

LTP PSHE - Reception to Y6 updated 2020

PSHE Themes: **Basic first aid** **Health and prevention** **Drugs, alcohol and tobacco** **Healthy eating** **Physical health and fitness** **Mental wellbeing** **Being safe**  
**Internet safety and harms** **Respectful relationships** **Caring friendships** **Families and people who care for me**

Term/Year Group	Theme	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<b>Respectful relationships</b>	Fairness: Behaviour  LCP KS1 p5  • A list of relevant books and stories.  • 6 activities that would take 10-15 minutes	Appreciation of class rules  LCP KS1 p224	Respect  LCP KS1 p173	Responsibilities  LCP KS2 Part 2 p42	What is respect?  LCP KS2 Part 2 p46	Respecting oneself  LCP KS2 Part 2 p49	Respecting others  LCP KS2 Part 2 p51
	Who am I?	• A Resource sheet: Time to think, with a selection of key questions to encourage discussion.	Identity - What does that mean? P26	A jigsaw of me LCP KS1 p47	Thinking about me  LCP KS2 Part 1 p11	Celebrate me  LCP KS2 Part 1 p20	Learning about each other  LCP KS2 Part 1 p22	Growing and changing  LCP KS2 Part 1 p16
	Black History Month Cross curricular history		Black History Month  (Time line/ History cross curricular link)  <u>Year 1 Rosa Parks</u>	Black History Month  (Time line/ History cross curricular link)  <u>Year 2 Barack Obama</u>	Black History Month  (Time line/ History cross curricular link)  <u>Year 3 History of Black Athletes</u>	Black History Month  (Time line/ History cross curricular link)  <u>Year 4 Mary Seacole</u>	Black History Month  (Time line/ History cross curricular link)  <u>Year 5 Nelson Mandela</u>	Black History Month  (Time line/ History cross curricular link)  <u>Year 6 Martin Luther King</u>
	<b>Mental wellbeing</b>		Managing change  LCP KS1 p101	Developing self-confidence  LCP KS1 p106	Motivating me  LCP KS1 p18	Becoming better at being me  LCP KS2 part 1 p30	The worry dolls of Guatemala  LCP KS2 part 1 p205	A healthy mind  LCP KS2 part 1 p207

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Autumn 2	Anti-bullying week <b>Internet safety and harms</b>	Relationships: Relationships at school	Bullying LCP KS1 p202	Teasing and bullying LCP KS1 p204	Playground behaviour LCP KS2 part 1 p122	Responding to bullying LCP KS2 part 1 p123	Using the Internet carefully LCP KS2 part 1 p261	Cyberbullying LCP KS2 part 1 p266
	Rights, respect and responsibilities	LCP KS1 p9 • A list of relevant books and stories.	Playing safe KS1 LCP p233	Internet safety KS1 LCP p241	The need for rules – road safety. LCP KS2 part 1 p252	The disabled - accessibility for everyone LCP KS2 part 1 p85	Breaking the law – crime LCP KS2 part 1 p278	Enforcing the law – the role of the police LCP KS2 part 1 p280
	<b>Health and prevention</b>	• 6 activities that would take 10-15 minutes • A Resource sheet: Time to think, with a selection of key	Germs LCP KS1 p259	Looking after your teeth LCP KS1 p278	Fun in the sun LCP KS1 p283	The rights of the child LCP KS2 part 2 p38	About drugs: where they come from – are they safe? LCP KS2 part 1 p175	What is addiction? LCP KS2 part 1 p219
	<b>Basic first aid</b> St. Johns Ambulance Resources	questions to encourage discussion. Please also teach the '999 Emergency song' found in the basic first aid folder online	Bites and stings And Emergencies and calling for help (KS2 resource so please adapt as necessary)	Bleeding And Emergencies and calling for help	Choking And Emergencies and calling for help	Asthma And Emergencies and calling for help	Basic Life support And Emergencies and calling for help	Head injuries And Emergencies and calling for help
Spring 1	Building a future: The world of work	Choices: Being independent LCP KS1 p16 • A list of relevant books and stories. • 6 activities that would take 10-15 minutes	Looking at job choices LCP KS1 p143	Jobs in school LCP KS2 part 2 p75	Why work? LCP KS2 part 2 p72	(visiting speakers needed or staff in school to talk about their job) Jobs in the community LCP KS2 part2 p77	Stereotypes about work LCP KS2 part 2 p82	Finding the right job LCP KS2 part 2 p86
	Building a future: money management	• A Resource sheet: Time to think, with a selection of key	Managing money LCP KS1 p139	Money and talents LCP KS1 p141	The pocket money game KS2 LCP part2 p100	Banks and banking KS2 LCP part2 p102	Budgeting KS2 LCP part2 p105	Interest rates and saving KS2 LCP part2 p110

