Medium Term Planning – 3D PSHE

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Nursery | Lesson 1 ‘Let’s Play Shops’  Lesson 2 ‘Who’s Playing’  Lesson 3 ‘It’s Your Turn’  Lesson 4 ‘Good Friends’  Lesson 5 ‘Make Your Choice’  Lesson 8 ‘Where I Live’ | Lesson 6 ‘Odd Jobs’  Lesson 7 ‘Chatterbox!’  Lesson 9 ‘Can You Help?’ | Lesson 10 ‘Well Done!’  Lesson 11 ‘A New Baby’ | Lesson 12 ‘Deaf Girl’  Lesson 13 ‘Fair Shares’ | Lesson 14 ‘The Pantomime’ | Lesson 15 ‘You Smell!’  Lesson 16 ‘A Waiting Game |
| Development Matters Coverage | Talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’.  Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. | Increasingly follow rules, understanding why they are important.  Be increasingly independent in meeting their own care needs, e.g.  brushing teeth, using the toilet, washing and drying their hands  thoroughly. | Show more confidence in new social situations.  Become more outgoing with unfamiliar people, in the safe context of their setting. | Play with one or more other children, extending and elaborating play ideas.  Do not always need an adult to remind them of a rule | Begin to understand how others might be feeling.  Develop appropriate ways of being assertive.  Talk with others to solve conflicts.  Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.  Develop their sense of responsibility and membership of a community.  Make healthy choices about food, drink, activity and toothbrushing. | Begin to understand how others might be feeling.  Develop appropriate ways of being assertive.  Talk with others to solve conflicts.  Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.  Develop their sense of responsibility and membership of a community.  Make healthy choices about food, drink, activity and tooth brushing. |
| Reception | Lesson 7 ‘An Old Friend’  Lesson 4 ‘It’s Your Turn’  Lesson 24 ‘Playtime Games’  Lesson 18 ‘A Piece of Cake’  Safe Zone  LESSON 1 - HAPPY BIRTHDAY GREAT-GRANDPA JOE  EARLY YEARS | Lesson 9 ‘Stick to the Rules’  Lesson 19 ‘Busy Body’  Lesson 10 ‘Rainy Days’  Lesson 1 ‘Hide and Seek’  Lesson 15 ‘One Gold Star’  Safe Zone  LESSON 2 – family connections | Lesson 16 ‘All Join In’  Lesson 25 ‘Litter Bug!’  Lesson 23 ‘Eid Mubarak!’  Lesson 11 ‘I Feel Poorly’  Safe Zone  LESSON 3 – WHAT A NUISANCE! | Lesson 6 ‘Taking the Plunge’  Lesson 2 ‘Nan’s House’  Lesson 21 ‘Getting In a Knot’  Lesson 22 ‘E-Safety, Be Safe’  Safe Zone  LESSON 4 – Yesterdays news | Lesson 3 ‘I Like...’  Lesson 5 ‘What a Problem’  Lesson 8 ‘Me and You’  Lesson 12 ‘Clean and Tidy’  Safe Zone  LESSON 5 - GREAT GRANDPA JOE'S ROBIN SURPRISE | Lesson 13 ‘Bully Boy’  Lesson 17 ‘I’m Stuck’  Lesson 20 ‘The New Pet’  Lesson 14 ‘Family Fun’  Safe Zone  LESSON 6 - MUSIC TO GREAT-GRANDPA JOE'S EARS  LESSON 7 - TIME FLIES FOR GREAT-GRANDPA JOE |
