

PHSE Whole School Plan

	Autumn 1 - Relationships with family and friends						
	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Week 1	Talk about who is our family.	What makes your family happy?	What do you do as a family?	What important family events have you celebrated?	What sacrifices do your parents make for you and why?	What difficulties can families face?	What are young carers?
Week 2	How do your family show that they love you?	Happy family memories.	Why is it important to spend time with your family?	Why is it important to spend time with your family?	How can you show commitment and love for your parents?	How can you help your family in difficult times?	What do you do, and what can you do, to care for your family?
Week 3	Talk about different family types and that they are all special.	Talk about different family types and that they are all special.	Talk about different family types and that they are all special.	Talk about different family types and that they are all special.	Talk about different family types and that they are all special.	Talk about different family types and that they are all special.	Talk about different family types and that they are all special.
Week4	Who are your friends?	How can you make a friend?	What makes a good friend?	What characteristics make a good friend?- mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust	What do healthy and unhealthy friendships look like?	Making new friends – how do we know who to trust?	What are the signs of an unhealthy friendship?
Week 5	Why do you like your friends? What happens when you fall out?	What makes a good friend? What can you do if you fall out with them?	How can you help your friends if they're sad? What should you do if they are making you feel sad?	What friendship characteristics do you and your friends have? What things do you fall out about and how do you resolve it?	What can we do to prevent unhealthy relationships with friends?	What are the right and wrong things to do when friendships go wrong?	What can we do if a friendship makes us feel uncomfortable? Is violence ever right?
Week 6	British Values – Respect Good manners	British Values – Respect Being kind	British Values – Respect Respecting differences between us	British Values – Respect Respecting differences between people we meet	British Values – Respect Respecting differences between ethnicities.	British Values – Respect Respecting differences between ethnicities and religions.	British Values – Respect Respecting differences between ethnicities, religions and gender.

	Autumn 2 - Respectful and online relationships						
	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Week 1	What is kind and unkind behaviour?	What is kind and unkind behaviour? How does it affect others?	What is respect and how can we show it for others?	What do you think self-respect is? Why is it important?	What is respect and does everyone deserve it?	How can we be respectful, even if we disagree with someone's point of view?	Does looking after yourself affect your happiness?
Week 2	Anti – bullying week Why should we always have kind hands and feet?	Anti – bullying week What should we do if we see someone being unkind?	Anti – bullying week What is bullying?	Anti – bullying week What are the different types of bullying?	Anti – bullying week What should we do if we see bullying?	Anti – bullying week What is the impact of bullying?	What is the impact of bullying?
Week 3	What are kind words?	Emotions caused by kind and unkind words.	Identifying respectful behaviours	Identifying self-respectful and non-self-respectful behaviours.	Identifying respectful behaviours	Showing respectful behaviour during debate.	How can I develop my self-respect.
Week 4	What do we do online- keeping safe	What do we do online- keeping safe	Playing online with friends Reporting unkind behaviour.	Showing respect to online friends. Recognising risks, and reporting harmful content and contacts.	We are never anonymous online. Recognising risks, and reporting harmful content and contacts.	What are the risks associated with online friends we have never met? Recognising risks, and reporting harmful content and contacts.	Showing respect to online friends (trolling) Recognising risks, and reporting harmful content and contacts.
Week 5	Reporting unkind online behaviour.	Reporting unkind online behaviour.	What are the rules for keeping safe online?	Stranger danger online.	Trusting sources of information online.	What information and data should you share online.	What happens to information and data you share online.
Week 6	British Values – Individual Liberty What do I like?	British Values – Individual Liberty What is special about me?	British Values – Individual Liberty What is the physically the same and different between me and my friend?	British Values – Individual Liberty How is my personality the same and different from my friend?	British Values – Individual Liberty Is it ok to make different choices than my friends?	British Values – Individual Liberty Is it ok to have different beliefs?	British Values – Individual Liberty Why do we not have free choice about everything?