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	Life in Britain	questions to encourage discussion.	Food from other cultures LCP KS1 p64	Journeys around the world LCP KS1 p71	: Great Britain, the UK and the British Isles KS2 LCP part2 p191	National emblems KS2 part2 LCP p194	Introducing the mass media LCP KS2 part2 p227	The importance and influence of the media LCP KS2 part2 p236
	Living in a global community		Caring for the environment LCP KS1 p73	Community project (growing cress) LCP KS1 p77	What is global citizenship? LCP KS2 part2 p255	Britain and the world community LCP KS2 part2 p259	Wealth and poverty LCP KS2 part2 p274	Human rights LCP KS2 part2 p278
Spring 2	<b>Healthy eating</b> <b>Physical health and fitness</b>	Choices: Keeping healthy LCP KS1 p14  • A list of relevant books and stories.	Healthy eating LCP KS1 p273	A balanced diet LCP KS2 part 1 p162	Healthy bodies LCP KS2 part 1 p167	A healthy heart LCP KS2 part 1 p177	Obesity LCP KS2 part 1 p179	Eating disorders LCP KS2 part 1 p221
	<b>Drugs, alcohol and tobacco</b>	• 6 activities that would take 10-15 minutes  • A Resource sheet: Time to think, with a selection of key	Dangerous household goods LCP KS1 p226	When we are ill? p268 LCP KS1	Alcohol and alcohol abuse LCP KS2 part 1 p227	Smoking – bad for our health? LCP KS2 part 1 p230	Drugs – their use and their effects LCP KS2 part 1 p232	Drug use and abuse LCP KS2 part 1 p235
	<b>Mental wellbeing</b>	questions to encourage discussion.	Anger LCP KS1 p95	Happiness and sadness LCP KS1 p103	Talking about worries LCP KS2 part1 200	Easing stress LCP KS2 part1 202	Rap your way to happiness LCP KS2 part1 p210	Mental health and mental illness LCP KS2 part1 p212

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	British Values		People who help in our community LCP KS1 p65	The local community LCP KS1 p67	My communities LCP KS2 Part 1 p68	MPs, and what they do LCP KS2 Part 2 p146	Government and Parliament LCP KS2 Part 2 p150	Making the law – how bills become laws LCP KS2 Part 1 p273
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Summer 1 <b>Being safe</b> <b>Caring friendships</b> <b>Families and people who care for me</b> <b>Respectful relationships</b>	1 Growing up and relationships	Relationships: Relationships at home and in the community LCP KS1 p11 <ul style="list-style-type: none"> <li>• A list of relevant books and stories.</li> <li>• 6 activities that would take 10-15 minutes</li> <li>• A Resource sheet: Time to think, with a selection of key questions to encourage discussion.</li> </ul>	Lesson 1 Thinking about those who are important to you	Lesson 1 Recognising and dealing with our feelings	Lesson 1 'Self-Esteem' Learning Intention: To recognise their worth as individuals by identifying positive things about themselves and their achievements.	Lesson 1 'Changes' Learning Intention: To discuss how we have changed since we were a baby and how we will change in the future.	Lesson 1 'What is Puberty' Lesson Aim: To begin to explore the changes that happen during puberty and growing up.	Lesson 1 'Puberty Changes' Lesson Aim: To explore the changes that happen during puberty and growing up
	2 Growing up and relationships			Lesson 2 Families & Care Understanding being loved and cared for	Lesson 2 Understanding being loved and cared for	Lesson 2 'Differences & Similarities' Learning Intention: To explore the similarities and differences between males and females.	Lesson 2 'Lifecycle and Body Changes' Learning Intention: To explore the human lifecycle and how we grow and change as we get older.	Lesson 2 – 'Puberty for girls' Lesson Aim: To increase understanding about puberty and periods for girls. <b>And</b> 'Puberty for boys' Lesson Aim: To increase understanding about puberty for boys.