| Development Matters Coverage | Begin to see self as a valuable individual Begin to build constructive and respectful relationships ▪ Begin to express feelings and understand how others might be feeling ▪ Begin to identify and moderate own feelings socially and emotionally ▪ Begin to resolve conflicts with others by negotiating and compromising ▪ Begin to set own goals and show resilience and perseverance in the face of challenge ▪ Manage own self-care needs ▪ Develop confidence to try new activities and show independence ▪ Know and begin to talk about the different factors that support their overall health and wellbeing | | ▪ See self as a valuable individual ▪ Build constructive and respectful relationships ▪ Identify and moderate own feelings socially and emotionally ▪ Express own feelings and consider the feelings of others ▪ Work and play cooperatively and take turns with others ▪ Think about the perspectives of others ▪ Set own goals and show resilience and perseverance in the face of challenge ▪ Manage own self-care needs with greater independence ▪ Know and talk about the different factors that support their overall health and wellbeing | | Identify and moderate own feelings socially and emotionally ▪ Express own feelings and consider the feelings and needs of others. Think about the perspectives of others. ▪ Set and work towards own simple goal, being able to wait for what they want and control their immediate impulses ▪ Follow instructions involving several ideas or actions ▪ Manage own self-care needs with greater independence ▪ Participate in discussions about overall health and wellbeing ▪ Be confident to try new activities and show resilience and perseverance in the face of challenge ▪ Explain the reason for rules, know right from wrong and behave accordingly ▪ See self as a valuable individual with different interests and experiences ▪ Use some social phrases with confidence ▪ Build constructive and respectful relationships; work and play cooperatively and take turns with others | |
| Year 1 | Core Theme 3 Unit 1 LESSON 1: Rules / Expectations - We Expect  Core Theme 3 Unit 1 LESSON 2: Rules / Expectations - Class Charter  Core Theme 1 Unit 5 LESSON 6: Internet Safety - E-Safety  Core Theme 2 Unit 4 LESSON 1: Friendship - Forever Friends  Core Theme 2 Unit 4 LESSON 2: Friendship - Make Friends  Core Theme 3 Unit 1 LESSON 3: Taking Turns - It's Your Turn!  Safe Zone  LESSON 1:  Copyright and Ownership | Core Theme 2 Unit 1 LESSON 7: Good Manners - How Rude!  Core Theme 1 Unit 4 LESSON 1: Happiness - Smile!  Core Theme 1 Unit 4 LESSON 2: Anger - Grrrr!  Core Theme 2 Unit 1 LESSON 1: Feelings - How I Feel  Core Theme 2 Unit 1 LESSON 2: Responses - You and Me  Core Theme 2 Unit 1 LESSON 3: Opinions - I Think  Safe Zone  LESSON 2: Self-Image  and Identity | Core Theme 1 Unit 2 LESSON 4: Washing Hands - Meet Grub!  Core Theme 1 Unit 1 LESSON 1: Healthy Eating - Vote Green!  Core Theme 1 Unit 1 LESSON 2: Healthy Eating - Meat Eaters  Core Theme 1 Unit 1 LESSON 3: Healthy Eating - Party Time!  Core Theme 1 Unit 1 LESSON 4: Physical Activity - Get Physical!  Core Theme 2 Unit 3 LESSON 2: Comparisons - All the Same  Core Theme 1  Unit 1 Healthy Lifestyles  LESSON 4: Physical Activity  Get Physical!  