



Bowman - PSHE Long Term Plan - Primary

	Term 1 <u>Relationships</u>	Term 2 <u>Relationships</u>	Term 3 <u>Living in the wider world</u>	Term 4 <u>Living in the wider world</u>	Term 5 <u>Health and Wellbeing</u>	Term 6 <u>Health and Wellbeing</u>
	Relationships		Living in the wider world		Health and wellbeing	
Step 1	<p><u>Families and friendships</u> Roles of different people; families; feeling cared for</p> <p><u>Safe relationships</u> Recognising privacy; staying safe; seeking permission</p>	<p><u>Safe relationships</u> Recognising privacy; staying safe; seeking permission</p> <p><u>Respecting ourselves and others</u> How behaviour affects others; being polite and respectful</p>	<p><u>Belonging to a community</u> What rules are; caring for others' needs; looking after the</p> <p><u>Media literacy and digital resilience environment.</u> Using the internet and digital devices; communicating online</p>	<p><u>Physical health and Mental wellbeing</u> Keeping healthy; food and exercise, hygiene routines; sun safety.</p>	<p><u>Money and work</u> Strengths and interests; jobs in the community</p>	<p><u>Growing and changing.</u> Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p><u>Keeping safe.</u> How rules and age restrictions help us; keeping safe online.</p>
Step 2	<p><u>Families and friendships</u> Making friends; feeling lonely and getting help.</p> <p><u>Safe relationships</u> Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</p>	<p><u>Safe relationships</u> Managing secrets; resisting pressure and getting help; recognising hurtful behaviour.</p> <p><u>Respecting ourselves and others</u> Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p><u>Belonging to a community</u> Belonging to a group; roles and responsibilities; being the same and different in the community</p> <p><u>Media literacy and digital resilience environment.</u> The internet in everyday life; online content and information</p>	<p><u>Physical health and Mental wellbeing</u> Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p>	<p><u>Media literacy and digital resilience environment.</u> The internet in everyday life; online content and information</p> <p><u>Money and work</u> What money is; needs and wants; looking after money</p>	<p><u>Growing and changing.</u> Growing older; naming body parts; moving class or year.</p> <p><u>Keeping safe</u> Safety in different environments; risk and safety at home; emergencies</p>
Step 3	<p><u>Families and friendships</u> What makes a family; features of family life</p> <p><u>Safe relationships</u> Personal boundaries; safely responding to others; the impact of hurtful behaviour.</p>	<p><u>Safe relationships</u> Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p><u>Respecting ourselves and others</u> Recognising respectful behaviour; the importance of self-respect; courtesy and being polite.</p>	<p><u>Belonging to a community</u> The value of rules and laws; rights, freedoms and responsibilities</p> <p><u>Media literacy and digital resilience environment.</u> How the internet is used; assessing information online.</p>	<p><u>Physical health and Mental wellbeing</u> Health choices and habits; what affects feelings; expressing feelings</p>	<p><u>Money and work</u> Different jobs and skills; job stereotypes; setting personal goals.</p>	<p><u>Growing and changing.</u> Personal strengths and achievements; managing and reframing setbacks</p> <p><u>Keeping safe</u> Risks and hazards; safety in the local environment and unfamiliar place.</p>