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	3		Lesson 3 Special people Learning Outcomes:	Lesson 3 Differences – boys and girls	Lesson 3 'Family Differences' Learning Intention: To explore different types of families and people who are special to them.	Lesson 3 'What is Puberty?' Learning Intention: To explore the changes that will happen to boys and girls during puberty.	Lesson 3 'Puberty and Hygiene' Lesson Aim: To recap on the importance of maintaining personal hygiene as our bodies grow and change.	Lesson 3 'Relationships' Learning Intention: To consider how relationships will change as they grow up and discuss qualities in a future boyfriend/girlfriend.
	4		Lesson 4 Similarities and Differences	Lesson 4 Male and female & naming body parts	Lesson 4 'Friendship' Learning Intention: To understand relationships beyond the family and why these are also important.	Lesson 4 'Puberty and Hygiene' Learning Intention: To learn about how to maintain personal hygiene during puberty.	Lesson 4 'Social Changes During Puberty' Lesson Aim: To recap on the importance of maintaining personal hygiene as our bodies grow and change.	Lesson 4 'Reproduction and Conception' Learning Intention: To explore how puberty enables reproduction.
Summer 2 <b>Health and prevention</b> <b>Being safe</b> <b>Internet safety</b>	5	Fairness: Sharing LCP KS1 p7 • A list of relevant books and stories. • 6 activities that would take 10-15 minutes • A Resource sheet: Time to think, with a selection of key	Lesson 5 How we change	Lesson 5 Correct names for our private parts	Lesson 5 'Safety - Influences' Learning Intention: To be able to use basic techniques to resist pressure.	Lesson 5 'Personal Safety and Touch' Learning Intention: To consider appropriate touch and to know that a person has the right to say what they like and dislike.	Lesson 5 'Relationships' Lesson Aim: To consider how relationships will change as they grow up, the qualities in a friend and discuss qualities in a future boyfriend/girlfriend.	Lesson 5 How Babies are Born Learning Intention: To explore how puberty enables reproduction.

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<b>and harms</b> <b>Families and people who care for me</b> <b>Respectful relationships</b>		questions to encourage discussion.						
	6		Lesson 6	Lesson 6	Lesson 6	Lesson 6	Lesson 6	Lesson 6
	Growing up and relationships		Keeping Clean	Secrets & surprises	'Personal Hygiene' Learning Intention To understand that good personal hygiene is an essential part of growing up.	'Periods' (Girls only) Learning Intention: To introduce girls to periods and discuss how to manage them.	'Internet Safety' Lesson Aim: To understand why and how to keep safe online and the importance of safe communication.	Lesson 6 'Safe relationships' Learning Intention: To discuss how we can always feel safe in our relationships.
7	What are rights and responsibilities? KS1 LCP p158	Friendship web LCP KS1 p111	Good and bad secrets LCP KS2 part 1 p119	Marriage LCP KS2 part 1 p142	Lesson 7 'Support Networks' Lesson Aim: To consolidate learning through providing and knowing where to access support.	Lesson 7 'Internet Safety' Learning Intention: To explore how to communicate and keep personal information safe online.		
8	The right to be safe KS1 LCP p158	A new baby LCP KS1 p109	Appropriate and inappropriate touching LCP KS2 part 1 p183	Marriage break-ups and divorce LCP KS2 part 1 p148	Bereavement p119 LCP KS2 part 1 p121	Supporting diversity – the case of LGBT relationships LCP KS2 part 1 p126		