

## PSHE Long-term Plan

	Unit 1 Citizenship (Autumn 1)	Unit 2 Families and Relationships	Unit 3 Economic Wellbeing (Twinkl)	Unit 4 Health and Wellbeing	Unit 5 Safety and the Changing Body (Summer 2)
Year 3 (21 lessons)	Lesson 1 Rights of the child (include class charter) Lesson 2 Charity Lesson 3 Local democracy	Lesson 1 Healthy families Lesson 2 Friendship conflicts Lesson 3 Friendship: conflict vs bullying Lesson 4 learning who to trust Lesson 5 Respecting differences Lesson 6 Stereotyping gender	Lesson 1 Where does money come from Lesson 2 Ways to pay Lesson 3 Advertising Lesson 4 Career quest	Lesson 1 My healthy diary Lesson 2 Wonderful me Lesson 3 Resilience: breaking down barriers Lesson 4 Diet and dental health	Lesson 1 First Aid: emergencies and calling for help Lesson 2 Influences Lesson 3 Keeping safe out and about
Year 4 (20 lessons)	Lesson 1 Ground rules + Rights reminder and class charter Lesson 2 What are human rights? Lesson 3 Diverse communities	Lesson 1 Respect and manners Lesson 2 Healthy friendship Lesson 3 Bullying Lesson 4 Stereotypes: Disability Lesson 5 Change and loss	Lesson 1 Influences on career choices Lesson 2 Spending decisions Lesson 3 Reasons to borrow Lesson 4 Keeping track	Lesson 1 Celebrating mistakes Lesson 2 My happiness Lesson 3 Emotions Lesson 4 Mental health	Lesson 1 Privacy and secrecy Lesson 2 First aid: Asthma Lesson 3 Introducing puberty Lesson 4 Tobacco Lesson 5 girls only periods
Year 5 (18 lessons)	Lesson 1 Ground rules + Rights reminder and class charter Lesson 2 Breaking the law Lesson 3 Parliament	Lesson 1 Friendship skills Lesson 2 Marriage Lesson 3 Respecting myself Lesson 4 Family life Lesson 5 Bullying Lesson 6 Stereotypes: race and religion	Lesson 1 Look after it Lesson 2 Critical consumers Lesson 3 Value for money and ethical spending	Lesson 1 The importance of rest Lesson 2 Taking responsibility for my feelings Lesson 3 Sun safety	Lesson 1 Alcohol, drugs and tobacco: making decisions Lesson 2: puberty Lesson 3 Menstruation
Year 6 (22 lessons)	Lesson 1 Ground rules + Rights reminder and class charter	Lesson 1 Respect Lesson 2 Respectful relationships	Lesson 1 Budgeting Lesson 2 Money and emotional wellbeing	Lesson 1 Taking responsibility for my health	Lesson 1 Alcohol

	Lesson 2 Human Rights Lesson 3 Prejudice and Discrimination Lesson 4 National Democracy	Lesson 3 Challenging stereotypes Lesson 4 Resolving conflict Lesson 5 Change and loss	Lesson 3 Money in the wider world	Lesson 2 Resilience toolkit Lesson 3 Immunisation Lesson 4 Physical health concerns	Lesson 2 Physical and emotional effects of puberty Lesson 3 Conception Lesson 4 Pregnancy and birth Lesson 5 What is identity Lesson 6 Identity and body image
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Please ensure you start every lesson with ground rules.

Knowledge organisers: [RSE PSHE Knowledge Organisers All Year Groups - Kapow Primary](#)