



Haydock English Martyrs' Catholic Primary School PSHE and RSE Long Term Plan

	AUTUMN TERM	SPRING TERM	SUMMER TERM
Y1/2 Cycle A	<p>Memorable Knowledge</p> <p>Health and Wellbeing Internet Safety</p> <ul style="list-style-type: none"> ○ Recognise basic rules to keep safe online. ○ Understand what is meant by personal information and what should be kept private ○ Realise the importance of telling trusted adults if they come across something that scares them ○ Gain age-appropriate information relating to Anti-Bullying <p>Relationships Journey in Love - Social and Emotional</p> <p>Y1</p> <ul style="list-style-type: none"> ○ Recognise signs that they are loved in their family ○ Explore the joy and friendship of belonging to a diverse community ○ Recognise what makes a good friend ○ Identify when they or other people feel lonely ○ Understand how to ask for help if a friendship is making them feel unhappy <p>Y2</p> <ul style="list-style-type: none"> ○ The meaning of diversity ○ The importance of respecting each other ○ Learn the 'Protected Characteristics' <p>Living in the Wider World</p> <ul style="list-style-type: none"> ○ Work with everyone in their class. Mutual Respect and Tolerance ○ Identify what they like about themselves – Individual Liberty ○ Be confident in accepting rewards and feeling proud – Individual Liberty <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ Recognise that people are of different ages - Mutual Respect and Tolerance ○ Feel proud of being different - Individual Liberty 	<p>Memorable Knowledge</p> <p>Health and Wellbeing Senses – Road Safety</p> <ul style="list-style-type: none"> ○ How to keep safe outside when crossing the road ○ Develop an awareness of the Green Cross Code ○ Follow the Green Cross Code when crossing the road ○ Use the senses to cross the road safely ○ Identify and take actions to minimise harm. <p>Relationships Journey in Love – Physical</p> <p>Y1</p> <ul style="list-style-type: none"> ○ Recognise signs that they are cared for ○ Explore how care is shown in families ○ Identify signs that they are kept safe and healthy in their families <p>Y2</p> <ul style="list-style-type: none"> ○ Discuss ways to keep safe in the local community ○ Develop friendships ○ Explore the meaning of being unique <p>Living in the Wider World – The Environment</p> <ul style="list-style-type: none"> ○ Identify things they can do to look after the environment ○ Explore how people and other living things have different needs ○ Understand that they are responsible for protecting others and respecting their needs. <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ Recognise that people are of different ages - Mutual Respect and Tolerance ○ Feel proud of being different - Individual Liberty 	<p>Memorable Knowledge</p> <p>Health and Wellbeing</p> <ul style="list-style-type: none"> ○ How to keep safe in the sun ○ Ways to protect the skin from sun damage ○ The importance of sun cream and sun hats <p>Relationships Journey in Love – Spiritual</p> <p>Y1</p> <ul style="list-style-type: none"> ○ Identify ways they have grown in love in their families ○ Discuss how they know they are cared for and loved by God ○ Show an understanding of what is meant by unconditional love ○ Identify ways God loves and cares for each and everyone ○ Recognise way in which to thank God for His unconditional love <p>Y2</p> <ul style="list-style-type: none"> ○ How to reach out to others in their time of need ○ How to meet God in the community <p>Living in the Wider World</p> <ul style="list-style-type: none"> ○ Identifying similarities and differences ○ Recognise what makes them unique ○ Identify what makes them special <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ Understand how we share the World – Mutual Respect, Tolerance, Individual Liberty, Democracy and Rule of Law

Y1/2 Cycle B	<p>Memorable Knowledge</p> <p>Health and Wellbeing</p> <ul style="list-style-type: none"> ○ The importance of keeping healthy ○ Explore ways to keep the body and mind healthy ○ Name physical activities to stay healthy ○ Identify ways to be physically healthy ○ Gain age-appropriate information relating to Anti-Bullying <p>Relationships</p> <p>Journey in Love - Social and Emotional</p> <p>Y1</p> <ul style="list-style-type: none"> ○ Recognise signs that they are loved in their family <p>Y2</p> <ul style="list-style-type: none"> ○ Explore the joy and friendship of belonging to a diverse community <p>Living in the Wider World</p> <ul style="list-style-type: none"> ○ Respecting others ○ Understand why rules are needed ○ Recognise the different groups people belong to ○ Identify similarities and differences between people <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ Understand respect and diversity - Mutual Respect, Tolerance, Individual Liberty and Rule of Law 	<p>Memorable Knowledge</p> <p>Health and Wellbeing</p> <ul style="list-style-type: none"> ○ Recognise risk in everyday situations ○ Identify ways to keep safe at home – electrical appliances and fire safety ○ Understand that household