 1— Being Me

Special and safe, My Class, Rights and responsibilities, Feeling proud

#### Whole School Focus 2— Celebrating Difference

Accept that everyone is different, Include others, What is bullying, Solving problems, Making new friends, Celebrating difference—giving and receiving compliments.

#### Whole School Focus 3— Dreams, goals+aspirations

My treasure chest of success Steps to goals, Stretchy learning, Overcoming obstacles

#### Whole School Focus 4— Healthy Me

Being healthy, Healthy choices, Medicine, safety and exercise, Healthy relationships, Being mentally healthy

#### Whole School Focus 5— Relationships

Families, Making friends, Greetings, People who help us, Being my own best friend, Celebrating special relationships

#### Whole School Focus 6— Changing Me

Life cycles, Changing me, My changing body, Boys and girls bodies, Learning and growing, Coping with changes

### Year 1/2 Cycle B

#### Whole School focus 1— Being Me

Hopes and fears, Rights and responsibilities,, Rewards and consequences,, Good learning behaviours

#### Whole School focus 2— Celebrating Difference

Accept that everyone is different—boys and girls, Including others in play, Helping someone who is being bullied, Making new friends

#### Whole School Focus 3 — Dreams, goals and aspirations

Goals to success, Learning strengths, Learning with others, Group challenges, Celebrating success

#### Whole School Focus 4 — Healthy Me

Being healthy, Balanced diet, Medicine Safety, Safety in the home,

#### Whole School Focus 5— Relationships

Families, Exploring physical contact, Friends and conflict, Secrets, trust and appreciation

#### Whole School Focus 6— Changing Me

Life cycles in nature Growing from young to old, The changing me, Boys and girls bodies, Assertiveness, Looking ahead

### Year 3/4 Cycle A

#### Whole School Focus 1— Being Me

Getting to know each other, Making our school community a better place, Thinking about everyone's right to learn

#### Whole School Focus 2— Celebrating Difference-

Different families, Family conflict, Bullying—witness, feelings and solution, Words that harm, Compliments

#### Whole School Focus 3— Dreams, goals and aspirations

Self-motivation, Dreams and ambitions, Positive attitude, Overcoming obstacles, New challenges

#### Whole School Focus 4— Healthy Me

Being healthy, Being relaxed, Vaccinations, Obesity, Tooth decay, Healthy relationship, Mental health

#### Whole School Focus 5— Relationships

Family roles and responsibilities, Solving friendship problems, Keeping myself safe, Global citizenship, Celebrating my web of relationships

#### Whole School Focus 6— Changing Me

How babies grow, Babies and growing up, Outside body changes, Inside body changes, Family stereotypes, Looking ahead

### Year 3/4 Cycle B

#### Whole School Focus 1— Being Me

Becoming a class tea, School citizen, Rights, responsibility and democracy, Rewards and sanctions

#### Whole School Focus 2— Celebrating Difference-

Judging by appearances, Understanding influence, Understanding bullying,, Problem solving, Celebrating differences

#### Whole School Focus 3- Dreams, goals and aspirations

Hopes and Dreams, Broken dreams, Overcoming disappointments, Creating new dreams, Achieving goals

#### Whole School Focus 4— Healthy Me—Being

healthy—sun safety/skin cancer,, Online safety, Viruses, allergies, disease, Respectful relationships, Bereavement and grief

#### Whole School Focus 5— Relationships—

Relationship web, Love and loss, Memories, Special pets, Celebrating my relationship with people and animals

#### Whole School Focus 6— Changing Me—

Unique me, Having a baby, Girls and puberty, Circles of change, Accepting change, Looking ahead

### Year 5/6 Cycle A

#### Whole School Focus 1— Being Me—My year ahead, Being me in Britain, Wider responsibilities

#### Whole School Focus 2— Celebrating Difference

Different cultures, Racism, Rumours and name-calling, Types of bullying, Does money matter, Celebrating difference across the World

#### Whole School Focus 3— Dreams, goals and aspirations

When I grow up—my dream lifestyle, Investigate jobs and careers, My dream job, Young people in other cultures, Supporting each other, Rallying support

#### Whole School Focus 4— Healthy Me

Being fit and healthy, What do I know about drugs?, Peer pressure, Being safe

#### Whole School Focus 5— Relationships

Recognising me, Getting on and falling out, Girlfriends and boyfriends, Relationships and technology

#### Whole School Focus 6— Changing Me

Self and body image, Girl's puberty, Boy's puberty, Conception, Looking ahead, To year 6/Secondary

### Year 5/6 Cycle B

#### Whole School focus 1— Being Me

My year ahead, Global citizenship, Wider responsibilities

#### Whole School focus 2 Celebrating Difference

Am I normal, Understanding disability, Power struggles, Peer pressure, Why bully?, Celebrating differences

#### Whole School Focus 3— Dreams, goals and aspirations—Personal learning goals, Steps to success, My dream for the World, Making a difference, Recognising achievements

#### Whole School Focus 4— Healthy Me

Being fit and healthy, What do I know about drugs?, Smoking, alcohol, My friends and me, Celebrating inner strength

#### Whole School Focus 5— Relationships

My relationship web, Love and loss, Power and control, Relationships and technology

#### Whole School Focus 6— Changing Me

My self image, Puberty, Boy talk/girl talk, Babies—conception to birth, Attraction, Transition to Year 6/Secondary School