<p>Step 4</p>	<p><u>Families and friendships</u> Positive friendships, including online</p> <p><u>Safe relationships</u> Responding to hurtful behaviour; managing confidentiality; recognising risks online</p>	<p><u>Safe relationships</u> Responding to hurtful behaviour; managing confidentiality; recognising risks online.</p> <p><u>Respecting ourselves and others</u> Respecting differences and similarities; discussing difference sensitively.</p>	<p><u>Belonging to a community</u> What makes a community; shared responsibilities.</p> <p><u>Media literacy and digital resilience environment.</u> How data is shared and used.</p>	<p><u>Physical health and Mental wellbeing</u> Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p><u>Growing and changing.</u> Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p>	<p><u>Money and work</u> Making decisions about money; using and keeping money safe</p>	<p><u>Growing and changing.</u> Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p><u>Keeping safe</u> Medicines and household products; drugs common to everyday life</p>
<p>Step 5</p>	<p><u>Families and friendships</u> Managing friendships and peer influence</p>	<p><u>Safe relationships</u> Physical contact and feeling safe</p> <p><u>Respecting ourselves and others</u> Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p><u>Belonging to a community</u> Protecting the environment; compassion towards others</p> <p><u>Media literacy and digital resilience environment.</u> How information online is targeted; different media types, their role and impact</p>	<p><u>Physical health and Mental wellbeing</u> Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p><u>Growing and changing.</u> Personal identity; recognising individuality and different qualities; mental wellbeing</p>	<p><u>Media literacy and digital resilience environment.</u> How information online is targeted; different media types, their role and impact</p> <p><u>Money and work</u> Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p><u>Growing and changing.</u> Physical and personal identity; recognising individuality and different qualities; mental wellbeing</p> <p><u>Keeping safe</u> Keeping safe in different situations, including responding in emergencies, first aid and FGM</p>
<p>Step 6</p>	<p><u>Families and friendships</u> Attraction to others; romantic relationships; civil partnership and marriage.</p> <p><u>Safe relationships</u> Recognising and managing pressure; consent in different situations.</p>	<p><u>Safe relationships</u> Recognising and managing pressure; consent in different situations.</p> <p><u>Respecting ourselves and others</u> Expressing opinions and respecting other points of view, including discussing topical issues.</p>	<p><u>Belonging to a community</u> Valuing diversity; challenging discrimination and stereotypes.</p> <p><u>Media literacy and digital resilience environment.</u> Evaluating media sources; sharing things online.</p>	<p><u>Physical health and Mental wellbeing</u> What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online.</p> <p><u>Growing and changing.</u> Human reproduction and birth; increasing independence; managing transition.</p>	<p><u>Media literacy and digital resilience environment.</u> Evaluating media sources; sharing things online.</p> <p><u>Money and work</u> Influences and attitudes to money; money and financial risks.</p>	<p><u>Growing and changing.</u> Human reproduction and birth; increasing independence; managing transition.</p> <p><u>Keeping safe</u> Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.</p>



Bowman - PSHE Long Term Plan – Secondary

	Health & Wellbeing	Living in the Wider World	Relationships	Health & Wellbeing	Living in the Wider World	Relationships
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Step 7	<p>Transition and safety</p> <p>Transition to secondary school and personal safety in and outside school, including first aid</p>	<p>Developing skills and aspirations</p> <p>Careers, teamwork and enterprise skills, and raising aspirations</p>	<p>Diversity</p> <p>Diversity, prejudice, and bullying</p>	<p>Building relationships</p> <p>Self-worth, romance and friendships (including online) and relationship boundaries</p>	<p>Health and puberty</p> <p>Healthy routines, influences on health, puberty, unwanted contact, and FGM</p>	<p>Financial decision making</p> <p>Saving, borrowing, budgeting and making financial choices</p>
Step 8	<p>Drugs and alcohol</p> <p>Alcohol and drug misuse and pressures relating to drug use</p>	<p>Community and careers</p> <p>Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p>Discrimination</p> <p>Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p>	<p>Identity and relationships</p> <p>Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>	<p>Emotional wellbeing</p> <p>Mental health and emotional wellbeing, including body image and coping strategies</p>	<p>Digital literacy</p> <p>Online safety, digital literacy, media reliability, and gambling hooks</p>
Step 9	<p>Peer influence, substance use and gangs</p> <p>Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p>	<p>Setting goals</p> <p>Learning strengths, career options and goal setting as part of the GCSE options process</p>	<p>Respectful relationships</p> <p>Families and parenting, healthy relationships, conflict resolution, and relationship changes</p>	<p>Intimate relationships</p> <p>Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p>	<p>Healthy lifestyle</p> <p>Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p>Employability skills</p> <p>Employability and online presence</p>
Step 10	<p>Mental health</p> <p>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p>Financial decision making</p> <p>The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>	<p>Healthy relationships</p> <p>Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography</p>	<p>Addressing extremism and radicalisation</p> <p>Communities, belonging and challenging extremism</p>	<p>Exploring influence</p> <p>The influence and impact of drugs, gangs, role models and the media</p>	<p>Work experience</p> <p>Preparation for and evaluation of work experience and readiness for work</p>
Step 11	<p>Building for the future</p> <p>Self-efficacy, stress management, and future opportunities</p>	<p>Next steps</p> <p>Application processes, and skills for further education, employment and career progression</p>	<p>Communication in relationships</p> <p>Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p>Families</p> <p>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>	<p>Independence</p> <p>Responsible health choices, and safety in independent contexts</p>	