products (including medicines) can be harmful if not used correctly ○ Ways to keep safe in familiar and unfamiliar environments – crossing the road, shopping centers, park etc. ○ How to respond to emergency situations ○ How to call for help in an emergency (999) <p>Relationships</p> <p>Journey in Love – Physical</p> <p>Y1</p> <ul style="list-style-type: none"> ○ Recognise signs they are cared for ○ Explore how care is shown in families ○ Identify signs that they are kept safe and healthy in their families ○ Identify those who care for them ○ Discuss what they do to help others feel cared for <p>Y2</p> <ul style="list-style-type: none"> ○ Discuss ways to keep safe in the local community ○ Develop friendships ○ Discuss common features of daily life ○ Recognise how they can help others feel cared for ○ Explore the meaning of being unique <p>Living in the Wider World</p> <ul style="list-style-type: none"> ○ Discuss different roles and responsibilities people have within the community ○ Recognise that everyone has different strengths ○ Understand that jobs help people to earn money to pay for things ○ Identify the different types of jobs people they know and people in the community do ○ Recognise the strengths and interests that someone might need in order to do different jobs. <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ To understand what makes someone feel proud Mutual Respect ○ To understand that our bodies work in different ways - S.M.S.C Equality act – Mutual Respect and Tolerance 	<p>Memorable Knowledge</p> <p>Health and Wellbeing</p> <ul style="list-style-type: none"> ○ Learn hygiene routines that can stop germs from spreading ○ Identify ways in which to care for the mouth, gums and teeth ○ Establish how to correctly brush teeth ○ Discuss food and drink that can support dental hygiene <p>Relationships</p> <p>Journey in Love – Spiritual</p> <p>Y1</p> <ul style="list-style-type: none"> ○ Identify ways they have grown in love in their families ○ Discuss how they know they are cared for and loved by God ○ Show an understanding of what is meant by unconditional love ○ Identify ways God loves and cares for each and everyone ○ Recognise ways in which to thank God for His unconditional love <p>Y2</p> <ul style="list-style-type: none"> ○ Discuss how to reach out to others in their time of need ○ Recognise how they can meet God in the community ○ Prepare themselves for moving to a new class and year group - transition <p>Living in the Wider World</p> <ul style="list-style-type: none"> ○ Explore what rules are and why they are needed – Rule of Law ○ Explore rules that keep us safe ○ Identify and follow rules ○ Understand that age restrictions keep them safe ○ Understand that we share the world with lots of people – Everyone's Welcome <p>British Values linked to S.M.S.C – Everyone's Welcome</p> <ul style="list-style-type: none"> ○ Recognise the importance of following rules – Rule of Law and Democracy
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<p>Y3/4 Cycle A</p>	<p>Memorable Knowledge</p> <p><u>Health and Wellbeing</u> <u>Internet Safety</u></p> <ul style="list-style-type: none"> ○ Develop a secure understanding of the rules of internet safety ○ Use search engines accurately ○ Recognise and discuss how to respond to hurtful comments ○ Explore ways in which messages can hurt someone's feelings ○ Understand how to be safe and responsible citizens ○ Gain age-appropriate information relating to Anti-Bullying <p>Relationships <u>Journey in Love - Social and Emotional</u></p> <p>Y3</p> <ul style="list-style-type: none"> ○ Recognise how friendships make people feel happy and safe ○ Understand acceptance ○ How to be respectful and respected ○ Describe how they grow in love in friendships ○ Describe where they feel secure and safe <p>Y4</p> <ul style="list-style-type: none"> ○ Recognise and describe how everyone should be accepted and respected <p>Living in the Wider World <u>Similarities and Differences</u></p> <ul style="list-style-type: none"> ○ What is meant by diversity ○ Recognise the benefits of living in a diverse world ○ Be able to recognise behaviours and actions which discriminate against others ○ Develop personal strategies to challenge stereotypes <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ To understand how differences can affect someone - Individual Liberty, Mutual Respect, Tolerance, Rule of Law and Democracy ○ To understand why people choose to get married - Individual Liberty, Mutual Respect, Tolerance and Rule of Law ○ To be welcoming - Mutual Respect, Tolerance and Rule of Law 	<p>Memorable Knowledge</p> <p><u>Health and Wellbeing</u> <u>Managing Setbacks</u></p> <ul style="list-style-type: none"> ○ What can be gained from setbacks ○ Identify things they are good at ○ The importance of trying again ○ Develop goals ○ Recognise the importance of reframing ○ Explore how to manage setbacks and perceived failures, including how to re-frame unhelpful thinking <p>Relationships <u>Journey in Love – Physical</u></p> <p>Y3</p> <ul style="list-style-type: none"> ○ Give reasons why friendships breakdown ○ Discuss ways friendships can be repaired ○ Identify how friendships can be strengthened <p>Y4</p> <ul style="list-style-type: none"> ○ Describe how to treat others ○ Show an understanding of the diverse modern society <p>Living in the Wider World <u>Protecting the Environment</u></p> <ul style="list-style-type: none"> ○ Identify ways of protecting the environment both in school and at home ○ Understand how everyday choices can affect the environment ○ Recognising the importance of recycling, reducing and reusing <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ To be who you want to be – Individual Liberty, Mutual Respect, Tolerance and Rule of Law. 	