



## Waterhouses CE Primary Academy and Nursery - PHSE Long Term Plan 2022/23

### Key Stage 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My School	Happy and Healthy Me	Me and My Safety	Me and My relationships	Me in the World	Me and Other People
<b>Year 1</b>	<b>Class rules</b> <b>School Council</b> <ul style="list-style-type: none"> <li>• Making choices</li> <li>• Compromise</li> <li>• Skills of a representative</li> <li>• Own skills in relation to School Council</li> <li>• Class meetings</li> </ul>	<b>My body</b> <ul style="list-style-type: none"> <li>• Parts of the body</li> <li>• Changing needs</li> <li>• Influences on health and wellbeing</li> <li>• Likes and dislikes</li> <li>• Consequences of choices</li> <li>• Emotional health</li> </ul>	Medicines <ul style="list-style-type: none"> <li>• Identifying risks and ways to stop accidents happening</li> <li>• People who help us</li> <li>• Road safety – keeping safe near the road and in the car</li> </ul>	<ul style="list-style-type: none"> <li>• Valuing themselves</li> <li>• Family – different types</li> <li>• Friendship skills</li> <li>• Good and bad friendships</li> <li>• Making choices</li> </ul>	<b>Pets and animals</b> <ul style="list-style-type: none"> <li>• Likes and dislikes</li> <li>• Right and wrong</li> <li>• Needs of animals</li> <li>• Fair and unfair</li> <li>• Human needs</li> </ul>	<ul style="list-style-type: none"> <li>• My identity</li> <li>• Groups belong to</li> <li>• Bullying</li> </ul>
<b>Vocabulary</b>	Rule, help, safe, manners, courtesy Choice, reason, respect, difference, compromise School Council, representative, changes Responsibility, role, views, skills, job, recognise, proud Types of skills e.g. listening, caring, understanding, sports skills etc. Meeting, agenda, minutes, chairperson, secretary	Head, neck, shoulders, arms, hands, fingers, legs, feet, toes, face, eyes, nose, mouth, ears, teeth, hair, knee, elbow, change, needs, grow, develop, Baby, child, teenager, elderly, older, opportunity, responsibility, Healthy, food, exercise, sleep, clean, teeth, brushing, like, dislike, reason Choice Self care, emotional health, feelings	Swallow, inject, sniff, breath, rub, dangerous, risk, safe, medicines, help, doctor, nurse, chemist, danger, risk, plan, safe, home, Police officer, fire officer, school crossing patrol, lifeguards Emergency, phone, 999, road, holding hands, pavement, bright clothes, seatbelt, car	special, unique, talent, achievement, selfrespect, groups, belonging, identity, uniform, same, different, similar, family, relationship, care, love, look after, special, person, friend, good, like, trust, listen, share, help, talk, kind, good friend, choice	Choice, favourite, pet, animal, reason Right, wrong, culture Needs, food, shelter, warmth, care, space Cost, money Fair, unfair, responsibility, needs, Food, shelter, space, attention, leaflet, wants, rights, Contribute, help	Group, community, belonging, culture, include, exclude, friendship, fair, unfair, tease, kidding, fun, not fun, unpleasant, kind, unkind, bullying, teasing

