



Cedars Park Primary School

PSHE & RSE Long Term Plan



Intent

At Cedars Park, we value Personal, Social and Health Education (PSHE) as it supports our children in their social and emotional development as well as promoting their health and well-being. We believe that in order for our children to thrive, they need a secure understanding of how to manage their feelings and relationships and how to face challenges in their lives. We ensure that our curriculum is accessible for all to enable all learners to make progress from their own starting points, including those with Special Educational Needs (SEN). This is achieved by our planning being differentiated to meet the needs and abilities of all and different learning styles are encouraged. Where there are barriers, we pride ourselves on embracing different approaches and seizing new opportunities to ensure high-quality learning and reflect on our teaching and learning.

Through our PSHE curriculum, our children build the knowledge and understanding that they need to be positive citizens and to play an effective role in their community. Our lessons give children an understanding of the rights and responsibilities that are part of being a good citizen, which enables them to play an active and healthy part in the life of our school, their community and the world.

We strive for our children to be informed, thoughtful and responsible individuals who are aware of their rights and responsibilities and the impact we have on our community.

Implementation

We follow the Jigsaw scheme of work for PSHE, which has an integrated whole school approach. Each half term begins with a whole school assembly to introduce the theme. This is then reflected in each week's focus value. The school's teaching and curriculum is tailored to meet individual pupils' needs, including those with SEN. If appropriate, reasonable adjustments to the curriculum will be implemented in order for our pupils to achieve and make progress from their own individual starting points.

Each class has a weekly PSHE session to explore these themes. This subject is taught mainly with various hands on activities, discussions, debates and circle time.

Our PSHE curriculum is embedded in our whole-school ethos where we celebrate difference and values of respect, tolerance and equality.

Impact

The impact of our PSHE curriculum is evident in the confidence our children demonstrate when expressing their feelings and managing their friendships. Children at Cedars Park learn to use their voice to express their emotions and to use words to solve problems. We also see the impact of this learning in our children's engagement with their community and their care for others. The choices our children make to keep themselves safe and healthy also reflect the impact of our PSHE curriculum.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	Being Me in My World <ul style="list-style-type: none"> Who...Me? How am I feeling today? Being at School Gentle Hands Our Rights Our Responsibilities 	Celebrating Difference <ul style="list-style-type: none"> What am I Good At? I'm Special, I'm Me! Families Houses and Homes Making Friends Standing Up for Yourself 	Dreams and Goals <ul style="list-style-type: none"> Challenge Never Giving Up Setting a goal Obstacles and Support Flight to the Future Footprint Awards 	Healthy Me <ul style="list-style-type: none"> Everybody's Body We like to move it, move it! Food, Glorious, Food Sweet Dreams Keeping Clean Stranger Danger 	Relationships <ul style="list-style-type: none"> My Family and Me! Make Friends, Make Friends, Never Ever Break Friends! Falling out and Bullying Being the Best Friends we can be 	Changing Me <ul style="list-style-type: none"> My Body Respecting My Body Growing Up Fun and Fears Celebration
Year 1	Being Me in My World <ul style="list-style-type: none"> Special and safe My class Rights and Responsibilities Rewards and feeling proud Consequences Owning our Learning Charter 	Celebrating Difference <ul style="list-style-type: none"> The same as... Different from... What is 'bullying'? What do I do about bullying? Making new friends Celebrating difference, celebrating me 	Dreams and Goals <ul style="list-style-type: none"> My Treasure Chest of Success Steps to Goals Achieving Together Stretchy Learning Overcoming Obstacles Celebrating My Success 	Healthy Me <ul style="list-style-type: none"> Being Healthy Healthy Choices Clean and Healthy Medicine Safety Road Safety Happy, Healthy Me 	Relationships <ul style="list-style-type: none"> Families Making Friends Greetings People Who Help Us Being My Own Best Friend Celebrating My Special Relationships 	Changing Me <ul style="list-style-type: none"> Life Cycles Changing Me My Changing Body Boys' and Girls' Bodies Learning and Growing Coping with Changes
Year 2	Being Me in My World <ul style="list-style-type: none"> Hopes and Fears for the Year Rights and Responsibilities 	Celebrating Difference <ul style="list-style-type: none"> Boys and Girls Why does bullying happen? Standing up for 	Dreams and Goals <ul style="list-style-type: none"> Goals to Success My Learning Strengths Learning with Others 	Healthy Me <ul style="list-style-type: none"> Being Healthy Being Relaxed Medicine Safety Healthy Eating 	Relationships <ul style="list-style-type: none"> Families Keeping Safe - exploring physical contact 	Changing Me <ul style="list-style-type: none"> Life Cycles in Nature Growing from Young to Old The Changing Me

