

**Yew Tree Primary Academy**

**PSHE Long Term Curriculum Plan**

**KS1 & KS2**

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| **Year 1 – Health and Wellbeing, Relationships, Living in the Wider World, Safe Zone** |
| **Autumn 1** | Core Theme 3 Unit 1 LESSON 1: Rules / Expectations - We Expect …Core Theme 3 Unit 1 LESSON 2: Rules / Expectations - Class Charter Core Theme 1 Unit 5 LESSON 6: Internet Safety - E-Safety Core Theme 2 Unit 4 LESSON 1: Friendship - Forever Friends Core Theme 2 Unit 4 LESSON 2: Friendship - Make Friends Core Theme 3 Unit 1 LESSON 3: Taking Turns - It's Your Turn! |
| **Autumn 2** | Core Theme 2 Unit 1 LESSON 7: Good Manners - How Rude!Core Theme 1 Unit 4 LESSON 1: Happiness - Smile!Core Theme 1 Unit 4 LESSON 2: Anger - Grrrr!Core Theme 2 Unit 1 LESSON 1: Feelings - How I FeelCore Theme 2 Unit 1 LESSON 2: Responses - You and MeCore Theme 2 Unit 1 LESSON 3: Opinions - I Think… |
| **Spring 1** | Core Theme 1 Unit 2 LESSON 4: Washing Hands - Meet Grub!Core Theme 1 Unit 1 LESSON 1: Healthy Eating - Vote Green!Core Theme 1 Unit 1 LESSON 2: Healthy Eating - Meat EatersCore Theme 1 Unit 1 LESSON 3: Healthy Eating - Party Time!Core Theme 1 Unit 1 LESSON 4: Physical Activity - Get Physical!Core Theme 2 Unit 3 LESSON 2: Comparisons - All the Same  |
| **Spring 2** | Core Theme 2 Unit 2 LESSON 1: Definition - A Bully is…Core Theme 2 Unit 2 LESSON 2: Unkindness - Blame GameCore Theme 2 Unit 2 LESSON 3: Behaviour - Bullying is...Core Theme 2 Unit 2 LESSON 4: Behaviour - + and –Core Theme 1 Unit 5 LESSON 4: Personal Safety - Secret SurpriseCore Theme 1 Unit 5 LESSON 5: Emotional Safety - Getting Help |
| **Summer 1** | Core Theme 2 Unit 3 LESSON 6: Kindness - Give a LittleCore Theme 2 Unit 4 LESSON 5: Family - My FamilyCore Theme 2 Unit 4 LESSON 6: Family - Special PeopleCore Theme 3 Unit 1 LESSON 6: Caring - Talking to PlantsCore Theme 3 Unit 1 LESSON 4: Lending / Borrowing - The BorrowersCore Theme 3 Unit 1 LESSON 5: Sharing - Share the Booty |
| **Summer 2** | Core Theme 1 Unit 5 LESSON 1: Sun Safety – It’s a Cover Up!Core Theme 1 Unit 5 LESSON 2: Road Safety – Green X CodeCore Theme 3 Unit 3 LESSON 1: Money - Grows on Trees?Core Theme 3 Unit 3 LESSON 2: Money - Coining it in!Core Theme 3 Unit 3 LESSON 3: Money - Keep Money Safe Safe Zone LESSON 1: Copyright and Ownership Safe Zone LESSON 2: Self-Image and Identity Safe Zone LESSON 3: Managing Online Information Safe Zone LESSON 4: Privacy and Security |

