

**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 Feel  Core Theme 2 Unit 1 LESSON 2: Responses - You and Me  Core 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 Eaters  Core 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 Game  Core 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 Surprise  Core Theme 1 Unit 5 LESSON 5: Emotional Safety - Getting Help |
| **Summer 1** | Core Theme 2 Unit 3 LESSON 6: Kindness - Give a Little  Core Theme 2 Unit 4 LESSON 5: Family - My Family  Core Theme 2 Unit 4 LESSON 6: Family - Special People  Core Theme 3 Unit 1 LESSON 6: Caring - Talking to Plants  Core Theme 3 Unit 1 LESSON 4: Lending / Borrowing - The Borrowers  Core 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 Code  Core 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 Alike  Core Theme 2 Unit 3 LESSON 1: Fair and Unfair - It's Not Fair!  Core Theme 3 Unit 2 LESSON 1: Our School - Common Goals  Core 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 Right  Core Theme 1 Unit 4 LESSON 5: Consequences - Good v Bad  Core Theme 1 Unit 4 LESSON 6: Aspirations - It's a Goal!  Core Theme 2 Unit 1 LESSON 4: Co-operation – Negotiation  Core 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-time  Core Theme 1 Unit 2 LESSON 6: Skin - Skinny Tips  Core Theme 1 Unit 2 LESSON 1: Dental Hygiene - Brushing Up!  Core Theme 1 Unit 2 LESSON 2: Dental Hygiene - Bright White  Core Theme 1 Unit 2 LESSON 3: Dental Hygiene - Top Teeth  Core Theme 1 Unit 5 LESSON 3: Drug Safety - Magic Medicine |
| **Spring 2** | Core Theme 1 Unit 3 LESSON 1: Similarities and Differences - Boys v Girls  Core Theme 1 Unit 3 LESSON 2: The Human Body - Body Bits  Core Theme 1 Unit 3 LESSON 3: Growing Up - All Grown Up  Core Theme 1 Unit 3 LESSON 4: Changing Needs - I Need  Core Theme 1 Unit 1 LESSON 5: Physical Activity - Mighty Muscles  Core 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 Shoes  Core Theme 2 Unit 3 LESSON 5: Teasing - Cry Baby!  Core Theme 3 Unit 2 LESSON 4: Local Citizenship - Our Local Area  Core Theme 3 Unit 2 LESSON 5: Local Citizenship - Community Care  Core Theme 1 Unit 3 LESSON 5: Responsibility - Who's at Fault? |
| **Summer 2** | Core Theme 1 Unit 3 LESSON 6: Emotions – Mood Swings  Core Theme 1 Unit 4 LESSON 3: Love - Three Little Words  Core Theme 1 Unit 4 LESSON 4: Sadness - How to Cope  Core Theme 3 Unit 3 LESSON 4: Money - Shopping List  Core 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 Chat  Core Theme 1 Unit 6 LESSON 2: Online Privacy – The Secrets Jar  Core Theme 1 Unit 6 LESSON 3: Online Privacy – E-Protection  Core Theme 3 Unit 1 LESSON 1: Rules – I’m In Charge!  Core Theme 3 Unit 1 LESSON 2: Thinking Ahead – Lesson Planning  Core Theme 3 Unit 1 LESSON 3: Taking the Lead – Learning Time |
| **Autumn 2** | Core Theme 2 Unit 5 LESSON 1: Friendship – Best Features  Core Theme 2 Unit 5 LESSON 2: Friendship – Circles Time  Core Theme 2 Unit 5 LESSON 3: Friendship - Falling Out  Core Theme 2 Unit 5 LESSON 4: Friendship – The BAFAs  Core 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 Minds  Core Theme 1 Unit 1 LESSON 3: Physical, Emotional and Mental – Three in One  Core Theme 1 Unit 2 LESSON 4: Sleep – Sweet Dreams |
| **Spring 2** | Core Theme 2 Unit 1 LESSON 1: Clear Messages – Dot Dot Dash  Core Theme 2 Unit 1 LESSON 2: How to Listen – Listen Up!  Core Theme 3 Unit 2 LESSON 1: Different Communities – My Community  Core 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 Gap  Core Theme 1 Unit 8 LESSON 1: How to Help – Who to Call  Core Theme 1 Unit 8 LESSON 2: Emergency Calls – Calling 999  Core Theme 1 Unit 8 LESSON 3: Emergency Calls – Ambulance, Now! |
