

Bricknell Primary School

PSHE Long Term Plan



PSHE is taught through units which enable pupils to become conscientious and respectful citizens. They cover all aspects of personal, social and health education; social, moral, spiritual and cultural education; British values and the rule of law and all aspects of the statutory relationships and sex education. The PSHE curriculum is taught around 6 Key Concepts which are revisited and developed as pupils progress through school.

Key concepts: A range of these ideas are explored through each PSHE unit and provide lenses through which to consider different aspects of this area of the pupil's personal development.

- **Being me in my world** (Who am I? Understanding my own identity and how I fit well in the class, school and global community)
- **Understanding Diversity** (Understanding diversity, respect, anti-bullying including cyber and homophobic bullying)
- **Dreams and goals** (achievement, goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society)
- **Healthy me** (body and mind, drugs and alcohol education, self-esteem, confidence, healthy lifestyles, sleep, nutrition, rest and exercise)
- **Relationships** (Friends, family and other relationships, conflict resolution and communication skills, bereavement and loss)
- **Changing me** (Change, transition, relationships and Sex Education)


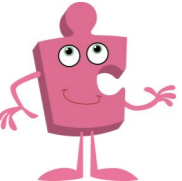


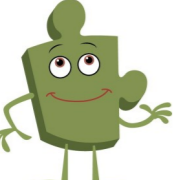

Second order concepts: These are PSHE / life skills that are taught and applied through each unit of the PSHE curriculum. These skills build progressively as pupils move through the school.

- **Emotional literacy** – (Self-awareness, social skills, empathy, motivation, managing feelings)
- **Responsibility** – (Personal responsibility, responsibility towards others, relationships, world of work, staying safe, health)
- **Resilience** – (Developing strategies for resilience, ambition, personal best, managing emotions)
- **Written and oral expression:** (Using social and emotional literacy to confidently discuss personal experiences and the experiences of others in a variety of ways, making comparisons and links, explanations, awareness of audience, using evidence to support statements)

SMSC, British Values and **Protected Characteristics** are key strands that are embedded across the whole PSHE curriculum and are revisited in most lessons. Therefore, the following concepts are explored through the PSHE curriculum.



Whole School Overview

<p>Year 1</p>  <p>Jigsaw Jack</p>	<p>AUTUMN TERM 1</p>	<p>AUTUMN TERM 2</p>	<p>SPRING TERM 1</p>	<p>SPRING TERM 2</p>	<p>SUMMER TERM 1</p>	<p>SUMMER TERM 2</p>
<p>Year 2</p>  <p>Jigsaw Jo</p>						
<p>Year 3</p>  <p>Jigsaw Jino</p>	<p>Being Me In My World</p>	<p>Celebrating Difference</p>	<p>Dreams and Goals</p>	<p>Healthy Me</p>	<p>Relationships</p>	<p>Changing Me</p>
<p>Year 4</p>  <p>Jigsaw Jaz</p>						
<p>Year 5</p>  <p>Jigsaw Jez</p>						
<p>Year 6</p>  <p>Jigsaw Jem</p>						