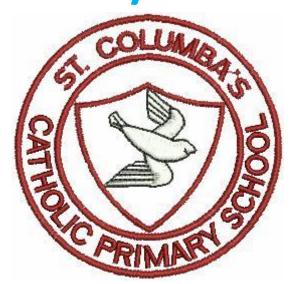




St Columba's Catholic Primary School



PSHE Long-Term Plan







St. Columba's Catholic Primary School

PSHE Long-Term Plan (including RSHE and All Are Welcome)

	<u>Autumn 1</u>	<u>Autumn 2</u>	Spring 1	Spring 2	Summer 1	Summer 2
<u>EYFS</u>	Being Me In My	<u>Celebrating</u>	Dreams and Goals	Healthy Me	<u>Relationships</u>	Life Skills: Money
<u>Jigsaw</u>	<u>World</u>	<u>Differences</u>	I recognise why I	I understand why	I understand family	<u>Matter</u>
	I can understand my	I recognise I am part	should set goals and	physical activities	life.	I understand the
	feelings and express	of a family and what	challenges as well as	and exercising		concept of money.
	them while in the	makes me special.	showing	helps me stay	I recognise	
	classroom.		perseverance to	healthy.	friendships. I know	I can recognise some
		I understand where	achieve them.		friends can	money values.
	I know the	we live and how to		I recognise healthy	sometimes fall out.	
	importance of being	make friends.	I understand over-	food, why I need to		I understand where
	gentle while in the		coming obstacles	keep safe and clean	I know the concept	money comes from.
	classroom.	I know I should stand	and seeking help	as well as get	of bullying and how	
		up for myself and	with help me	enough sleep.	to deal with one.	I understand how to
	I recognise my	explore my talents.	achieve my goals.			keep money safe.
	responsibilities.			British Values	British Values	
		British Values		<u>Covered</u>	<u>Covered</u>	
	British Values	<u>covered</u>	British Values	Rule of Law	Democracy	
	<u>covered</u>	Democracy	<u>Covered</u>	Individual Liberty	Rule of Law	
	Democracy	■Rule of Law	Democracy	Mutual Respect	Individual Liberty	
	Rule of Law	●Individual Liberty	●Individual Liberty	Tolerance of	 Mutual Respect 	
	Mutual Respect	Mutual Respect	Mutual Respect	different faiths and		
				beliefs		





RSHE	God loves each of us Physical and Social Physical: We are diff Social: Who do I play	erent.	•Tolerance of different faiths and beliefs God loves each of uniqueness: Emotion Intellectual Emotional: How do	nal and	•Tolerance of different faiths and beliefs God loves each of us Spiritual Spiritual: People ofte children to Jesus and	en used to bring
			friends? Intellectual: Is it imperior friends?	portant to have	Jesus blessed them.	
All Are Welcome	LO: To choose what I like Text: 'You Choose' by Nick Sharratt and Pippa Goodheart	LO: It's ok to like different things Text: 'Red Rockets and Rainbow Jelly' by Sue Heap and Nick Sharratt	LO: To say hello Text: 'Hello Hello' by Brendan Wenzel	LO: All families are different Text: 'The Family Book' by Todd Parr	LO: To celebrate my family Text: 'Mommy, Mama and me' by Leslea Newman and Carol Thompson	LO: To make a new friend Text: 'Blue Chameleon' by Emily Gravett
Year 1 Jigsaw	Being Me In My World I understand the rights and responsibilities for being a member of my class. I know how to make my class a safe place to learn. I can recognise the choices I make and understand the consequences. I	Celebrating Differences I can identify similarities between people in my class. I can tell you some ways in which I am the same as my friends. I know some people who I could talk to if I was feeling unhappy or being bullied. I can	Dreams and Goals I can set a goal and know how to achieve it. I can tell you how I learn best. I can tackle a new challenge and understand this might stretch my learning. I can identify how I feel when I am faced	Healthy Me I understand the difference between being healthy and unhealthy and know some ways to keep myself healthy. I feel good about myself when I make healthy choices. I can tell you why I think my body is amazing and can	Relationships I can identify the members in my family and I also understand that the world is made up of different types of families. (Humans and Animals). I can recognise my qualities as a friend and a person. I know of ways to praise	Economic: Values, money and me 'Charity job week' book This unit focuses on friends Primary School and their fundraising activities for charity. I can plan a charity event.