**Children will be taught in their class where appropriate – year group specific content will be taught separately**



## Waterhouses CE Primary Academy and Nursery - PHSE Long Term Plan 2022/23

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My School	Happy and Healthy Me	Me and My Safety	Me and My relationships	Me in the World	Me and Other People
<b>Year 2</b>	<p><b>Class rules</b></p> <ul style="list-style-type: none"> <li>• why have rules</li> </ul> <p><b>School Council</b></p> <ul style="list-style-type: none"> <li>• How it works</li> <li>• Role of a representative</li> <li>• Class council meeting</li> </ul> <p><b>Feelings</b></p> <ul style="list-style-type: none"> <li>• Name feelings</li> <li>• Dealing with feelings including negative ones</li> </ul>	<ul style="list-style-type: none"> <li>• Body parts</li> <li>• Personal hygiene</li> <li>• Spread of germs and diseases</li> <li>• Balanced diet</li> <li>• Healthy lunchbox</li> </ul>	<p><b>Safe and unsafe:-</b></p> <ul style="list-style-type: none"> <li>• Things e.g. medicines and household substances</li> <li>• Places e.g. roads</li> <li>• People i.e. safe and unsafe touches, feelings</li> <li>• comfortable/uncomfortable, secrets and surprises</li> </ul>	<ul style="list-style-type: none"> <li>• Working together</li> <li>• Behaviour and impact on others</li> <li>• Resolving conflict</li> <li>• Teasing and bullying</li> <li>• Changing relationships</li> </ul>	<p><b>Local area</b></p> <ul style="list-style-type: none"> <li>• Positive and negatives of the local area</li> <li>• Discussion</li> <li>• Role in improving area</li> </ul> <p><b>Money</b></p> <ul style="list-style-type: none"> <li>• Sources of money</li> <li>• Uses of money</li> <li>• Keeping money safe</li> <li>• Making choices</li> </ul>	<ul style="list-style-type: none"> <li>• Similarities and differences between boys and girls</li> <li>• Different types of families</li> <li>• Race and religion</li> </ul>
<b>Vocabulary</b>	<p>Rule, help, safe, courtesy, manners, law, breaking, following, British, School Council, representative, meeting, changes</p> <p>Responsibility, role, views, Skills, job, recognise, proud, Types of skills e.g. listening, caring, understanding, sports skills etc.</p> <p>Meeting, agenda, minutes, chairperson, secretary</p> <p>Feelings – frustrated, angry, valued, happy, Negative, positive</p>	<p>nipples, vulva, penis, testicles, clean, dirty, hygiene, washing, infection, disease, germ, spread, catch, illness, spread, infection, stop, cover, nurse, doctor, pharmacist, first aid Eatwell guide: -</p> <p>sections; -</p> <p>Fruit and vegetables Potatoes, bread, rice, pasta and other starchy carbohydrates, dairy and alternatives, beans, pulses, fish, eggs, meat and other proteins, oil and spreads, water (and drinks) Healthy, balance, treat, variety, Emotional health, feelings</p>	<p>Safe, unsafe, dangerous, risk, risky, harmful, danger, less, reduce, medicine, substance, worried Road, stop, look and listen, rules, adult, help</p> <p>Emergency, phone, 999, police, fire, ambulance</p> <p>comfortable, uncomfortable, acceptable, unacceptable, secret, surprise, tell, no, stop</p>	<p>Behaviour, affect, others, sharing, taking turns, helping, rules,</p> <p>Fair, unfair, right and wrong, kind, unkind, special, change, loss, happy, sad, angry, remember, talk, share</p>	<p>Like, dislike, reason, area, street, road, feature, Good, bad, positive, negative, select</p> <p>choose, describe, improve, action</p> <p>Debate, listen idea, agree, disagree</p>	<p>same, different, similar, boy and girl job, career, male, female, agree, disagree</p> <p>Family, society, culture, community</p> <p>Race, colour, respect</p> <p>Faith, belief</p>

