

Thorpe School Long Term PSHE Plan						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	<p>Through ongoing activities and circle time children will meet the development matters statements</p> <p>Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive 9 relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.</p>					
1	<b>Be Yourself</b> Recognise positive qualities and appreciate individuality. Recognise and manage different emotions. Impact of big life changes.		<b>Aiming High</b> Positive attitude, aspirations for the future. Consider different jobs. Stereotyping. Goals for the future.		<b>TEAM</b> (Together Everyone Achieves More) Class and community rules. Positive learning environment. Team behaviour.	
2		<b>Diverse Britain</b> Belonging to groups and communities. Good neighbours, local environment. Being British. Diversity and tolerance of others.		<b>It's My Body</b> Taking care of my body. Making safer choices: body, sleep and exercise, diet, cleanliness and substances. Choice and consent.	<b>VIPs</b> Very Important Persons in children's lives. Positive relationships. Resolving differences. Cooperation. Showing we care.	
3	<b>Be Yourself</b> Strengths and achievements. Expressing thoughts and feelings respectfully. Being assertive. Media influence. Learning from mistakes.		<b>Aiming High</b> Goals and aspirations. Growth Mindset. Future employment and personal goals. Stereotyping difficulties. Future goals.		<b>TEAM</b> (Together Everyone Achieves More) New starts. Teamwork behaviours. Conflict resolution. Responsibilities within a team.	
4	<b>Diverse Britain</b> British people, rules, the law, liberty and democracy. Being tolerant of differences within society.			<b>Think Positive</b> Understanding our feelings. Managing difficult emotions. Mindfulness. Coping with change. Taking responsibility. Growth mindset.		<b>It's My Body</b> Taking care of my body. Making safer choices: body, sleep and exercise, diet, cleanliness and substances. Choice and consent.
5	<b>Be Yourself</b> Being proud of individuality. Making positive choices. Peer pressure. Being confident. Managing uncomfortable feelings. Putting things right after a mistake.		<b>Aiming High</b> Achievements, aspirations and opportunities. Helpful learning strategies. Stereotypes at work. Skills needed for jobs. Personal goals.		<b>TEAM</b> (Together Everyone Achieves More) Positive qualities of a team. Disagree respectfully and communicate effectively. Collaborative learning. Compromise. Stop bullying and unkind behaviour. Shared responsibilities.	
6	<b>Diverse Britain</b> Respecting different faiths. Positive contribution to community. The law and consequences. Local and national			<b>VIPs</b> Very Important Persons within families and friendship groups. Kindness and respect. Conflicts and		<b>It's My Body</b> Consent and autonomy. Body image and stereotypes. Harmful substances. Influences and

	government. Charities and voluntary groups.			resolutions. Secrets and dares. Healthy and unhealthy relationships.		pressures. Choices and support available.
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PSHE aims to teach children the knowledge and skills they need to stay safe, happy and healthy, while preparing them for their life ahead. We understand that some parts of the PSHE and Citizenship curriculum involve exploring sensitive or controversial issues. That’s why all adults involved in delivering the children’s PSHE and Citizenship education will make every effort to establish a supportive and positive environment for learning. Children will be given opportunities to ask any questions they may have, and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.