	recognise the range	be kind to children	with a new	identify some ways	myself and that it	I can recognise
	of feeling when I	who are being	challenge.	to keep it safe and	makes me feel good.	price goods and
	face certain	bullied.		healthy.		services
	consequences.		British Values		British Values	I can use basic
		British Values	<u>Covered</u>	British Values	<u>Covered</u>	financial planning.
	British Values	<u>Covered</u>	Democracy	Covered	Democracy	
	<u>Covered</u>	 Individual Liberty 	 Individual Liberty 	Rule of Law	Rule of Law	'Finders keepers'
	Democracy	 Mutual Respect 	 Mutual Respect 	Individual Liberty	Individual Liberty	<u>book</u>
	Rule of Law	Tolerance of	Tolerance of		 Mutual Respect 	Children explore
	Individual Liberty	different faiths and	different faiths and		Tolerance of	their values in
	 Mutual Respect 	beliefs	beliefs		different faiths and	relation to found
	Tolerance of				beliefs	money, the rights
	different faiths and					and wrongs of
	beliefs					keeping such items
						and the law.
						I can recognise
						what belongs to
						me and what does
						not.
						I understand what
						to do with found
						money, behaviour
						and its impact on
DCLIE	Wa at Cad/al		Ma mant Cody la		14/2 + C 4/2 - 1	others.
<u>RSHE</u>		ove in our family:	We meet God's lo			ove in our family:
		and Social	Emotional and			<u>itual</u>
		wing up in a family.	Emotional: What			members of God's
	<u>Social:</u> I grow	up in a family.	moments in	•	fan	nily.
			Intellectual: Why d	•		
			up in fa	milies?		





All Are	LO: I like the way I	LO: To join in	LO: To find ways	LO: Proud to be	LO: I share the	LO: To work
Welcome	<u>am</u>	Text 'Going to the	to play together	<u>me</u>	world with lots of	together
	Text: 'Elmer' by	Volcano' by Andy	Text: 'Want to	Text: 'Hair, It's a	<u>people</u>	Text: 'Errol's
	David McKee	Stanton	Play Tricks?' by	Family Affair' by	Text: 'My World	Garden' by Gillian
			Ann Scott and Bob	Mylo Freeman	Your World' by	Hibbs
			Graham	-	Melanie Walsh	
Year 2	Being Me In My	Celebrating	Dreams and Goals	Healthy Me	Relationships	Economic: Values,
<u>Jigsaw</u>	<u>World</u>	<u>Differences</u>	I carry on trying	I understand how	I can identify some	money and me
	I can identify some	I am starting to	even when I find	medicine works in	of the things that	'Do the right thing'
	of my hopes and	understand that	things difficult. I can	my body and how	cause conflicts	<u>book</u>
	fears for the coming	sometimes people	tell you some of my	important it is to	between my friends.	Focuses on the
	year.	make assumptions	strengths as a	use them safely. I	I can demonstrate	moral dilemmas Lily
		about boys and girls	learner.	feel positive about	how to use a positive	faces as she tries to
	I can listen to other	(Stereotypes).		caring for my body	problem solving	be popular at
	people and		I can work well in a	and keeping it	technique to resolve	school by bringing
	contribute my own	I can tell you some	group. I can work	healthy.	conflicts with my	the 'best' donation
	ideas about rewards	ways I am different	with others in a		friends.	for the charity
	and consequences. I	from my friends. I	group to solve	I can sort foods		auction event.
	can help to make my	understand these	problems.	into correct food	I recognise people	I understand the
	class a safe and fair	differences make us		groups and know	who can help me in	need for
	place.	all special and	British Values	which foods my	my family, my school	consequences.
		unique.	<u>Covered</u>	body needs every	and my community. I	I can recognise my
	British Values		Democracy	day to keep	understand how it	moral values in
	<u>Covered</u>	British Values	■Rule of Law	healthy. I have a	feels to trust	relation to their
	Democracy	<u>Covered</u>	Individual Liberty	healthy	someone.	wants and needs.
	Rule of Law	Democracy	Mutual Respect	relationship with	British Values	
	●Individual Liberty	•Rule of Law	Tolerance of	food and know	Covered	'Hero to zero' book
	Mutual Respect	●Individual Liberty	different faiths and	which foods I enjoy	Democracy	Focuses on Sue
	•Tolerance of	Mutual Respect	beliefs	the most.	•Rule of Law	and her friend Mrs
	different faiths and	◆Tolerance of		Pritich Values	•Individual Liberty	Goleska. When
	beliefs	different faiths and		British Values Covered	Mutual Respect	Mrs Goleska asks
		beliefs		Covereu		Sue to help her by





