

The Florence Nightingale Academy

Long Term PSHE plan 2022/23



	Autumn 1 Black History Month October	Autumn 2 Anti-Bullying Week – Odd Socks Day 14 th November	Spring 1 UK LGBT+ History Month February NSPCC Assemblies/Workshops	Spring 2 Life Skills National Careers Week 6 th March	Summer 1 Stephen Lawrence Day 21 st April Mental Health Awareness Week 15 th May	Summer 2 Diversity Week 26 th June
F1	Families & Friendships	Respecting Ourselves & Others Anti-Bullying Week	Belonging to a Community	Keeping Safe	Growing and changing	Physical Health and Mental Wellbeing
F2	Families & Friendships	Respecting Ourselves & Others Anti-Bullying Week	Belonging to a Community	Keeping Safe	Growing and changing	Physical Health and Mental Wellbeing
Year 1	Families & Friendships Roles of different people, families, being cared for	Respecting Ourselves & Others How behaviour affects others; being	Belonging to a Community What rules are, caring for others' needs;	Keeping Safe How rules and age restrictions help us; keeping safe online	Growing and changing Recognising what makes them unique and special; feelings;	Physical Health and Mental Wellbeing Keeping healthy; food and exercise;

	<p>Celebrating difference</p>	<p>polite and respecting others</p> <p>Media literacy and Digital resilience PoS L7, L8 (Link to ICT 'Digital Media')</p> <p>Anti-Bullying Week</p>	<p>looking after the environment</p> <p>Safe Relationships Recognising privacy, staying safe, seeking permission</p> <p>Respecting ourselves and others</p> <p>NSPCC</p>	<p>Money and Work Strengths and interests; jobs in the community</p> <p>Careers Week</p>	<p>managing when things go wrong</p>	<p>hygiene routines; sun safety (Link to Science 'Why do I need to look after myself?' and PE)</p>
Year 2	<p>Families and Friendships Making friends; feeling lonely and getting help</p> <p>Respecting ourselves and others Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p>Safe Relationships Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</p> <p>Anti-Bullying Week</p>	<p>Belonging to a Community Belonging to a group; roles and responsibilities; being the same and different in the community</p> <p>NSPCC</p>	<p>Money and Work What money is; needs and wants; looking after money</p> <p>Careers Week</p> <p>Media Literacy and Digital Resilience The internet in everyday life; online content and information</p> <p>(Link to ICT 'Digital Media' and 'E-Safety including emails')</p>	<p>Physical Health and Mental Wellbeing Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p>(Link to Science 'Why do we need to do to survive and stay healthy?')</p>	<p>Keeping Safe Safety in different environments; risk and safety at home; emergencies</p> <p>Growing and Changing Growing older; naming body parts; moving class or year</p>
Year 3	<p>Families and Friendships What makes a family; features of family life</p>	<p>Respecting ourselves and others Recognising respectful behaviour; the importance of</p>	<p>Belonging to a Community The value of laws; rights, freedoms and responsibilities</p>	<p>Money and Work Different jobs and skills; job stereotypes; setting personal goals</p>	<p>Physical Health and Mental Wellbeing Health choices and habits; what affects</p>	<p>Keeping Safe Safety in different environments; risk and safety at home; emergencies</p>

	<p>Growing and Changing Personal strengths and achievements; managing and reframing setbacks</p>	<p>self-respect; courtesy and being polite</p> <p>Anti-Bullying Week</p>	<p>Safe Relationships Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p>NSPCC</p>	<p>Careers Week</p> <p>Media Literacy and Digital Resilience How the internet is used; assessing information online</p> <p>(Link to ICT 'Communication and Collaboration' and 'Digital Media')</p>	<p>feelings; expressing feelings</p> <p>(Link to Science 'What do we need to eat to stay healthy?') and PE)</p>	
Year 4	<p>Families and Friendships Positive friendships; including online</p> <p>Celebrating difference</p>	<p>Safe Relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p>Anti-Bullying Week</p> <p>Respecting Ourselves and Others Respecting differences and similarities; discussing difference sensitively</p>	<p>Belonging to a Community What makes a community; shared responsibilities</p> <p>NSPCC</p>	<p>Media Literacy and Digital Resilience How data is shared and used</p> <p>(Link to ICT 'Digital Media', 'Using the Internet' and 'E – Safety')</p> <p>Careers Week</p> <p>Money and Work Making decisions about money; using and keeping money safe</p>	<p>Physical Health and Mental Wellbeing Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p>(Link to Science 'What happens to the food we eat?' and PE)</p> <p>Keeping Safe Medicines and household products; drugs common to everyday life</p>	<p>Growing and Changing Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p>
Year 5	<p>Families and Friendships Managing friendships and peer influence</p>	<p>Respecting Ourselves and Others Responding respectfully to a wide</p>	<p>Safe Relationships Physical contact and feeling safe</p> <p>NSPCC</p>	<p>Money and Work Identifying job interests and aspirations; what influences career</p>	<p>Physical Health and Mental Wellbeing Healthy sleep habits; sun safety;</p>	<p>Growing and Changing Personal Identity; recognising individuality and</p>

		range of people; recognising prejudice and discrimination Anti-Bullying Week	Belonging to a Community Protecting the Environment; compassion towards others	choices; workplace stereotypes Careers Week Media Literacy and Digital Resilience How information online is targeted; different media types, their role and impact (ICT) (Link to ICT 'Using the Internet' and 'Digital Media')	medicines; vaccinations; immunisations and allergies	different qualities; mental wellbeing (Link to Science 'What happens when I grow up?') Keeping Safe Keeping safe in different situations' FGM
Year 6	Respecting Ourselves and Others Expressing opinions and respecting other points of view, including discussing topical issues Belonging to a Community Valuing diversity; challenging and discrimination and stereotypes	Physical Health and Mental Wellbeing What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online Anti-Bullying Week	Safe Relationships Recognising and managing pressure; consent in different situations NSPCC Mental Health and Wellbeing workshop 1	Money and Work Influences and attitudes towards money; money and financial risk Careers Week Media Literacy and Digital Resilience Evaluating media sources; sharing things online (Link to ICT 'Communication and Collaboration (Using the Internet)', 'Digital	Keeping Safe Keeping safe in different situations Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media DART	Keeping Safe Keeping safe in different situations Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media DART First Aid Families and Friendships

				Media' and 'E – Safety) Mental Health and Wellbeing Workshop 2 – Dealing with Tests		Attraction to others; romantic relationships; civil partnerships and marriage Growing and Changing Human Reproduction and birth; increasing independences; managing transitions
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