Core Theme 2  Unit 3 Fairness  LESSON 2: Comparisons  All the Same  Safe Zone  LESSON 3:  Managing Online Information | Core Theme 2 Unit 2 LESSON 1: Definition - A Bully is…  Core Theme 2 Unit 2 LESSON 2: Unkindness - Blame Game  Core Theme 2 Unit 2 LESSON 3: Behaviour - Bullying is...  Core Theme 2 Unit 2 LESSON 4: Behaviour - + and –  Core Theme 1 Unit 5 LESSON 4: Personal Safety - Secret Surprise  Core Theme 1 Unit 5 LESSON 5: Emotional Safety - Getting Help  Safe Zone  LESSON 4  Privacy and Security | Core Theme 2 Unit 3 LESSON 6: Kindness - Give a Little  Core Theme 2 Unit 4 LESSON 5: Family - My Family  Core Theme 2 Unit 4 LESSON 6: Family - Special People  Core Theme 3 Unit 1 LESSON 6: Caring - Talking to Plants  Core Theme 3 Unit 1 LESSON 4: Lending / Borrowing - The Borrowers  Core Theme 3 Unit 1 LESSON 5: Sharing - Share the Boot | Core Theme 1 Unit 5 LESSON 1: Sun Safety – It’s a Cover Up!  Core Theme 1 Unit 5 LESSON 2: Road Safety – Green X Code  Core Theme 3 Unit 3 LESSON 1: Money - Grows on Trees?  Core Theme 3 Unit 3 LESSON 2: Money - Coining it in!  Core Theme 3 Unit 3 LESSON 3: Money - Keep Money Safe |
| Year 2 | Core Theme 2 Unit 4 LESSON 3: Friendship - Hola! Bonjour!  Core Theme 2 Unit 4 LESSON 4: Friendship - Share Alike  Core Theme 2 Unit 3 LESSON 1: Fair and Unfair - It's Not Fair!  Core Theme 3 Unit 2 LESSON 1: Our School - Common Goals  Core Theme 3 Unit 2 LESSON 2: Belonging - I Belong …  Core Theme 3 Unit 2 LESSON 3: Belonging - Join Our Club!  Core Theme 1 Unit 5 LESSON 7: Staying Safe – I Don’t Know You  Safe Zone  LESSON 1:  Self-Image and Identity | Core Theme 2 Unit 3 LESSON 4: Right and Wrong - In the Right  Core Theme 1 Unit 4 LESSON 5: Consequences - Good v Bad  Core Theme 1 Unit 4 LESSON 6: Aspirations - It's a Goal!  Core Theme 2 Unit 1 LESSON 4: Co-operation – Negotiation  Core Theme 2 Unit 1 LESSON 5: Co-operation - Want to Play?  Core Theme 2 Unit 1 LESSON 6: Co-operation - Let's Debate  Safe Zone  ESSON 2:  Online Relationships | Core Theme 1 Unit 2 LESSON 5: Keeping Clean - Bath-time  Core Theme 1 Unit 2 LESSON 6: Skin - Skinny Tips  Core Theme 1 Unit 2 LESSON 1: Dental Hygiene - Brushing Up!  Core Theme 1 Unit 2 LESSON 2: Dental Hygiene - Bright White  Core Theme 1 Unit 2 LESSON 3: Dental Hygiene - Top Teeth  Core Theme 1 Unit 5 LESSON 3: Drug Safety - Magic Medicine  Safe Zone  LESSON 3:  Online Reputation | Core Theme 1 Unit 3 LESSON 1: Similarities and Differences - Boys v Girls  Core Theme 1 Unit 3 LESSON 2: The Human Body - Body Bits  Core Theme 1 Unit 3 LESSON 3: Growing Up - All Grown Up  Core Theme 1 Unit 3 LESSON 4: Changing Needs - I Need  Core Theme 1 Unit 1 LESSON 5: Physical Activity - Mighty Muscles  Core Theme 1 Unit 1 LESSON 6: Exercise - Workout!  Safe Zone  LESSON 4:  Online Bullying | Core Theme 2 Unit 2 LESSON 5: Behaviour - Help Me!  Core Theme 2 Unit 3 LESSON 3: Behaviour - In My Shoes  Core Theme 2 Unit 3 LESSON 5: Teasing - Cry Baby!  Core Theme 3 Unit 2 LESSON 4: Local Citizenship - Our Local Area  Core Theme 3 Unit 2 LESSON 5: Local Citizenship - Community Care  Core Theme 1 Unit 3 LESSON 5: Responsibility - Who's at Fault?  