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| **Year 2 – Health and Wellbeing, Relationships, Living in the Wider World, Safe Zone** |
| **Autumn 1** | Core Theme 2 Unit 4 LESSON 3: Friendship - Hola! Bonjour!Core Theme 2 Unit 4 LESSON 4: Friendship - Share AlikeCore Theme 2 Unit 3 LESSON 1: Fair and Unfair - It's Not Fair!Core Theme 3 Unit 2 LESSON 1: Our School - Common GoalsCore Theme 3 Unit 2 LESSON 2: Belonging - I Belong …Core Theme 3 Unit 2 LESSON 3: Belonging - Join Our Club!Core Theme 1 Unit 5 LESSON 7: Staying Safe – I Don’t Know You |
| **Autumn 2** | Core Theme 2 Unit 3 LESSON 4: Right and Wrong - In the RightCore Theme 1 Unit 4 LESSON 5: Consequences - Good v BadCore Theme 1 Unit 4 LESSON 6: Aspirations - It's a Goal!Core Theme 2 Unit 1 LESSON 4: Co-operation – NegotiationCore Theme 2 Unit 1 LESSON 5: Co-operation - Want to Play?Core Theme 2 Unit 1 LESSON 6: Co-operation - Let's Debate! |
| **Spring 1** | Core Theme 1 Unit 2 LESSON 5: Keeping Clean - Bath-timeCore Theme 1 Unit 2 LESSON 6: Skin - Skinny TipsCore Theme 1 Unit 2 LESSON 1: Dental Hygiene - Brushing Up!Core Theme 1 Unit 2 LESSON 2: Dental Hygiene - Bright WhiteCore Theme 1 Unit 2 LESSON 3: Dental Hygiene - Top TeethCore Theme 1 Unit 5 LESSON 3: Drug Safety - Magic Medicine |
| **Spring 2** | Core Theme 1 Unit 3 LESSON 1: Similarities and Differences - Boys v GirlsCore Theme 1 Unit 3 LESSON 2: The Human Body - Body BitsCore Theme 1 Unit 3 LESSON 3: Growing Up - All Grown UpCore Theme 1 Unit 3 LESSON 4: Changing Needs - I NeedCore Theme 1 Unit 1 LESSON 5: Physical Activity - Mighty MusclesCore Theme 1 Unit 1 LESSON 6: Exercise - Workout! |
| **Summer 1** | Core Theme 2 Unit 2 LESSON 5: Behaviour - Help Me!Core Theme 2 Unit 3 LESSON 3: Behaviour - In My ShoesCore Theme 2 Unit 3 LESSON 5: Teasing - Cry Baby!Core Theme 3 Unit 2 LESSON 4: Local Citizenship - Our Local AreaCore Theme 3 Unit 2 LESSON 5: Local Citizenship - Community CareCore Theme 1 Unit 3 LESSON 5: Responsibility - Who's at Fault? |
| **Summer 2** | Core Theme 1 Unit 3 LESSON 6: Emotions – Mood SwingsCore Theme 1 Unit 4 LESSON 3: Love - Three Little WordsCore Theme 1 Unit 4 LESSON 4: Sadness - How to CopeCore Theme 3 Unit 3 LESSON 4: Money - Shopping ListCore Theme 3 Unit 3 LESSON 5: Choices - This or That?Core Theme 3 Unit 3 LESSON 6: Enterprise - Dragons' Den Safe Zone LESSON 1: Self-Image and Identity Safe Zone LESSON 2: Online Relationships Safe Zone LESSON 3: Online Reputation Safe Zone LESSON 4: Online Bullying Safe Zone LESSON 5: Managing Online Information Safe Zone LESSON 6: Copyright and Ownership Safe Zone LESSON 7: Privacy and Security |

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| **Year 3 – Health and Wellbeing, Relationships, Living in the Wider World, Extremism and Radicalisation** |
| **Autumn 1** | Core Theme 1 Unit 6 LESSON 1: E-Safety – Online ChatCore Theme 1 Unit 6 LESSON 2: Online Privacy – The Secrets JarCore Theme 1 Unit 6 LESSON 3: Online Privacy – E-ProtectionCore Theme 3 Unit 1 LESSON 1: Rules – I’m In Charge!Core Theme 3 Unit 1 LESSON 2: Thinking Ahead – Lesson PlanningCore Theme 3 Unit 1 LESSON 3: Taking the Lead – Learning Time |
| **Autumn 2** | Core Theme 2 Unit 5 LESSON 1: Friendship – Best FeaturesCore Theme 2 Unit 5 LESSON 2: Friendship – Circles TimeCore Theme 2 Unit 5 LESSON 3: Friendship - Falling OutCore Theme 2 Unit 5 LESSON 4: Friendship – The BAFAsCore Theme 1 Unit 5 LESSON 1: Loss / Separation – Lost!Core Theme 1 Unit 5 LESSON 2: Loss / Separation – Found! |
| **Spring 1** | Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – I Am Who I Am!Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental – Hearts and MindsCore Theme 1 Unit 1 LESSON 3: Physical, Emotional and Mental – Three in OneCore Theme 1 Unit 2 LESSON 4: Sleep – Sweet Dreams |
| **Spring 2** | Core Theme 2 Unit 1 LESSON 1: Clear Messages – Dot Dot DashCore Theme 2 Unit 1 LESSON 2: How to Listen – Listen Up!Core Theme 3 Unit 2 LESSON 1: Different Communities – My CommunityCore Theme 3 Unit 2 LESSON 2: School Communities – School Swap Extremism and Radicalisation LESSON 1: Fact and Opinion Extremism and Radicalisation LESSON 2: Right or Wrong Extremism and Radicalisation LESSON 3: Valuing Differences |
| **Summer 1** | Core Theme 1 Unit 7 LESSON 1: Before Puberty – You’ve Grown!Core Theme 1 Unit 7 LESSON 2: Visible Changes – Mind the GapCore Theme 1 Unit 8 LESSON 1: How to Help – Who to CallCore Theme 1 Unit 8 LESSON 2: Emergency Calls – Calling 999Core Theme 1 Unit 8 LESSON 3: Emergency Calls – Ambulance, Now! |
| **Summer 2** | Core Theme 1 Unit 2 LESSON 1: A Balanced Approach – Define:HealthyCore Theme 1 Unit 2 LESSON 2: Physical Exercise – Active Kids?Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It’s Your ChoiceCore Theme 2 Unit 2 LESSON 1: Working Together – Name GameCore Theme 2 Unit 2 LESSON 2: Working Together – Build It UpCore Theme 2 Unit 2 LESSON 3: Shared Goals – Better Places |

