

West Tyne Church Schools Federation

PSHCE and SRE Long Term Plan

Reception

Select and use activities and resources, with help when needed. Develop their sense of responsibility and membership of a community. Become more outgoing with unfamiliar people, in the safe context of their setting. Show more confidence in new social situations. Play with one or more other children, extending and elaborating play ideas. Find solutions to conflicts and rivalries.

Increasingly follow rules, understanding why they are important. Remember rules without needing an adult to remind them. Develop appropriate ways of being assertive. Talk with others to solve conflicts. Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Understand gradually how others might be feeling.

Be increasingly independent in meeting their own care needs. See themselves as a valuable individual. Build constructive and respectful relationships. Express their feelings and consider the feelings of others.

Show resilience and perseverance in the face of challenge. Identify and moderate their own feelings socially and emotionally. Think about the perspectives of others. Know and talk about the different factors that support their overall health and wellbeing: sensible amounts of 'screen time' · having a good sleep routine · being a safe pedestrian

Year 1/2 Cycle A

Whole School Focus 1— Relationships

Ourselves and others, similarities and differences, individuality.

Whole School Focus 2— Health and Wellbeing

Keeping safe: People who help us

Whole School Focus 3— Living in the wider world

Money; making choices; needs and wants

Whole School Focus 2— Health and Wellbeing

Being healthy; hygiene; medicines; people who help us with health

Whole School Focus 1— Relationships

Managing feelings; ourselves and others; people who care for us; groups we belong to—families

Whole School Focus 3— Living in the wider world

Ourselves and others; the world around us; caring for others; growing and changing

Year 1/2 Cycle B

Whole School focus 1— Relationships

Friendship; feeling lonely; managing arguments

Whole School focus 3— Living in the wider world

People and jobs; money; role of the internet

Whole School Focus 2 — Health and Wellbeing

Being healthy; eating; drinking; playing; sleeping

Whole School Focus 2 — Health and Wellbeing

Keeping safe; recognising risk; rules

Whole School Focus 1— Relationships

Behaviour; bullying; words and actions; respect for others

Whole School Focus 2— Health and Wellbeing

Feelings; mood; times of change; loss and bereavement; growing up

Year 3/4 Cycle A

Whole School Focus 1— Relationships

Friendship; making positive friendships; managing loneliness; dealing with argu-

Whole School Focus 3— Living in the wider world

Community; belonging to groups; similarities and differences; respect for others

Whole School Focus 2— Health and Wellbeing

Being healthy; keeping active; taking rest

Whole School Focus 2— Health and Wellbeing

Being healthy; eating well; dental care

Whole School Focus 1— Relationships

Families; family life; caring for each other

Whole School Focus 2— Health and Wellbeing

Keeping safe at home and school; our bodies; hygiene; medicines and household products

Year 3/4 Cycle B

Whole School Focus 2— Health and Wellbeing

Self-esteem; self-worth; personal qualities; goal setting; managing setbacks

Whole School Focus 3— Living in the wider world

Caring for others; the environment; people and animals; sharing responsibilities; making choices and decisions

Whole School Focus 2— Health and Wellbeing

Feelings and emotions; expression of feelings; behaviour

Whole School Focus 2— Health and Wellbeing

Keeping safe; out and about; recognising and managing risk

Whole School Focus 1— Relationships

Respect for self and others; courteous behaviour; safety; human rights

Whole School Focus 2— Health and Wellbeing

Growing and Changing; mental health

Year 5/6 Cycle A

Whole School Focus 2— Health and Wellbeing

Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes

Whole School Focus 3— Living in the wider world

Careers' aspirations; role models; the future

Whole School Focus 2— Health and Wellbeing

Drugs, alcohol and tobacco; healthy habits

Whole School Focus 2— Health and Wellbeing

Basic first aid; accidents; dealing with emergencies

Whole School Focus 1— Relationships

Friendships; relationships; becoming independent; online safety; change and growth

Whole School Focus 2— Health and Wellbeing

Puberty; personal hygiene; growing and changing

Year 5/6 Cycle B

Whole School focus 3— Living in the wider world

Media; literacy and digital resilience; influences and decision-making; online safety

Whole School Focus 3— Living in the wider world

Money; making decisions; spending and saving

Whole School Focus 2— Health and Wellbeing

Looking after ourselves; growing up; becoming independent; taking more responsibility; self care support and safety

Whole School Focus 1— Relationships; growing and changing

Different relationships, adulthood, independence; moving to secondary school

Whole School Focus 2— Health and Wellbeing

Puberty; personal hygiene; growing and changing

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Reception - Early Learning Goals

ELG - Self-regulation

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
- Set and work toward simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving ideas or actions.

ELG - Managing Self

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

ELG - Building Relationships

- Work and play cooperatively and take turns with others.
- Form positive attachments to adults and friendships with peers.
- Show sensitivity to their own and to others' needs.