Safe Zone  LESSON 5:  Managing Online Information | Core Theme 1 Unit 3 LESSON 6: Emotions – Mood Swings  Core Theme 1 Unit 4 LESSON 3: Love - Three Little Words  Core Theme 1 Unit 4 LESSON 4: Sadness - How to Cope  Core Theme 3 Unit 3 LESSON 4: Money - Shopping List  Core Theme 3 Unit 3 LESSON 5: Choices - This or That?  Core Theme 3 Unit 3 LESSON 6: Enterprise - Dragons' Den  E&R  Lesson 1 Fact and Opinion  Lesson 2 Right or Wrong  Lesson 3 Valuing Differences  Safe Zone  LESSON 6:  Copyright and Ownership  LESSON 7:  Privacy and Security |
| Year 3 | Core Theme 1 Unit 6 LESSON 1: E-Safety – Online Chat  Core Theme 1 Unit 6 LESSON 2: Online Privacy – The Secrets Jar  Core Theme 1 Unit 6 LESSON 3: Online Privacy – E-Protection  Core Theme 3 Unit 1 LESSON 1: Rules – I’m In Charge!  Core Theme 3 Unit 1 LESSON 2: Thinking Ahead – Lesson Planning  Core Theme 3 Unit 1 LESSON 3: Taking the Lead – Learning Time  Safe Zone  LESSON 1:  Self-Image and Identity | ore Theme 2 Unit 5 LESSON 1: Friendship – Best Features  Core Theme 2 Unit 5 LESSON 2: Friendship – Circles Time  Core Theme 2 Unit 5 LESSON 3: Friendship - Falling Out  Core Theme 2 Unit 5 LESSON 4: Friendship – The BAFAs  Core Theme 1 Unit 5 LESSON 1: Loss / Separation – Lost!  Core Theme 1 Unit 5 LESSON 2: Loss / Separation – Found!  Safe zone  LESSON 2 Part 1:  Online Relationships  LESSON 2 Part 2:  Online Bullying | Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental –  I Am Who I Am!  Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental –  Hearts and Minds  Core Theme 1 Unit 1 LESSON 3: Physical, Emotional and Mental –  Three in One  Core Theme 1 Unit 2 LESSON 4: Sleep – Sweet Dreams  LESSON 3 :  Online Reputation and Managing  Online Information | Core Theme 2 Unit 1 LESSON 1: Clear Messages – Dot Dot Dash  Core Theme 2 Unit 1 LESSON 2: How to Listen – Listen Up!  Core Theme 3 Unit 2 LESSON 1: Different Communities – My Community  Core Theme 3 Unit 2 LESSON 2: School Communities – School Swap  Safe Zone  LESSON 4:  Health, Well-being and Lifestyle | Core Theme 1 Unit 7 LESSON 1: Before Puberty – You’ve Grown!  Core Theme 1 Unit 7 LESSON 2: Visible Changes – Mind the Gap  Core Theme 1 Unit 8 LESSON 1: How to Help – Who to Call  Core Theme 1 Unit 8 LESSON 2: Emergency Calls – Calling 999  Core Theme 1 Unit 8 LESSON 3: Emergency Calls – Ambulance, Now!  Safe Zone  LESSON 5:  Privacy and Security | Core Theme 1 Unit 2 LESSON 1: A Balanced Approach – Define:Healthy  Core Theme 1 Unit 2 LESSON 2: Physical Exercise – Active Kids?  Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It’s Your Choice  Core Theme 2 Unit 2 LESSON 1: Working Together – Name Game  Core Theme 2 Unit 2 LESSON 2: Working Together – Build It Up  Core Theme 2 Unit 2 LESSON 3: Shared Goals – Better Place  Safe Zone  LESSON 6:  Copyright and Ownership |
