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 handsthoroughly. | 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 JOEEARLY 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 ZoneLESSON 2 – family connections  | Lesson 16 ‘All Join In’Lesson 25 ‘Litter Bug!’Lesson 23 ‘Eid Mubarak!’Lesson 11 ‘I Feel Poorly’Safe ZoneLESSON 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 ZoneLESSON 4 – Yesterdays news | Lesson 3 ‘I Like...’Lesson 5 ‘What a Problem’Lesson 8 ‘Me and You’Lesson 12 ‘Clean and Tidy’Safe ZoneLESSON 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 ZoneLESSON 6 - MUSIC TO GREAT-GRANDPA JOE'S EARSLESSON 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 ExpectCore Theme 3 Unit 1 LESSON 2: Rules / Expectations - Class CharterCore 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 FriendsCore 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 ThinkSafe Zone LESSON 2: Self-Imageand 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 EatersCore 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 SameCore Theme 1Unit 1 Healthy LifestylesLESSON 4: Physical ActivityGet Physical!Core Theme 2Unit 3 FairnessLESSON 2: ComparisonsAll the SameSafe 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 HelpSafe Zone LESSON 4Privacy and Security | Core Theme 2 Unit 3 LESSON 6: Kindness - Give a Little Core Theme 2 Unit 4 LESSON 5: Family - My FamilyCore Theme 2 Unit 4 LESSON 6: Family - Special PeopleCore Theme 3 Unit 1 LESSON 6: Caring - Talking to PlantsCore 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 CodeCore 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 AlikeCore 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 YouSafe Zone LESSON 1:Self-Image and Identity | Core Theme 2 Unit 3 LESSON 4: Right and Wrong - In the RightCore 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 DebateSafe 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 TipsCore 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 TeethCore Theme 1 Unit 5 LESSON 3: Drug Safety - Magic MedicineSafe 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 BitsCore Theme 1 Unit 3 LESSON 3: Growing Up - All Grown UpCore Theme 1 Unit 3 LESSON 4: Changing Needs - I NeedCore 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 CareCore 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 SwingsCore Theme 1 Unit 4 LESSON 3: Love - Three Little Words Core Theme 1 Unit 4 LESSON 4: Sadness - How to CopeCore 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' DenE&RLesson 1 Fact and OpinionLesson 2 Right or WrongLesson 3 Valuing DifferencesSafe Zone LESSON 6:Copyright and OwnershipLESSON 7:Privacy and Security |
| Year 3 | Core Theme 1 Unit 6 LESSON 1: E-Safety – Online ChatCore 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 TimeSafe 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 OutCore Theme 2 Unit 5 LESSON 4: Friendship – The BAFAsCore Theme 1 Unit 5 LESSON 1: Loss / Separation – Lost! Core Theme 1 Unit 5 LESSON 2: Loss / Separation – Found!Safe zoneLESSON 2 Part 1:Online RelationshipsLESSON 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 DreamsLESSON 3 :Online Reputation and ManagingOnline 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 SwapSafe ZoneLESSON 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 GapCore Theme 1 Unit 8 LESSON 1: How to Help – Who to Call Core Theme 1 Unit 8 LESSON 2: Emergency Calls – Calling 999Core 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:HealthyCore Theme 1 Unit 2 LESSON 2: Physical Exercise – Active Kids? Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It’s Your ChoiceCore Theme 2 Unit 2 LESSON 1: Working Together – Name GameCore Theme 2 Unit 2 LESSON 2: Working Together – Build It UpCore Theme 2 Unit 2 LESSON 3: Shared Goals – Better PlaceSafe ZoneLESSON 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 UsageCore Theme 1 Unit 6 LESSON 6: Internet Use – Age LimitsCore Theme 3 Unit 3 LESSON 1: Gender Stereotypes – His and HersSafe Zone LESSON 1:Online Relationships and OnlineBullying | 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 OverCore Theme 1 Unit 5 LESSON 5: Feelings - OverreactingSafe 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 ManagingOnline Information | Core Theme 2 Unit 1 LESSON 3: Responding to Others – Agony AuntsCore Theme 2 Unit 1 LESSON 4: Expressing Opinions – It’s DebatableCore Theme 1 Unit 5 LESSON 3: Loss / Separation – Left BehindCore Theme 1 Unit 5 LESSON 4: Family Changes – Two HomesSafe Zone LESSON 4:Self-Image and Identity | Core Theme 1 Unit 4 LESSON 1: Identified Strengths – I’m Good at ThatCore Theme 1 Unit 5 LESSON 6: Self-Respect – Let’s Rock!Core Theme 1 Unit 4 LESSON 2: Identified Strengths – Future MeCore Theme 1 Unit 4 LESSON 3: Setting Goals – That’s My Goal!Core Theme 1 Unit 4 LESSON 4: Setting Goals – The Impossible DreamSafe Zone LESSON 5:Copyright and Ownership | Core Theme 2 Unit 4 LESSON 1: Connections – Paper ChainsCore Theme 2 Unit 4 LESSON 2: Family Links – Family TreeCore Theme 2 Unit 4 LESSON 3: Religious Views – Faith FindingsCore Theme 2 Unit 4 LESSON 4: Celebrate Diversity – Inside OutsideCore Theme 3 Unit 4 LESSON 1: Money Choices – A Million DollarsCore Theme 3 Unit 4 LESSON 2: Managing Money – Design ChoiceSafe ZoneLESSON 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 RightsCore 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 AwareSafe 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 - PoppiesCore Theme 1 Unit 4 LESSON 3: Managing Conflict – Families at WarCore Theme 3 Unit 2 LESSON 1: Community Event – We’re CulturedSafe 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 SmokeCore Theme 1 Unit 5 LESSON 4: Substance Abuse – Let’s Be FrankSafe Zone LESSON 3:Online Reputation and ManagingOnline Information | Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – 3-Dimensional Core Theme 2 Unit 1 LESSON 1: Confidentiality – Secret InfoCore Theme 2 Unit 1 LESSON 2: Listening – I’m All Ears! Core Theme 2 Unit 1 LESSON 3: Responding – ScenariosSafe 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 StarsCore Theme 2 Unit 4 LESSON 1: Physical Contact – Touch SensitiveSRALesson 1 Keeping Safe Lesson 2 Taking RisksSafe 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 TipR&SE Lesson 1 Forming Relationships Lesson 2 Sexual Relationships Safe Zone LESSON 6:Online Relationships and OnlineBullying |
| 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 NewsSafe Zone LESSON 1:Online Reputation and ManagingOnline 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 FeastSafe Zone LESSON 2:Online Relationships and OnlineBullyingVaping LESSON 1 - VAPER VIPERS - VAPER PAPERLESSON 2 - VAPER VIPER ADVERTISEMENT | core Theme 1 Unit 1 LESSON 4: Physical Illness – Bleugh!Core Theme 1 Unit 1 LESSON 6: Immunisation – One Sharp ScratchCore Theme 2 Unit 4 LESSON 3: Marriage – I Promise…E&RLesson 1 Building Courageand ResistanceLesson 2 Extreme ReactionsSafe ZoneLESSON 3:Self-Image andIdentityVaping LESSON 3 - PERSPECTIVES AND PERMISSIONS | Core Theme 1 Unit 1 LESSON 5: Healthy Minds – Young MindsCore Theme 2 Unit 4 LESSON 4: Mental Wellbeing – Mind BusinessCore Theme 2 Unit 4 LESSON 2: Support and Care - ConnectionsE&RLesson 3 Minority GroupsLesson 4 VulnerabilitySafe ZoneLESSON 4:Health, Well-being and Lifestyleand Managing Online Information | Core Theme 3 Unit 3 LESSON 1: Budgeting – Money Supermarket Core Theme 3 Unit 3 LESSON 2: Consumer Sense – Payment TermsCore Theme 3 Unit 3 LESSON 3: Consumer Sense – A Class Catalogue!E&RLesson 5 TerrorismSRA Lesson 3 Taking DrugsSafe Zone LESSON 5:Privacy and SecurityTough TopicsChild Labour:The PinwheelKnife 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 MoneyR&SE Lesson 3 Healthy RelationshipsLesson 4 Unhealthy Relationships Lesson 5Gender Issues RelationshipsSRA Lesson 4 Drug Awareness Lesson 5 Substance AbuseSafe Zone LESSON 6:Copyright and OwnershipTough TopicsPeer-On-Peer Abuse:STOP!Self Harm:The Butterfly |