| **Summer 2** | Core Theme 1 Unit 2 LESSON 1: A Balanced Approach – Define:Healthy  Core Theme 1 Unit 2 LESSON 2: Physical Exercise – Active Kids?  Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It’s Your Choice  Core Theme 2 Unit 2 LESSON 1: Working Together – Name Game  Core Theme 2 Unit 2 LESSON 2: Working Together – Build It Up  Core 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 Personal  Core Theme 1 Unit 6 LESSON 5: Internet Use – Online Usage  Core Theme 1 Unit 6 LESSON 6: Internet Use – Age Limits  Core Theme 3 Unit 3 LESSON 1: Gender Stereotypes – His and Hers |
| **Autumn 2** | Core Theme 2 Unit 3 LESSON 1: Reactions - Frustration  Core 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 Up  Core Theme 2 Unit 3 LESSON 4: Negative Persistence – Over and Over  Core 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 Act  Core Theme 1 Unit 3 LESSON 3: Working With Food – Master Chef  Core 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 Aunts  Core Theme 2 Unit 1 LESSON 4: Expressing Opinions – It’s Debatable  Core Theme 1 Unit 5 LESSON 3: Loss / Separation – Left Behind  Core 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 That  Core Theme 1 Unit 5 LESSON 6: Self-Respect – Let’s Rock!  Core Theme 1 Unit 4 LESSON 2: Identified Strengths – Future Me  Core 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 Chains  Core Theme 2 Unit 4 LESSON 2: Family Links – Family Tree  Core Theme 2 Unit 4 LESSON 3: Religious Views – Faith Findings  Core Theme 2 Unit 4 LESSON 4: Celebrate Diversity – Inside Outside  Core Theme 3 Unit 4 LESSON 1: Money Choices – A Million Dollars  Core 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 Charge  Core Theme 3 Unit 1 LESSON 3: U.N. Rights – Our Rights  Core Theme 2 Unit 4 LESSON 5: Online Relationships – A Risky Business  Core 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 Natural  Core Theme 1 Unit 4 LESSON 2: Death and Grief - Poppies  Core Theme 1 Unit 4 LESSON 3: Managing Conflict – Families at War  Core 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 Smoke  Core 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-Dimensional  Core Theme 2 Unit 1 LESSON 1: Confidentiality – Secret Info  Core 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 Eaters  Core Theme 1 Unit 2 LESSON 2: Food Choices – Invention Team  Core Theme 1 Unit 2 LESSON 3: Cooking – Michelin Stars  Core Theme 2 Unit 4 LESSON 1: Physical Contact – Touch Sensitive |
| **Summer 2** | Core Theme 2 Unit 2 LESSON 1: Responding - Scrabble  Core Theme 2 Unit 2 LESSON 2: Shared Goals – It’s All Go!  Core Theme 2 Unit 2 LESSON 3: Community Spirit – All Join In  Core 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 Dreams  Core Theme 1 Unit 3 LESSON 2: Identified Strengths – Big Achievers  Core 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 All  Core 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 Scratch  Core Theme 2 Unit 4 LESSON 3: Marriage – I Promise… |
| **Spring 2** | Core Theme 1 Unit 1 LESSON 5: Healthy Minds – Young Minds  Core Theme 2 Unit 4 LESSON 4: Mental Wellbeing – Mind Business  Core Theme 2 Unit 4 LESSON 2: Support and Care – Connections |
| **Summer 1** | Core Theme 3 Unit 3 LESSON 1: Budgeting – Money Supermarket  Core Theme 3 Unit 3 LESSON 2: Consumer Sense – Payment Terms  Core Theme 3 Unit 3 LESSON 3: Consumer Sense – A Class Catalogue!  Core Theme 3 Unit 4 LESSON 1: Generating Income – Making Money  Core 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 |