| Year 4 | Core Theme 1 Unit 6 LESSON 4: Online Privacy – It’s Personal  Core Theme 1 Unit 6 LESSON 5: Internet Use – Online Usage  Core Theme 1 Unit 6 LESSON 6: Internet Use – Age Limits  Core Theme 3 Unit 3 LESSON 1: Gender Stereotypes – His and Hers  Safe Zone  LESSON 1:  Online Relationships and Online  Bullying | Core Theme 2 Unit 3 LESSON 1: Reactions - Frustration  Core Theme 2 Unit 3 LESSON 2: Self-Worth – I’m a Marvel!  Core Theme 2 Unit 3 LESSON 3: Persistence and Resilience –  Don’t Give Up  Core Theme 2 Unit 3 LESSON 4: Negative Persistence – Over and Over  Core Theme 1 Unit 5 LESSON 5: Feelings - Overreacting  Safe Zone  Lesson 2: Health Wellbeing and Lifestyle | Core Theme 1 Unit 3 LESSON 1: A Balanced Diet – Plant or Animal?  Core Theme 1 Unit 3 LESSON 2: A Balanced Diet – Balancing Act  Core Theme 1 Unit 3 LESSON 3: Working With Food – Master Chef  Core Theme 1 Unit 3 LESSON 4: Working With Food – Our Food Hall Safe Zone  LESSON 3:  Online Reputation and Managing  Online Information | Core Theme 2 Unit 1 LESSON 3: Responding to Others – Agony Aunts  Core Theme 2 Unit 1 LESSON 4: Expressing Opinions – It’s Debatable  Core Theme 1 Unit 5 LESSON 3: Loss / Separation – Left Behind  Core Theme 1 Unit 5 LESSON 4: Family Changes – Two Homes  Safe Zone  LESSON 4:  Self-Image and Identity | Core Theme 1 Unit 4 LESSON 1: Identified Strengths – I’m Good at That  Core Theme 1 Unit 5 LESSON 6: Self-Respect – Let’s Rock!  Core Theme 1 Unit 4 LESSON 2: Identified Strengths – Future Me  Core Theme 1 Unit 4 LESSON 3: Setting Goals – That’s My Goal!  Core Theme 1 Unit 4 LESSON 4: Setting Goals – The Impossible Dream  Safe Zone  LESSON 5:  Copyright and Ownership | Core Theme 2 Unit 4 LESSON 1: Connections – Paper Chains  Core Theme 2 Unit 4 LESSON 2: Family Links – Family Tree  Core Theme 2 Unit 4 LESSON 3: Religious Views – Faith Findings  Core Theme 2 Unit 4 LESSON 4: Celebrate Diversity – Inside Outside  Core Theme 3 Unit 4 LESSON 1: Money Choices – A Million Dollars  Core Theme 3 Unit 4 LESSON 2: Managing Money – Design Choice  Safe Zone  LESSON 6:  Privacy and Security |
| Year 5 | Core Theme 3 Unit 1 LESSON 1: Structure – Just Imagine …  Core Theme 3 Unit 1 LESSON 2: Law and Order – In Charge  Core Theme 3 Unit 1 LESSON 3: U.N. Rights – Our Rights  Core Theme 2 Unit 4 LESSON 5: Online Relationships – A Risky Business  Core Theme 1 Unit 5 LESSON 1: Drugs – Just Say No!  Core Theme 1 Unit 5 LESSON 2: Alcohol –  Drink Aware  Safe Zone  LESSON 1:  Privacy and Security | Core Theme 1 Unit 4 LESSON 1: Death and Grief – It’s Natural  Core Theme 1 Unit 4 LESSON 2: Death and Grief - Poppies  Core Theme 1 Unit 4 LESSON 3: Managing Conflict – Families at War  Core Theme 3 Unit 2 LESSON 1: Community Event – We’re Cultured  Safe Zone  LESSON 2:  Self Image and Identity | Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental –  What’s Puberty?  Core Theme 1 Unit 1 LESSON 3: Healthy Lifestyles – You Choose!  Core Theme 1 Unit 5 LESSON 3: Tobacco – Up in Smoke  Core Theme 1 Unit 5 LESSON 4: Substance Abuse – Let’s Be Frank  Safe Zone  LESSON 3:  Online Reputation and Managing  Online Information | Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental –  3-Dimensional  Core Theme 2 Unit 1 LESSON 1: Confidentiality – Secret Info  Core Theme 2 Unit 1 LESSON 2: Listening – I’m All Ears!  