**Children will be taught in their class where appropriate – year group specific content will be taught separately**



## Waterhouses CE Primary Academy and Nursery - PHSE Long Term Plan 2022/23

### Lower Key Stage 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My School	Happy and Healthy Me	Me and My Safety	Me and My relationships	Me in the World	Me and Other People
Year 3	<ul style="list-style-type: none"> <li>Class rules</li> <li>New challenges</li> <li>Valuing themselves</li> <li>School Council</li> </ul>	<ul style="list-style-type: none"> <li>Balanced diet</li> <li>Impact of healthy diet</li> <li>Making choices</li> </ul>	<ul style="list-style-type: none"> <li>What is risk</li> <li>Road Safety</li> <li>Pressure</li> <li>Safe and unsafe touches</li> </ul>	<ul style="list-style-type: none"> <li>What makes a good friend</li> <li>Falling out</li> </ul>	<ul style="list-style-type: none"> <li>Managing money</li> <li>Good value</li> <li>Resource allocation</li> </ul>	<ul style="list-style-type: none"> <li>My identity</li> <li>My community – school and local</li> <li>Similarities and differences in community</li> </ul>
Vocabulary	Strength, skill, success, achievement, challenge, change, overcome, rule, agree, positive, contribute, school, responsible, behaviour, School Council, representative, skills, develop, role, elected, Councillor	Balance diet, too much, not enough, variety, healthy, food, benefit, tooth decay, choice, healthier, treat, influence, positive, negative, agree, disagree, respect, opinion, reason male, female, boy, girl, changes, physical, emotional, social, teenager, knee, elbow, shoulder, wrist, ankle, stomach, heart, lungs, brain, tongue, penis, testicles, breasts, vulva, vagina, womb	Safe, unsafe, risk, identify, help, rules, crossing, medicines, drugs, safety, keeping safe, decisions, pressure, influence, assertive, nervous, brave, compromise, frightened, think, persuade, sensible, negotiate, acceptable, unacceptable, depends, worried, hurt, upset, tell, good and bad secret, surprise, worried, anxious	family, parent, carer, partner, mum, dad, grandparents, step mum, step dad, choice, consequences, friend, good, skills, arguments, fair, unfair	Money, work, present, inheritance, sale, buy, purchase, bill, save, spend, bank, building society, safe, piggy bank, charity, value, cost, amount, worth, quality, delivery, value, resource, renewable, non renewable, limited, natural, fair, unfair, difference, reduce, reuse, recycle, energy, waste	Like, dislike, appearance, same, different, community, group, individual, common, area, share, similarities, differences, race, nationality, region, religion, ethnicity, Britain

**Children will be taught in their class where appropriate – year group specific content will be taught separately**



## Waterhouses CE Primary Academy and Nursery - PHSE Long Term Plan 2022/23

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My School	Me and My relationships	Me and My Safety	Happy and Healthy Me	Me and Other People	Me in the World
Year 4	<ul style="list-style-type: none"> <li>Class rules</li> <li>Role of School Council rep</li> <li>Jobs on the School Council</li> <li>Class council</li> <li>My strengths and weaknesses</li> </ul>	<ul style="list-style-type: none"> <li>Feelings of other people</li> <li>Developing relationships</li> <li>Different types of relationships</li> <li>Puberty</li> </ul>	<ul style="list-style-type: none"> <li>Safety in school</li> <li>Responsibilities for my safety and the safety of others</li> <li>E safety</li> </ul>	<ul style="list-style-type: none"> <li>Rights and responsibilities</li> <li>Rights of the Child</li> <li>Jobs and duties</li> </ul>	<ul style="list-style-type: none"> <li>Similarities and differences</li> <li>Communities including Britain</li> <li>Respect and tolerance</li> </ul>	<ul style="list-style-type: none"> <li>What keeps me healthy?</li> <li>What can make me ill – bacteria and viruses</li> <li>Drugs – medicines and Tobacco</li> <li>Good and bad habits</li> </ul>
Vocabulary	Rule, positive, agree, democracy, majority, fair, minority, ballot, vote, politics, class council, representative, chairperson, secretary Free speech, freedom, respect, opinion, view, courtesy, manners Councillor, issue, community	feelings, emotions, moods, relationships, safe, unsafe, comfortable, uncomfortable, private, acceptable, unacceptable, lost, separated, died, relief, regret, remember, support, share violence, enemy, responsibility	Risk – possible consequences and likelihood of something occurring Danger – somebody or something which may cause harm Hazard – Possible source of harm  Rule, law, breaking, safe, on line, passwords, personal information, CEOP button, secret	Healthy, exercise, food, water, ill, unwell, bacteria, virus, germs, spread, stop, hygiene vaccine, immune, disease, injection Allergy, reaction, help, symptoms, feelings, Better, feel, Medicine, drug, danger, risk Drugs, tobacco, alcohol, Smoke, tobacco, negative, positive, lungs, cancer, irritate, Smoke free, benefits,	Tolerance Similarities Respect Differences Contribute Courtesy Manners	Responsibility, right, duty
				Habit, good, bad, change, life cycle, grow, change, develop and mature, puberty, body processes, inevitable grow, bigger, taller, heavier, stronger, change, developing		