		1	I	■Rule of Law	Tolerance of	taking some old
				●Individual Liberty	different faiths and	things to the
				•Mutual Respect	beliefs	charity shop she
				•Tolerance of		doesn't realise she
				different faiths and		has put her son's
				beliefs		army service
						medal in the bag
						too.
						I can recognise
						the sentimental
						and emotional
						value of objects
						and how some
						things are
						priceless because
						of the associations
						they hold.
RSHE We me		e in the community:	We meet God			e in the community:
		and Social	<u>community: E</u>			<u>itual</u>
Physica	al: Do we belo	ong to a community?	<u>Intelle</u>			called 'Our Father',
Soci	<u>al:</u> Is belongir	ng to a community	Emotional: Someti	mes we are happy	what does th	nat make us?
	impo	rtant?	together in a	•		
			Intellectual: Can p	people feel alone		
			even if they belong	g to a community?		
			Would they	miss out?		
All Are LO: To	<u>welcome</u>	LO: To have self-	LO: To understand	LO: To think	LO: To	LO: To know I
Welcome differer	nt people	<u>confidence</u>	what diversity is	about what	communicate in	belong
Text: 'C	an I join	Text: 'To be a Lion'	Text: 'The Great	makes a good	different ways	Text: 'All Are
Your Cl	ub?' by	by Ed Vere	Big Book of	<u>friend</u>	Text: 'What the	Welcome' by
John Ke	elly and		Families' by Mary	Text: 'Amazing'	Jackdaw saw' by	Alexandra Penfold
Steph L	aberis		Hoffman and Ros	by Steve Antony	Julia Donaldson	ad Suzanne
			Asquith	•	and Nick Sharratt	Kaufman





Year 3	Being Me In My	<u>Celebrating</u>	Dreams and Goals	Healthy Me	<u>Relationships</u>	Economic: Values,
<u>Jigsaw</u>	<u>World</u>	<u>Differences</u>	Identify a	Understand how	Can identify the roles	money and me
	Learn to appreciate	Understand different	dream/ambition	exercise and diet	and responsibilities	'I want it!' book
	their uniqueness and	family structures and	that is important to	can affect their	of family and friends.	This unit centres
	understand their	how everybody's	them.	body.		on Tara and her
	rights and	family is different			Can explain how	mother. Tara is
	responsibilities	and important to	I enjoy facing new	Understand what	some of the actions	now old enough to
	within their	them	learning challenges	drugs (smoking,	and work of people	get some pocket
	community.		and working out the	alcohol etc.) are	around the world	money and to save
		Understand bullying	best ways for me to	and the affect that	help and influence	up for things she
	Understand why	and what being a	achieve them.	they can have on	their life	may wish to buy.
	rules are needed and	witness to bullying	Recognise obstacles	their body.		I can recognise
	how they relate to	means. They will look	which might hinder		Know and can use	and understand
	rights and	at the consequences	their achievement	Identify things,	some strategies for	issues in relation
	responsibilities.	bullying may bring to	and discuss steps to	people and places	keeping safe online	to realistic saving,
		each person	overcome them.	that they need to		earning, planning
	British Values	involved.		keep safe from,	British Values	and budgeting.
	<u>Covered</u>		British Values	and can tell you	<u>Covered</u>	
	Democracy	Children will discuss	<u>Covered</u>	some strategies for	Democracy	
	Rule of Law	strategies to solve	 Individual Liberty 	keeping safe	Rule of Law	
	 Individual Liberty 	conflict.	 Mutual Respect 	including who to go	• Individual Liberty •	
	Mutual Respect		 Tolerance for 	to for help.	Mutual Respect	
	Tolerance for	British Values	different faiths and		 Tolerance for 	
	different faiths and	<u>Covered</u>	beliefs	British Values	different faiths and	
	beliefs	 Democracy 		Covered	beliefs	
		Rule of Law		Rule of Law		
		• Individual Liberty •		• Individual Liberty		
		Mutual Respect		Mutual Respect		
		Tolerance for		 Tolerance for 		
		different faiths and		different faiths and		
		beliefs		beliefs		