Core Theme 2 Unit 1 LESSON 3: Responding – Scenarios  Safe Zone  LESSON 4:  Health, Well-being and Lifestyle | Core Theme 1 Unit 2 LESSON 1: Food Choices – Secret Eaters  Core Theme 1 Unit 2 LESSON 2: Food Choices – Invention Team  Core Theme 1 Unit 2 LESSON 3: Cooking – Michelin Stars  Core Theme 2 Unit 4 LESSON 1: Physical Contact – Touch Sensitive  SRA  Lesson 1 Keeping Safe  Lesson 2 Taking Risks  Safe Zone  LESSON 5:  Copyright and Ownership | Core Theme 2 Unit 2 LESSON 1: Responding - Scrabble  Core Theme 2 Unit 2 LESSON 2: Shared Goals – It’s All Go!  Core Theme 2 Unit 2 LESSON 3: Community Spirit – All Join In  Core Theme 1 Unit 5 LESSON 5: Basic First-Aid – First Aids Tip  R&SE  Lesson 1 Forming Relationships  Lesson 2 Sexual Relationships  Safe Zone  LESSON 6:  Online Relationships and Online  Bullying |
| Year 6 | Core Theme 1 Unit 3 LESSON 1: Identified Strengths – Big Dreams  Core Theme 1 Unit 3 LESSON 2: Identified Strengths – Big Achievers  Core Theme 1 Unit 3 LESSON 3: Setting Goals – ‘Super Futures’  Core Theme 1 Unit 3 LESSON 4: Setting Goals – I Can Do That!  Core Theme 1 Unit 5 LESSON 6: Internet Safety – Fake News  Safe Zone  LESSON 1:  Online Reputation and Managing  Online Information | Core Theme 2 Unit 3 LESSON 1: Race and Ethnicity – United States?  Core Theme 2 Unit 3 LESSON 2: Gender Stereotypes – Jobs 4 All  Core Theme 2 Unit 3 LESSON 3: Culture – Cultural Feast  Safe Zone  LESSON 2:  Online Relationships and Online  Bullying  Vaping  LESSON 1 - VAPER VIPERS - VAPER PAPER  LESSON 2 - VAPER VIPER ADVERTISEMENT | core Theme 1 Unit 1 LESSON 4: Physical Illness – Bleugh!  Core Theme 1 Unit 1 LESSON 6: Immunisation – One Sharp Scratch  Core Theme 2 Unit 4 LESSON 3: Marriage – I Promise…  E&R  Lesson 1 Building Courage  and Resistance  Lesson 2 Extreme Reactions  Safe Zone  LESSON 3:  Self-Image andIdentity  Vaping  LESSON 3 - PERSPECTIVES AND PERMISSIONS | Core Theme 1 Unit 1 LESSON 5: Healthy Minds – Young Minds  Core Theme 2 Unit 4 LESSON 4: Mental Wellbeing – Mind Business  Core Theme 2 Unit 4 LESSON 2: Support and Care - Connections  E&R  Lesson 3 Minority Groups  Lesson 4 Vulnerability  Safe Zone  LESSON 4:  Health, Well-being and Lifestyle  and Managing Online Information | Core Theme 3 Unit 3 LESSON 1: Budgeting – Money Supermarket  Core Theme 3 Unit 3 LESSON 2: Consumer Sense – Payment Terms  Core Theme 3 Unit 3 LESSON 3: Consumer Sense – A Class Catalogue!  E&R  Lesson 5 Terrorism  SRA  Lesson 3 Taking Drugs  Safe Zone  LESSON 5:  Privacy and Security  Tough Topics  Child Labour:  The Pinwheel  Knife Crime:  The Knife Angel | Core Theme 3 Unit 4 LESSON 1: Generating Income – Making Money  Core Theme 3 Unit 4 LESSON 2: Generating Income – Raising Money  R&SE  Lesson 3 Healthy Relationships  Lesson 4 Unhealthy Relationships  Lesson 5  Gender Issues Relationships  SRA  Lesson 4 Drug Awareness  Lesson 5 Substance Abuse  Safe Zone  LESSON 6:  Copyright and Ownership  Tough Topics  Peer-On-Peer Abuse:  STOP!  Self Harm:  The Butterfly |