<p>Memorable Knowledge</p> <p><u>Health and Wellbeing</u> <u>Personal Identity</u></p> <ul style="list-style-type: none"> ○ Recognise personal qualities ○ Identify and discuss who they are – ethnicity, gender, faith, culture, hobbies, likes and dislikes – diversity – similarities and differences <p>Relationships <u>Journey in Love – Spiritual</u></p> <p>Y3</p> <ul style="list-style-type: none"> ○ Identify the joy and happiness of living in friendship with God and others. <p>Y4</p> <ul style="list-style-type: none"> ○ Recognise and celebrating uniqueness and innate beauty <p>Living in the Wider World <u>Transition – New Class</u></p> <ul style="list-style-type: none"> ○ Discuss highlights and key memories from the year ○ Feelings as they move on to a new year ○ Identify emotions and explore strategies mental health and wellbeing. <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ To ask questions – Individual Liberty, Rule of Law and Democracy ○ To be welcoming – Mutual Respect, Tolerance and Rule of Law
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Y3/4 Cycle B	<p>Memorable Knowledge</p> <p>Health and Wellbeing Digestion and Teeth</p> <ul style="list-style-type: none"> ○ Recognise the importance of, and how to maintain personal oral hygiene ○ Identify good oral hygiene practices including flossing ○ Explain the importance of regular health check-ups at the dentist ○ Understand the role of the digestive system ○ Gain age-appropriate information relating to Anti-Bullying <p>Relationships Journey in Love - Social and Emotional</p> <p>Y3</p> <ul style="list-style-type: none"> ○ Recognise that friendships make people feel happy and safe ○ Understand acceptance ○ Recognise how to be respectful and respected ○ Describe how they grow in love in friendships ○ Describe where they feel secure and safe <p>Y4</p> <ul style="list-style-type: none"> ○ Recognise and describe how everyone should be accepted and respected <p>Living in the Wider World Respectful Behaviour</p> <ul style="list-style-type: none"> ○ Understand the importance of being respectful ○ Recognise how rules can contribute to a respectful environment ○ Explore signs of respect ○ Discuss ways to model respect to others <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ To know when to be assertive – Democracy and Individual Liberty ○ To understand what discrimination is - Mutual Respect, Tolerance, Individual Liberty and Rule of Law 	<p>Memorable Knowledge</p> <p>Health and Wellbeing How to Respond in Emergency Situations Fire Work Safety</p> <ul style="list-style-type: none"> ○ Learn basic techniques for dealing with common injuries ○ Respond and react in an emergency situation ○ Identify situations that may require the emergency services - know how to contact them and what to say ○ Predict, assess and manage risk in different situations ○ Identify hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe <p>Relationships Journey in Love – Physical</p> <p>Y3</p> <ul style="list-style-type: none"> ○ Give reasons why friendships breakdown ○ Discuss ways friendships can be repaired ○ Identify how friendships can be strengthened ○ To recognise how life changes as they grow and develop <p>Y4</p> <ul style="list-style-type: none"> ○ Describe how to treat others ○ Show an understanding of the diverse modern society ○ To recognise how life changes as they grow and develop <p>Living in the Wider World Money How it's used Decisions about money</p> <ul style="list-style-type: none"> ○ Learn about the role money plays in people's lives. ○ Recognise that decisions can be made about spending money based on budget, value, and needs <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ Explore strategies that someone can use if they feel different – Mutual Respect, Tolerance, Rule of Law, Individual Liberty ○ Ways in which language barriers can be overcome – Mutual Respect, Tolerance, Rule of Law, Individual Liberty 	<p>Memorable Knowledge</p> <p>Health and Wellbeing Drugs Smoking Respiration and Circulation</p> <ul style="list-style-type: none"> ○ Recognise that drug use can become a habit which can be difficult to break ○ Recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others ○ About the risks and effects of legal drugs common to everyday life and their impact on health ○ Learn how oxygen is transported