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| **Year 4 – Health and Wellbeing, Relationships, Living in the Wider World, Extremism and Radicalisation** |
| **Autumn 1** | Core Theme 1 Unit 6 LESSON 4: Online Privacy – It’s PersonalCore Theme 1 Unit 6 LESSON 5: Internet Use – Online UsageCore Theme 1 Unit 6 LESSON 6: Internet Use – Age LimitsCore Theme 3 Unit 3 LESSON 1: Gender Stereotypes – His and Hers |
| **Autumn 2** | Core Theme 2 Unit 3 LESSON 1: Reactions - FrustrationCore Theme 2 Unit 3 LESSON 2: Self-Worth – I’m a Marvel!Core Theme 2 Unit 3 LESSON 3: Persistence and Resilience – Don’t Give UpCore Theme 2 Unit 3 LESSON 4: Negative Persistence – Over and OverCore Theme 1 Unit 5 LESSON 5: Feelings – Overreacting |
| **Spring 1** | Core Theme 1 Unit 3 LESSON 1: A Balanced Diet – Plant or Animal?Core Theme 1 Unit 3 LESSON 2: A Balanced Diet – Balancing ActCore Theme 1 Unit 3 LESSON 3: Working With Food – Master ChefCore Theme 1 Unit 3 LESSON 4: Working With Food – Our Food Hall |
| **Spring 2** | Core Theme 2 Unit 1 LESSON 3: Responding to Others – Agony AuntsCore Theme 2 Unit 1 LESSON 4: Expressing Opinions – It’s DebatableCore Theme 1 Unit 5 LESSON 3: Loss / Separation – Left BehindCore Theme 1 Unit 5 LESSON 4: Family Changes – Two Homes Extremism and Radicalisation LESSON 1: Building Courage and Resistance Extremism and Radicalisation LESSON 2: Extreme Reactions Extremism and Radicalisation LESSON 3: Minority Groups Extremism and Radicalisation LESSON 4: Vulnerability Extremism and Radicalisation LESSON 5: Terrorism |
| **Summer 1** | Core Theme 1 Unit 4 LESSON 1: Identified Strengths – I’m Good at ThatCore Theme 1 Unit 5 LESSON 6: Self-Respect – Let’s Rock!Core Theme 1 Unit 4 LESSON 2: Identified Strengths – Future MeCore Theme 1 Unit 4 LESSON 3: Setting Goals – That’s My Goal!Core Theme 1 Unit 4 LESSON 4: Setting Goals – The Impossible Dream |
| **Summer 2** | Core Theme 2 Unit 4 LESSON 1: Connections – Paper ChainsCore Theme 2 Unit 4 LESSON 2: Family Links – Family TreeCore Theme 2 Unit 4 LESSON 3: Religious Views – Faith FindingsCore Theme 2 Unit 4 LESSON 4: Celebrate Diversity – Inside OutsideCore Theme 3 Unit 4 LESSON 1: Money Choices – A Million DollarsCore Theme 3 Unit 4 LESSON 2: Managing Money – Design Choices |