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	<ul style="list-style-type: none"> Rewards and Consequences Owning our Learning Charter 	<ul style="list-style-type: none"> myself and others Gender Diversity Celebrating difference and still being friends 	<ul style="list-style-type: none"> A Group Challenge Celebrating our Achievement 	<ul style="list-style-type: none"> Happy, Healthy Me! 	<ul style="list-style-type: none"> Friends and Conflict Secrets Trust and Appreciation Celebrating My Special Relationships 	<ul style="list-style-type: none"> Boys' and Girls' Bodies Assertiveness Looking Ahead
Year 3	Being Me in My World <ul style="list-style-type: none"> Getting to Know Each Other Our Nightmare School Our Dream School Rewards and Consequences Owning our Learning Charter 	Celebrating Difference <ul style="list-style-type: none"> Families Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference: compliments 	Dreams and Goals <ul style="list-style-type: none"> Dreams and Goals My Dreams and Ambitions A New Challenge Our New Challenge Celebrating My Learning 	Healthy Me <ul style="list-style-type: none"> Being Fit and Healthy What Do I Know about Drugs? Being Safe Safe or Unsafe My Amazing Body 	Relationships <ul style="list-style-type: none"> Family Roles and Responsibilities Friendship Keeping Myself Safe Online Being a Global Citizen Celebrating My Web of Relationships 	Changing Me <ul style="list-style-type: none"> How Babies Grow Babies Outside Body Changes Inside Body Changes Family Stereotypes Looking Ahead
Year 4	Being Me in My World <ul style="list-style-type: none"> Becoming a Class 'Team' Being a School Citizen Rights, Responsibilities and Democracy Rewards and Consequences Owning our Learning Charter 	Celebrating Difference <ul style="list-style-type: none"> Judging by Appearances Understanding Influences Understanding Bullying Problem-solving Special Me Celebrating Difference: how we look 	Dreams and Goals <ul style="list-style-type: none"> Hopes and Dreams Broken Dreams Overcoming Disappointment Creating New Dreams Achieving Goals We Did It! 	Healthy Me <ul style="list-style-type: none"> My Friends and Me Group Dynamics Smoking Alcohol Healthy Friendships Celebrating My Inner Strength and Assertiveness 	Relationships <ul style="list-style-type: none"> Jealousy Love and Loss Memories Getting On and Falling Out Girlfriends and Boyfriends Celebrating My Relationships and with People and Animals 	Changing Me <ul style="list-style-type: none"> Unique Me Having a Baby Girls and Puberty Circles of Change Accepting Change Looking Ahead
Year 5	Being Me in My World <ul style="list-style-type: none"> My Year Ahead Being a Citizen of My Country 	Celebrating Difference <ul style="list-style-type: none"> Different cultures Racism Rumours and 	Dreams and Goals <ul style="list-style-type: none"> When I Grow Up (My Dream Lifestyle) Investigate Jobs and 	Healthy Me <ul style="list-style-type: none"> Smoking Alcohol Emergency Aid 	Relationships <ul style="list-style-type: none"> Recognising Me Safety with Online Communities 	Changing Me <ul style="list-style-type: none"> Self and Body Image Puberty for Girls Puberty for Boys

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	<ul style="list-style-type: none"> Year 5 Responsibilities Rewards and Consequences Owning our Learning Charter 	Name-Calling <ul style="list-style-type: none"> Types of Bullying Does Money Matter? Celebrating Difference across the World 	Careers <ul style="list-style-type: none"> Mr Dream Job. Why I want it and the steps to get there Dreams and Goals of Young People in Other Cultures How Can We Support Each Other? Rallying Support 	<ul style="list-style-type: none"> Body Image My Relationship with Food Healthy Me 	<ul style="list-style-type: none"> Being in an Online Community Online Gaming My Relationship with Technology: screen time Relationships and Technology 	<ul style="list-style-type: none"> Conception Looking Ahead
Year 6	Being Me in My World <ul style="list-style-type: none"> My Year Ahead Being a Global Citizen Owning our Learning Charter 	Celebrating Difference <ul style="list-style-type: none"> Am I Normal? Understanding Difference Power Struggles Why Bully Celebrating Difference: admiration accolades 	Dreams and Goals <ul style="list-style-type: none"> Personal Learning Goals Steps to Success My Dream for the World Helping to Make a Difference Recognising our Achievements 	Healthy Me <ul style="list-style-type: none"> Taking Responsibility for my Health and Well-being Drugs Exploitation Gangs Emotional and Mental Health Managing Stress and Pressure 	Relationships <ul style="list-style-type: none"> What is Mental Health My Mental Health Love and Loss Power and Control Being Online: Real or Fake? Safe or Unsafe? Using Technology Responsibly 	Changing Me <ul style="list-style-type: none"> My Self Image Puberty Babies: Conception to Birth Boyfriends and Girlfriends Real Self and Ideal Self The Year Ahead