RSHE	How we live in love	: Physical and Social	How we live in lov	e: Emotional and	How we live in	love: Spiritual
	Physical: Who to	akes care of me?	<u>Intelle</u>	ectual ectual	Spiritual: Zacchae	us was an outcast.
	Social: How do I help	others to make and	Emotional: How do you feel when a			
	keep f	riends?	friend is not there for you?			
			Intellectual: What	<u>Intellectual:</u> What is the difference?		
All Are	LO: To understand	LO: To understand	LO: To be	LO: To recognise	LO: To recognise	LO: To consider
Welcome	what	what a bystander is	welcoming	a stereotype	and help an	living in Britain
	discrimination	Text: 'We're All	Text: 'Beegu' by	Text: 'The Truth	outsider	today
	means	Wonders' by R.J	Alexis Deacon	About Old	Text: 'The Hueys in	Text: 'Planet Omar:
	Text: 'This Is Our	Palacio		People' by Elina	the New Jumper'	Accidental Trouble
	House' Michael			Ellis	by Oliver Jeffers	Magnet' by Zanib
	Rosen				-	Mian
Year 4	Being Me In My	Celebrating	Dreams and Goals	Healthy Me	<u>Relationships</u>	Economic: Values,
<u>Jigsaw</u>	<u>World</u>	<u>Differences</u>	Tell you about some	Recognise how	Can recognise how	money and me
	Know that	Understand	of their hopes and	different friendship	relationships change,	'Costing the earth'
	everyone's attitudes	prejudice, its causes	dreams	groups are formed	and how to manage	book
	and actions make a	and consequences.		and how they fit	when they fall out	Children will
	difference in a		Understand that	into their	with their friends	explore how
	community.	Know that sometimes	sometimes hopes	friendship group.	tt.d	energy is used in
		bullying is hard to	and dreams do not	l loo da waka oo dakka a	Understand what	the home and
	Understand who is in	spot and know what	come true and that this can hurt.	Understand the facts about	having a boyfriend/ girlfriend might	discover simple
	their school	to do if they think it is	tilis cali fluit.	smoking and	mean and that it is a	strategies to
	community, the roles and responsibilities	going on.	Look at strategies to	alcohol and their	special relationship	conserve energy.
	that everyone has in	British values	overcome	effects on health,	for when they are	I can plan actions
	the democratic	Covered	disappointment and	also some of the	older.	to reduce energy
	environment.	• Democracy	create new goals.	reasons people can		waste around the
		• Rule of Law	_	start to smoke or	British values	home and the
	British values	• Individual Liberty •	British values	drink.	<u>Covered</u>	school
	<u>Covered</u>	Mutual Respect	<u>Covered</u>		Rule of Law	environment.
	Democracy	•	Democracy	British values	• Individual Liberty •	I will work with my
	Rule of Law			<u>Covered</u>	Mutual Respect	class create an