	Spring 1 – Physical and mental Health						
	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Week 1	Which foods are good for you?	What are healthy and unhealthy foods?	What is a poor diet?	What are food groups?	What could happen if you don't eat healthily (tooth decay)	Understanding food labels.	What could happen if you don't eat healthily (obesity)
Week 2	Plan a healthy meal	Plan a healthy meal	Plan a healthy meal	Plan a healthy meal	Plan a healthy meal	Plan a healthy meal	Plan a healthy meal
Week 3	How to stay safe in the sun	How to prevent damage from the sun.	How to prevent damage from the sun. Why is this important?	Legal vs illegal drugs	Dangers of smoking	Dangers of alcohol	Dangers of smoking, alcohol and drugs
Week 4	Why is it important to wash your hands?	How are germs spread?	What is a virus and how is it spread?	What are allergies?	What is bacteria?	How do you know if you are feeling ill?	What is immunisation and vaccination
Week 5	Why do you need to go to the dentist?	How should you take care of your teeth?	Why should hands and fingernails be clean?	Coughing and sneezing	Why should our hair and bodies be clean?	Body odour and how to prevent it.	Body odour and how to prevent it.
Week 6	Rule of the law What are the rules in our classroom?	Rule of the law What are the rules in our classroom and at home?	Rule of the law What happens if we break the rules?	Rule of the law Why do we have police?	Rule of the law What laws do you know?	Rule of the law Who makes the laws?	Rule of the law What happens when an adult breaks the law?

Spring 2 Physical and mental health							
Week 1	IMPS visit	How and when to call 999 for an ambulance	St John's Ambulance	St John's Ambulance	Northwest Ambulance Service	St John's Ambulance	IMPS visit
Week 2	What is exercise?	When do you exercise?	Why do you need to exercise?	What exercise is good exercise	How often should you exercise?	How can you make your exercise regular?	How does exercise help your heart?
Week 3	What are emotions?	Which emotions can you recognise and name?	When do you feel different emotions?	Emotional reactions to a range of situations. – What is appropriate?	Emotional reactions – dealing with sadness	Emotional reactions – managing anger	Emotional reactions – managing anger
Week 4	Which things help you to feel good?	What helps you to calm down when you are angry?	What helps you to feel better when you are sad?	Mental health needs to be taken care of like physical health			
				Strategies to support - good sleep	Strategies to support - physical exercise	Strategies to support - time spent outdoors	Strategies to support - voluntary work, hobbies, time spent with friends.
Week 5	What to do if you feel sad about something.	Who can you talk to if you feel worried about something at home or in school?	How can it help if you tell someone your worries?	How to express your emotions using a range of vocabulary How and where to seek help	How to manage emotions in school. How and where to seek help	How to manage conflicting emotions. How and where to seek help	Warning signs of struggling with mental health. How and where to seek help
Week 6	British Values – Tolerance towards class mates	British Values – What is tolerance?	British Values – Tolerance within school	British Values – Tolerant behaviours	British Values – Tolerance towards those from other age groups	British Values – Tolerance towards those from other countries	British Values – How to encourage others to be more tolerant.

Summer 1 – Being safe							
Week 1	What things can hurt us at school and at home	What things can hurt us at school and at home – fire safety	What things can hurt us at school and at home – electricity	Safety in the home - Kitchen appliances and cooking	Safety in the home -Chemicals	Safety in the home - medicines	Safety in the home – Being in the house alone
Week 2	People who keep us safe	How to stay safe at the swimming pool.	How to stay safe at the shopping centre.	Keeping safe in the local environment - water	Keeping safe in the local environment – road safety for pedestrians	Keeping safe in the local environment - rail	Keeping safe in the local environment – road safety for cyclists.
Week 3	Which things can only adults do?	Which things can only adults do?	What are your older siblings allowed to do that you are not?	What are age restrictions and why do we have them?	Importance of age restrictions - Voting, driving and marriage	Importance of age restrictions –films and television programmes	Importance of age restrictions –social media and gaming
Week 4	Assessing risks and spotting hazards	Assessing risks and spotting hazards	Assessing risks and spotting hazards	Assessing risks and spotting hazards	Assessing risks and spotting hazards	Assessing risks and spotting hazards	Assessing risks and spotting hazards
Week 5	Keeping our bodies safe. What to do and who to tell if you don't feel safe	Keeping our bodies safe. Keeping our bodies safe. What to do and who to tell if you don't feel safe	Keeping our bodies safe. What to do and who to tell if you don't feel safe	Keeping our bodies safe. What to do and who to tell if you don't feel safe	Keeping our bodies safe. What to do and who to tell if you don't feel safe	Keeping our bodies safe. What to do and who to tell if you don't feel safe	Keeping our bodies safe. What to do and who to tell if you don't feel safe
Week 6	British Values – Democracy Vote on class decisions	British Values – Democracy Who is the Prime minister	British Values – Democracy – Why is Downing street important?	British Values – Democracy What is democracy?	British Values – Democracy Who should be able to vote?	British Values – Democracy Design your own political party	British Values – History of democracy in the UK

