



PSHE Long-Term Plan 2023-2024

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Families and relationships Kapow (Cycle A Y3/4 and Y5/6) Friendship – building friendships, considering what makes a good friend, how to resolve conflict. Bullying – exploring the role of bystanders, bullying and victim and where to get help.</p>	<p>Cyber bullying Gender stereotypes Challenging stereotypes</p>		<p>Well-being week Daisy First Aid Training Hazards around the home Yoga/mindfulness – self-care Healthy eating – Making Super Crunch Road Safety</p>	<p>Water safety linked to swimming lessons in P.E. Topics: Rivers, Flooding Internet Safety</p>	<p>Economic well-being Kapow (Cycle A) Democracy linked to The General Election</p>



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<p>(Link to D.T.) Healthy Eating: Know what constitutes a healthy diet. Principles of planning and preparing meals. Characteristics of a poor diet and the associated risks.</p>	<p>Balancing screen time (keeping healthy and active) Importance of sleep Online safety: How to stay safe online by identifying risks, harmful content and how to report it. To understand how data and information is used and stored online.</p>	<p>Internet Safety Day – 11th February 2025 Well-being week – 5-11th February 2025 Relaxation Techniques Exploring identify – what do we like about ourselves? Creating a growth mindset through celebrating our mistakes. Identifying what makes us happy.</p>	<p>Rules?</p>		<p>Year 6 only – Transition Units – Moving to secondary school.</p>