

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

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

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

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

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