

CHJS PSHCE LONG TERM PLAN - THEMATIC MODEL

<u>Term</u>	<u>Autumn</u>			<u>Spring</u>			<u>Summer</u>		
<u>Core Theme</u>	<u>Living in the Wider World</u>			<u>Relationships</u>			<u>Health and Wellbeing</u>		
<u>Topics</u>	<u>Belonging to a community</u>	<u>Media literacy and digital resilience</u>	<u>Money and Work</u>	<u>Families and Friendships</u>	<u>Safe Relationships</u>	<u>Respecting ourselves and others</u>	<u>Physical health and wellbeing</u>	<u>Growing and Changing</u>	<u>Keeping Safe</u>
<u>Year 3</u>	What rules are; caring for others' needs; looking after the environment; The value of rules and laws; rights, freedoms and responsibilities	Using the internet and digital devices; communicating online; How the internet is used; assessing information online	Strengths and interests; jobs in the community; Different jobs and skills; job stereotypes; setting personal goals	Roles of different people; families; feeling cared for; What makes a family; features of family life	Recognising privacy; staying safe; seeking permission; Personal boundaries; safely responding to others; the impact of hurtful behaviour	How behaviour affects others; being polite and respectful; Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Keeping healthy; food and exercise, hygiene routines; sun safety; Health choices and habits; what affects feelings; expressing feelings	Recognising what makes them unique and special; feelings; managing when things go wrong; Personal strengths and achievements; managing and reframing setbacks; naming body parts	How rules and age restrictions help us; keeping safe online; Risks and hazards; safety in the local environment and unfamiliar places
<u>Year 4</u>	Belonging to a group; roles and responsibilities; being the same and different in the community; What makes a community; shared responsibilities	How data is shared and used; The internet in everyday life; online content and information	What money is; needs and wants; looking after money; Making decisions about money; using and keeping money safe	Making friends; feeling lonely and getting help; Positive friendships, including online	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour; Responding to hurtful behaviour; managing confidentiality; recognising risks online	Recognising things in common and differences; playing and working cooperatively; sharing opinions; Respecting differences and similarities; discussing difference sensitively	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help; Maintaining a balanced lifestyle; oral hygiene and dental care	Growing older; naming body parts; Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Safety in different environments; risk and safety at home; emergencies; Medicines and household products; drugs common to everyday life
<u>Year 5</u>	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing; physical and emotional changes in puberty	Keeping safe in different situations, including responding in emergencies, first aid.

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<u>Year 6</u>	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media
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