	• Individual Liberty •	Tolerance for	Individual Liberty	 Democracy 	Tolerance for	energy-saving
	Mutual Respect	different faiths and	Mutual Respect	• Rule of Law	different faiths and	action plan
	Tolerance for	beliefs	Tolerance for	Individual Liberty	beliefs	understanding the
	different faiths and		different faiths and	Mutual Respect		importance it has
	beliefs		belief	Tolerance for		on our
				different faiths and		environment.
				beliefs		
RSHE	God loves us in our	differences: Physical	God loves us in	our differences:	God loves us in our	differences: Spiritual
	and 9	<u>Social</u>	Emotional and	d Intellectual	Spiritual: Saint I	Paul's Teachings.
	Physical: We gro	w and develop at	Emotional: How d	o I appreciate my		
	differe	nt rates.	own gifts, talents a	and achievements		
	Social: How do I le	earn to accept and	that make r	ne unique?		
		who I am?	Intellectual: I have	all sorts of feelings.		
			Can I nam	ne them?		
All Are	LO: To help	LO: To chose when	LO: To be proud of	LO: To find	LO: To look after	LO: To show
<u>Welcome</u>	someone accept	to be assertive	who I am	common ground	my mental health	<u>acceptance</u>
	differences	Text: 'Dogs Don't	Text: 'Red: A	Text: 'Aalfred	Text: 'Sadness	Text: 'Julian Is a
	Text: 'Along came	Do Ballet' by Anna	Crayon's Story' by	and Aalbert' by	Comes To Call' by	Mermaid' by
	a different' by Tom	Kemp and Sarah	Michael Hall	Morag Hood	Eva Eland	Jessica Love
	McLaughlin	Oglivie				
Year 5	Being Me In My	Celebrating	Dreams and Goals	Healthy Me	Relationships	Economic: Values,
<u>Jigsaw</u>	<u>World</u>	<u>Differences</u>	Identify a job they	Know the health	Understand that	money and me
	Understand their	Begin to understand	would like to do	and social risks of	belonging to an	'Do you need it'
	rights and	different cultures.	when they grow up	smoking and	online community	book
	responsibilities as a		and understand	alcohol. Know how	can have positive	This unit centres
	citizen of this	Understand that	what motivates	tobacco affects the	and negative	on the Deacon
	country and as a	cultural differences	them and what they	lungs, liver and	consequences.	family and the
	member of their	sometimes cause	need to do to	heart. The risk of		dilemma they face
	school.	conflict. Understand	achieve it.	antisocial	Can explain how to	when their TV
		what racism is.		behaviours.	stay safe when using	breaks and they





	Understand how		Understand that		technology to	consider
	democracy and	Explore the	communicating with	Know how to get	communicate with	borrowing money
	having a voice	differences between	someone in a	help in emergency	their friends	to buy a new one.
	benefits the school	direct and indirect	different culture	situations.		I can recognise the
	community and	types of bullying.	means we can learn		British values	options for taking
	know how to		from each other.	Can describe the	<u>Covered</u>	out loans and
	participate in this.	British values		different roles food	Democracy	begin to
		<u>Covered</u>	British values	can play in people's	Rule of Law	understand some
	British values	Democracy	<u>Covered</u>	lives and can	 Individual Liberty 	key terms.
	<u>Covered</u>	Rule of Law	Democracy	explain how people	 Mutual Respect 	I can recognise
	Democracy	 Individual Liberty 	Rule of Law	can develop eating	 Tolerance for 	consequences of
	Rule of Law	 Mutual Respect 	 Individual Liberty 	problems	different faiths and	borrowing money.
	Individual Liberty	 Tolerance for 	 Mutual Respect 	(disorders) relating	beliefs	I understand the
	Mutual Respect	different faiths and	 Tolerance for 	to body image		cost and value of
	 Tolerance for 	beliefs	different faiths and	pressures.		activities done as
	different faiths and		beliefs	5 1		a family, thinking
	beliefs			British values		in both financial
				<u>Covered</u>		and emotional
				Democracy		terms.
				Rule of Law		
				• Individual Liberty		
				Mutual Respect •		
				Tolerance for		
				different faiths and		
				beliefs		
<u>RSHE</u>		my changing and	God loves me in i			my changing and
	development: Physical and Social		development:			nt: Spiritual
		We have changed in	Intelle			to change and to be
	many ways since we were born.		Emotional and Intellectual: As we		perfect is to hav	e changed often.
			grow up, our feelir	ngs and behaviour		
			char	nge.		