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| **Year 5 – Health and Wellbeing, Relationships, Living in the Wider World** |
| **Autumn 1** | Core Theme 3 Unit 1 LESSON 1: Structure – Just Imagine …Core Theme 3 Unit 1 LESSON 2: Law and Order – In ChargeCore Theme 3 Unit 1 LESSON 3: U.N. Rights – Our RightsCore Theme 2 Unit 4 LESSON 5: Online Relationships – A Risky BusinessCore Theme 1 Unit 5 LESSON 1: Drugs – Just Say No!Core Theme 1 Unit 5 LESSON 2: Alcohol – Drink Aware |
| **Autumn 2** | Core Theme 1 Unit 4 LESSON 1: Death and Grief – It’s NaturalCore Theme 1 Unit 4 LESSON 2: Death and Grief - PoppiesCore Theme 1 Unit 4 LESSON 3: Managing Conflict – Families at WarCore Theme 3 Unit 2 LESSON 1: Community Event – We’re Cultured! |
| **Spring 1** | Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental – What’s Puberty?Core Theme 1 Unit 1 LESSON 3: Healthy Lifestyles – You Choose!Core Theme 1 Unit 5 LESSON 3: Tobacco – Up in SmokeCore Theme 1 Unit 5 LESSON 4: Substance Abuse – Let’s Be Frank |
| **Spring 2** | Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – 3-DimensionalCore Theme 2 Unit 1 LESSON 1: Confidentiality – Secret InfoCore Theme 2 Unit 1 LESSON 2: Listening – I’m All Ears!Core Theme 2 Unit 1 LESSON 3: Responding – Scenarios |
| **Summer 1** | Core Theme 1 Unit 2 LESSON 1: Food Choices – Secret EatersCore Theme 1 Unit 2 LESSON 2: Food Choices – Invention TeamCore Theme 1 Unit 2 LESSON 3: Cooking – Michelin StarsCore Theme 2 Unit 4 LESSON 1: Physical Contact – Touch Sensitive |
| **Summer 2** | Core Theme 2 Unit 2 LESSON 1: Responding - ScrabbleCore Theme 2 Unit 2 LESSON 2: Shared Goals – It’s All Go!Core Theme 2 Unit 2 LESSON 3: Community Spirit – All Join InCore Theme 1 Unit 5 LESSON 5: Basic First-Aid – First Aids Tips |

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| **Year 6 – Health and Wellbeing, Relationships, Living in the Wider World, RSE, Substance Abuse** |
| **Autumn 1** | Core Theme 1 Unit 3 LESSON 1: Identified Strengths – Big DreamsCore Theme 1 Unit 3 LESSON 2: Identified Strengths – Big AchieversCore Theme 1 Unit 3 LESSON 3: Setting Goals – ‘Super Futures’Core Theme 1 Unit 3 LESSON 4: Setting Goals – I Can Do That!Core Theme 1 Unit 5 LESSON 6: Internet Safety – Fake News |
| **Autumn 2** | Core Theme 2 Unit 3 LESSON 1: Race and Ethnicity – United States?Core Theme 2 Unit 3 LESSON 2: Gender Stereotypes – Jobs 4 AllCore Theme 2 Unit 3 LESSON 3: Culture – Cultural Feast |
| **Spring 1** | Core Theme 1 Unit 1 LESSON 4: Physical Illness – Bleugh!Core Theme 1 Unit 1 LESSON 6: Immunisation – One Sharp ScratchCore Theme 2 Unit 4 LESSON 3: Marriage – I Promise… |
| **Spring 2** | Core Theme 1 Unit 1 LESSON 5: Healthy Minds – Young MindsCore Theme 2 Unit 4 LESSON 4: Mental Wellbeing – Mind BusinessCore Theme 2 Unit 4 LESSON 2: Support and Care – Connections |
| **Summer 1** | Core Theme 3 Unit 3 LESSON 1: Budgeting – Money SupermarketCore Theme 3 Unit 3 LESSON 2: Consumer Sense – Payment TermsCore Theme 3 Unit 3 LESSON 3: Consumer Sense – A Class Catalogue!Core Theme 3 Unit 4 LESSON 1: Generating Income – Making MoneyCore Theme 3 Unit 4 LESSON 2: Generating Income – Raising Money |
| **Summer 2** |  Relationships and Sex Education LESSON 1: Forming Relationships Relationships and Sex Education LESSON 2: Sexual Relationships Relationships and Sex Education LESSON 3: Healthy Relationships Relationships and Sex Education LESSON 4: Unhealthy Relationships Relationships and Sex Education LESSON 5: Gender Issues Relationships Substance Related Abuse LESSON 1:Keeping Safe Substance Related Abuse LESSON 2:Taking Risks Substance Related Abuse LESSON 3:Taking Drugs Substance Related Abuse LESSON 4:Drug Awareness Substance Related Abuse LESSON 5:Sunstance Abuse |