throughout the body ○ Understand that the circulatory system is made up of three parts. <p>Relationships Journey in Love – Spiritual</p> <p>Y3</p> <ul style="list-style-type: none"> ○ Identify the joy and happiness of living in friendship with God and others. <p>Y4</p> <ul style="list-style-type: none"> ○ Recognise and celebrating uniqueness and innate beauty <p>Living in the Wider World Rights and Responsibilities Transition</p> <ul style="list-style-type: none"> ○ Explore why we have rights ○ Recognise why we need to take responsibility for our actions ○ Understand children's rights and responsibilities ○ Explore strategies to manage transitions between classes <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ Find solutions to a problem – Democracy ○ Recognise the importance of equality – Equality Act 2010 ○ Diversity – similarities and differences - Mutual Respect, Tolerance, Individual Liberty and Rule of Law
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<p>Y5/6 Cycle A</p>	<p>Memorable knowledge <u>Health and Wellbeing</u> <u>Rules for Personal Online Safety</u></p> <ul style="list-style-type: none"> ○ Recognise the importance of keeping personal information private ○ Learn strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others ○ Explore what to do if they're frightened or worried by something they see or read online ○ Recognise how to report concerns relating to inappropriate content and contact ○ Understand reasons for following and complying with regulations and restrictions (including age restrictions) ○ Gain age-appropriate information relating to Anti-Bullying <p>Relationships <u>Journey in Love - Social and Emotional</u></p> <p>Y5</p> <ul style="list-style-type: none"> ○ Explore emotional relationship changes as we grow and develop. ○ Recognise when someone needs help <p>Y6</p> <ul style="list-style-type: none"> ○ Explore how stable and caring relationships at the heart of a happy family. ○ Recognise when someone needs help <p>Living in the Wider World <u>Diversity and Difference</u></p> <ul style="list-style-type: none"> ○ Recognise and discuss the different types of discrimination ○ Identify the Protected Characteristics <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ To recognise personal freedom – Individual Liberty, Rule of Law, Democracy ○ To reflect and learn from their past 	<p>Memorable Knowledge <u>Health and Wellbeing</u> <u>Building Self-Esteem and Confidence</u></p> <ul style="list-style-type: none"> ○ Recognise their individuality and personal qualities ○ Identify personal strengths, skills, achievements, and interests and how these contribute to a sense of self-worth ○ Continue to explore how to manage setbacks and perceived failures, including how to re-frame unhelpful thinking <p>Relationships <u>Journey in Love – Physical</u></p> <p>Y5</p> <ul style="list-style-type: none"> ○ Explore the physical changes in puberty ○ Recognise that hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene <p>Y6</p> <ul style="list-style-type: none"> ○ Understand how human life is conceived <p>Living in the Wider World <u>Stereotypes and Media Prejudices</u></p> <ul style="list-style-type: none"> ○ Learn how stereotypes can negatively influence behaviours and attitudes towards others ○ Explore strategies for challenging stereotypes ○ Recognise that stereotypical assumptions can deter people from aspiring to achieve and do certain things <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ To appreciate artistic freedom - Mutual Respect, Tolerance, Rule of Law, Individual Liberty and democracy 	<p>Memorable Knowledge <u>Health and Wellbeing</u> <u>Body Image – Social Media</u> <u>Skin – Hygiene</u> <u>Sleep</u></p> <ul style="list-style-type: none"> ○ Discuss how text and images in the media and on social media can be manipulated or invented ○ Explore strategies to evaluate the reliability of sources and identify misinformation ○ Understand that sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn <p>Relationships <u>Journey in Love – Spiritual</u></p> <p>Y5</p> <ul style="list-style-type: none"> ○ Explore the joy of growing physically and spiritually <p>Y6</p> <ul style="list-style-type: none"> ○ Recognise how being made in the image and likeness of God informs decisions and actions when building relationships <p>Living in the Wider World <u>Independence and Responsibilities</u> <u>Transition</u></p> <ul style="list-style-type: none"> ○ Learn about the new opportunities and responsibilities that increasing independence may bring ○ Explore problem-solving strategies for dealing with emotions, challenges and change, including the transition to new school <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ Recognise rights and responsibilities – Rule of Law ○ To promote diversity – Mutual Respect, Tolerance, Rule of Law, Individual Liberty and democracy