All Are	LO: To consider	LO: To justify my	LO: To consider	LO: To recognise	LO: To explore	LO: To exchange
<u>Welcome</u>	consequences	<u>actions</u>	responses to racist	when someone	friendship	dialogue and
	Text: 'Kenny Lives	Text: 'Rose	<u>behaviour</u>	needs help	Text: 'The Girls' by	express an opinion
	With Erica and	Blanche' by Ian	Text: 'Mixed' by	Text: 'How to	Lauren Lee and	Text: 'And Tango
	Martina' by Olly	McEwan and	Aree Chung	Heal a Broken	Jenny Lovie	Makes Three' by
	Pike	Robert Innocenti	_	Wing' by Bob	-	Justin Richardson
				Graham		and Peter Parnell
Year 6	Being Me In My	Celebrating	Dreams and Goals	Healthy Me	Relationships	Economic: Values,
<u>Jigsaw</u>	<u>World</u>	<u>Differences</u>	Dreams and Goals	Take responsibility	Understand that	money and me
	Understand my fears	Understand how	Can work out the	for their own	there are different	'A fair day's pay'
	and worries about	being different could	learning steps	health and make	stages of grief and	book
	the future and know	affect someone's life.	needed to reach a	choices that	that there are	This unit centres
	how to express		goal and understand	benefit their health	different types of	on Debbie
	them.	Know examples of	how to motivate	and well-being.	loss that cause	Clayton's payslip.
		people with	them to work on		people to grief.	I can recognise
	Know that there are	disabilities who lead	these.	Know about		why deductions,
	universal rights for	amazing lives.		different types of	I can use technology	such as income
	all children but for		Describe some ways	drugs and their	positively and safely	tax, are taken
	many children these	Explain ways in	in which I can work	uses and their	to communicate with	from earnings.
	rights are not met.	which difference can	with other people to	effects on the body	my friends and	I understand the
		be a source of	help make the world	particularly the	family.	purpose of what
	British values	conflict and a cause	a better place.	liver and heart as		central and local
	<u>Covered</u>	for celebration.	B 111 1	well as people's	British values	taxation pays for.
	Democracy		British values	lives.	Covered	
	• Rule of Law	British values	Covered	To overland magnetal	Democracy	
	 Individual Liberty 	Covered	Democracy	To explore mental health and its	• Rule of Law	
	 Mutual Respect 	Democracy	• Individual Liberty		• Individual Liberty	
	 Tolerance for 	• Rule of Law	Mutual Respect	consequences.	Mutual Respect	
	different faiths and	• Individual Liberty	• Tolerance for	British values	Tolerance for	
	beliefs	 Mutual Respect 	different faiths and	Covered	different faiths and	
			beliefs	• Rule of Law	beliefs	
				• Kule OI LaW		





		 Tolerance for 		• Individual Liberty		
		different faiths and		 Mutual Respect 		
		beliefs		 Tolerance for 		
				different faiths and		
				beliefs		
<u>RSHE</u>	The wonder of Go	d's love in creating	The wonder of Goo	l's love in creating	The wonder of Go	d's love in creating
	new life: Physic	al and Emotional	new life	: Social	new life:	: Spiritual
	Physical: The circ	cle of love and life	Social: What signs o	f love do you see in	Spiritual: God ma	ikes new life begin
	(overview of body	changes and how	the people a	round you?	through the love th	nat parents have for
	babies are	e created).			each other.	
	Emotional: Relation	nships develop and				
	eventually, you ma	y be able to use the				
	word	'love'.				
<u>All Are</u>	LO: To consider	LO: To consider	LO: To overcome	LO: To consider	LO: To show	LO: To consider
<u>Welcome</u>	responses to	language and	fears and	causes of racism	<u>acceptance</u>	democracy
	<u>immigration</u>	freedom of speech	differences	Text: 'The Island'	Text: 'Introducing	Text: 'A Day in the
	Text: 'King of the	Text: 'The Only	Text: 'Leaf' by	by Armin Greder	Teddy' by Jessica	Life of Marlon
	Sky' by Nicola	Way Is Badger' by	Sandra Dieckmann		Walton and	Bundo' by Marlon
	Davis	Stella .J. Jones and			Dougal	Bundo and Jill
		Carmen Saldana			MacPherson	Twiss