**Children will be taught in their class where appropriate – year group specific content will be taught separately**



## Waterhouses CE Primary Academy and Nursery - PHSE Long Term Plan 2022/23

### Upper Key Stage 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My School	Me and My relationships	Me and My Safety	Happy and Healthy Me	Me and Other People	Me in the World
Year 5	<ul style="list-style-type: none"> <li>My achievements</li> <li>My goals</li> <li>School Council rep</li> <li>Class rules</li> </ul>	<ul style="list-style-type: none"> <li>Puberty emotions</li> <li>Anti social behaviour</li> <li>Nature and consequence of bullying</li> </ul>	<ul style="list-style-type: none"> <li>When do I feel unsafe</li> <li>How can I deal with this</li> <li>Pressure including peer pressure</li> <li>Getting help</li> </ul>	<ul style="list-style-type: none"> <li>Physical health</li> <li>Emotional health</li> <li>What can affect our health including the media</li> <li>How will my body change as I grow up</li> </ul>	<ul style="list-style-type: none"> <li>Identities in the UK</li> <li>Celebration of diversity</li> <li>Racism</li> </ul>	<ul style="list-style-type: none"> <li>How are laws made in the UK</li> <li>Parliament</li> <li>Public money</li> <li>Personal money – loans, debt and interest</li> </ul>
Vocabulary	Skills, attributes, goals, target, improve, ambition, School Council, contribute, democratic, job, role, contribution, stand, election, representative, skills, characteristics representative, candidate, vote,	stereotype, gender, individuals, expectations, discrimination, relationships, love, feelings, partner, marry, marriage, commitment, legal, lifelong, secret, risk, responsibility Unhappy, unsafe, help,	Safe, unsafe, feelings, overcome, positive, risk taking, behave, appropriate, choice, responsibility, peer pressure, resist, refuse, aggressive, passive, assertive, body language	Balance, clean, hygienic, energy, exercise/physical activity, emotional health, admire, like, real life, fantasy, ambition, internet, online images, puberty, change, mature, breasts,	Spiritual, Respect, Tolerance, Volunteer, Choice, Point of view	manageable, unmanageable reduction, cash less, credit/debit card, budget expenses, essentials occupation, earnings

*Children will be taught in their class where appropriate – year group specific content will be taught separately*



## Waterhouses CE Primary Academy and Nursery - PHSE Long Term Plan 2022/23

	election, regular, everyday, one off	Family, care, difference, respect		menstruation (period), ovary, ovum, fallopian tubes, womb, vagina, monthly, labia, vulva, clitoris, sanitary towels, tampons, personal hygiene, hormones, bacteria, sweat, perspire, greasy, odour, toiletries, dental hygiene		
<b>Year 6</b>	<ul style="list-style-type: none"> <li>Class rules</li> <li>Opportunities and challenges of Y6</li> <li>School Council</li> <li>My contribution to my school</li> </ul>	<ul style="list-style-type: none"> <li>Body changes</li> <li>Periods</li> <li>Feeling during puberty</li> <li>Media</li> </ul>	<ul style="list-style-type: none"> <li>Environment and Sustainability</li> <li>Pressure groups and charities</li> </ul>	<ul style="list-style-type: none"> <li>Drugs – solvents and alcohol</li> <li>Pressure related to drug use</li> <li>Strategies for making decisions and saying no</li> </ul>	<ul style="list-style-type: none"> <li>Changing friendships and relationships</li> </ul>	<ul style="list-style-type: none"> <li>Diverse nature of UK</li> <li>Life in other countries</li> <li>Stereotypes</li> <li>Challenging stereotypes</li> </ul>
<b>Vocabulary</b>	Skills, attributes, achievement, change, goals, challenge, overcome, help, support, School Council representative, role Job description, person specification, interests, Application, responsibility, duty, right, conflict, compromise, plan	puberty, emotional, physical, social, compromise, negotiate fallopian tube, womb, ovary, cervix, vagina, bladder, penis, scrotum, sperm duct, testicle, urethra, menstruation, periods, Reproductive organs, egg, sexual intercourse, womb, hips, testicles, baby, periods, breasts, ovaries, uterus Physical health, mental health, change, balance, choice		Law, illegal, legal, effect, risk, health, community, society, choice, consequence, advice First aid, help, emergency, support	lawyer, prosecuting, defending, jury, judge, stereotype, racism, bullying, actions, consequences Future, hope, fear, worry, positive, negative, puberty, feelings	Values, challenge, change, respect, Tolerance, stereotype, open minded, point of view, challenge, resolve

***Children will be taught in their class where appropriate – year group specific content will be taught separately***