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<p>Y5/6 Cycle B</p>	<p>Memorable Knowledge <u>Health and Wellbeing</u> <u>Eating Habits, Fitness, Screen Use</u> <u>Mental Health and the impact of the media</u></p> <ul style="list-style-type: none"> ○ Understand the mixed messages in the media ○ Recognise that mental health, just like physical health, is part of daily life ○ Understand the importance of taking care of mental health ○ Explore how text and images in the media and on social media can be manipulated or invented – Living in the Wider World ○ Recognise ways in which the internet and social media can be used both positively and negatively – Living in the Wider World ○ Discuss strategies to evaluate the reliability of sources and identify misinformation – Living in the Wider World ○ Gain age-appropriate information relating to Anti-Bullying <p>Relationships <u>Journey in Love - Social and Emotional</u></p> <p>Y5</p> <ul style="list-style-type: none"> ○ Explore emotional relationship changes as we grow and develop. ○ Recognise when someone needs help <p>Y6</p> <ul style="list-style-type: none"> ○ Explore how stable and caring relationships at the heart of a happy family. ○ Recognise when someone needs help <p>Living in the Wider World <u>Different forms of discrimination</u></p> <ul style="list-style-type: none"> ○ Develop an understanding of what discrimination is ○ Explore the Equality act and protected characteristics ○ Recognise human rights are there to protect everyone <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ To recognise when someone needs help – Helping people feel safe – Individual Liberty, Mutual Respect, Tolerance, Rule of Law, Democracy 	<p>Memorable Knowledge <u>Health and Wellbeing</u> <u>Risks and Hazards in the Environment</u></p> <ul style="list-style-type: none"> ○ Understand road and rail safety ○ Recognise the dangers of water ○ Identify the information required when making an emergency 999 call ○ Be able to recognise dangers in various environments e.g., Parks where there may be loose dogs ○ Discuss stranger danger <p>Relationships <u>Journey in Love – Physical</u></p> <p>Y5</p> <ul style="list-style-type: none"> ○ Explore the physical changes in puberty ○ Recognise that hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene <p>Y6</p> <ul style="list-style-type: none"> ○ Understand how human life is conceived <p>Living in the Wider World <u>Money and Emotional Wellbeing</u> <u>personal goals and aspirations</u></p> <ul style="list-style-type: none"> ○ Recognise the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations ○ Understand that a person's career aspirations should not be limited by them ○ Identify the ways that money can impact on people's feelings and emotions ○ Discuss the different ways to keep track of money ○ Explore the different ways to pay for things and the choices people have ○ Recognise that people have different attitudes towards saving and spending money <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ To Stand up to discrimination – Mutual Respect, Tolerance and Rule of Law ○ To challenge the causes of racism - Mutual Respect, Tolerance and Rule of Law 	<p>Memorable Knowledge <u>Health and Wellbeing</u> <u>Lifestyle Choices</u></p> <ul style="list-style-type: none"> ○ Make informed lifestyle choices regarding sleep, diet and exercise ○ Understand what constitutes a healthy diet; how to plan healthy meals ○ Recognise the benefits to health and wellbeing of eating nutritionally rich foods ○ Identify the risks associated with not eating a healthy diet including obesity ○ Explore reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing ○ Learn about the risks and effects of legal drugs common to everyday life (e.g., cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health ○ Recognise that drug use can become a habit which can be difficult to break ○ Explore the mixed messages in the media about drugs, including alcohol and smoking/vaping ○ Identify organisations and people who individuals can talk to that can support people concerning alcohol, tobacco and nicotine or other drug use <p>Relationships <u>Journey in Love – Spiritual</u></p> <p>Y5</p> <ul style="list-style-type: none"> ○ Explore the joy of growing physically and spiritually <p>Y6</p> <ul style="list-style-type: none"> ○ Recognise how being made in the image and likeness of God informs decisions and actions when building relationships <p>Living in the Wider World <u>Social, Local and National Democratic Procedures</u></p> <ul style="list-style-type: none"> ○ Discuss the role of local judicial systems ○ Explore the impact of General Elections ○ Identify who the local MPs are and their role in the community ○ Discuss what is meant by Parliament and its role ○ Recognise the importance of laws and regulations - Court of law ○ Understand the importance of a fair trial <p>British Values linked to S.M.S.C – Everyone's Welcome.</p> <ul style="list-style-type: none"> ○ To justify actions - Individual Liberty, Mutual Respect, Tolerance and Rule of Law ○ To accept people who are different - Individual Liberty, Mutual Respect, Tolerance, Rule of Law and Democracy
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