

# Beverly Minster C of E Primary School

## PSHE Medium Term Plans

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	<p><b>SEAL</b></p> <ul style="list-style-type: none"> <li>New beginnings</li> </ul> <p><b>Safety Education</b></p> <ul style="list-style-type: none"> <li>Keeping safe indoors/outdoors</li> </ul> <p><b>Child Protection</b></p> <ul style="list-style-type: none"> <li>Keeping oneself safe</li> </ul>	<p><b>SEAL</b></p> <ul style="list-style-type: none"> <li>Say no to bullying</li> <li>Getting on and falling out.</li> </ul> <p><b>Citizenship</b></p> <ul style="list-style-type: none"> <li>Rights and Responsibilities</li> <li>Communities</li> </ul> <p><b>Anti-Bullying Education</b></p> <ul style="list-style-type: none"> <li>Keeping oneself safe</li> <li>Understanding right and wrong</li> </ul>	<p><b>SEAL</b></p> <ul style="list-style-type: none"> <li>Going for goals</li> </ul> <p><b>Drugs Education</b></p> <ul style="list-style-type: none"> <li>Taking medication, pills, tonics and plasters.</li> </ul>	<p><b>SEAL</b></p> <ul style="list-style-type: none"> <li>Good to be me</li> </ul> <p><b>Emotional Health and Well-being</b></p> <ul style="list-style-type: none"> <li>Playing games and paying with toys</li> <li>Being with special people</li> <li>Visiting or being visited by health professionals</li> </ul> <p><b>Healthy Eating</b></p> <ul style="list-style-type: none"> <li>Washing of hands</li> <li>Healthy foods</li> </ul>	<p><b>SEAL</b></p> <ul style="list-style-type: none"> <li>Relationships</li> </ul> <p><b>SRE</b></p> <ul style="list-style-type: none"> <li>Growing and changing</li> <li>Relationships</li> </ul>	<p><b>SEAL</b></p> <ul style="list-style-type: none"> <li>Changes</li> </ul> <p><b>PSHE</b></p> <ul style="list-style-type: none"> <li>Exercise</li> <li>Keeping warm or cool</li> <li>Making choices</li> <li>Understanding</li> <li>Consequences</li> <li>What does being healthy mean to me?</li> </ul>
OS	Going places safely	ABC Searching	Keep it Private	My Creative Work	Sending Email	Staying Safe online
2	<p><b>SEAL</b></p> <ul style="list-style-type: none"> <li>New beginnings</li> </ul> <p><b>Safety Education</b></p> <ul style="list-style-type: none"> <li>Looking out for dangers, objects, and dangerous situations.</li> </ul> <p><b>Child Protection</b></p> <ul style="list-style-type: none"> <li>Keeping oneself and others safe</li> </ul>	<p><b>SEAL</b></p> <ul style="list-style-type: none"> <li>Say no to bullying.</li> <li>Getting on and falling out.</li> </ul> <p><b>Citizenship</b></p> <ul style="list-style-type: none"> <li>Communication</li> <li>Right and wrong</li> </ul> <p><b>Anti-Bullying Education</b></p> <ul style="list-style-type: none"> <li>Keeping oneself safe</li> <li>Understanding right and wrong</li> </ul>	<p><b>SEAL</b></p> <ul style="list-style-type: none"> <li>Going for goals</li> </ul> <p><b>Drugs Education</b></p> <ul style="list-style-type: none"> <li>Medication</li> <li>Legal substances</li> </ul>	<p><b>SEAL</b></p> <ul style="list-style-type: none"> <li>Good to be me</li> </ul> <p><b>Emotional Health and Well-being</b></p> <ul style="list-style-type: none"> <li>Relationships and responsibilities</li> <li>Friends, friendships and influences</li> <li>What makes me feel good about myself</li> <li>Caring for other</li> </ul> <p><b>Healthy Eating</b></p> <ul style="list-style-type: none"> <li>Healthy and not so healthy foods</li> <li>Making choices</li> </ul>	<p><b>SEAL</b></p> <ul style="list-style-type: none"> <li>Relationships</li> </ul> <p><b>SRE</b></p> <ul style="list-style-type: none"> <li>Growing and changing</li> <li>Growing independence</li> <li>Understanding the changes</li> <li>Relationships and responsibility</li> <li>Being with special people .e.g. family, plying with best friends</li> <li>Being cared for, being loved and caring for other people, pets and having fun.</li> <li>What makes me feel good about myself?</li> </ul>	<p><b>SEAL</b></p> <ul style="list-style-type: none"> <li>Changes</li> </ul> <p><b>PSHE</b></p> <ul style="list-style-type: none"> <li>Exercise</li> <li>Teeth and cleaning ones teeth</li> <li>Sleep</li> <li>Rest</li> <li>Responding to pressure and influences</li> <li>Linking what you know to what you do.</li> </ul>
OS	Staying Safe online	Follow the Digital Trail	Screen out the Mean	Using the Keywords	Sites I like	Staying Safe online

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3	<b>SEAL</b> <b>New Beginnings</b>  <b>Safety Education</b> <ul style="list-style-type: none"> <li>Looking out for dangerous objects, dangerous situations</li> <li>Linking actions to outcomes</li> </ul> <b>Child Protection</b> <ul style="list-style-type: none"> <li>What can I do to keep myself safe?</li> <li>What do I think I have to keep safe from?</li> <li>Who looks after me and my safety?</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Say no to bullying</li> <li>Getting on and falling out</li> </ul> <b>Citizenship</b> <ul style="list-style-type: none"> <li>Learning to value the environment</li> </ul> <b>Anti-bullying Education</b> <ul style="list-style-type: none"> <li>Caring for others</li> <li>Who are the carers</li> <li>What can I do when I am being bullied?</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Going for goals</li> </ul> <b>Drugs Education</b> <ul style="list-style-type: none"> <li>Understanding what goes into my body</li> <li>Understanding what goes on in my body</li> <li>Whose job is it to keep me healthy and safe?</li> <li>How do I recognise and trust these people?</li> <li>Who handles drugs at work?</li> <li>Are there drugs in our school?</li> </ul> <b>Citizenship (Financial Capability)</b> <ul style="list-style-type: none"> <li>Understanding my money</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Good to be me</li> </ul> <b>Emotional Health and Well-being</b> <ul style="list-style-type: none"> <li>Doing school work, in particular reading and writing</li> <li>Being with special people</li> <li>Understanding how my body and brain is growing and changing</li> <li>What can I do to make myself happy?</li> </ul> <b>Healthy Eating</b> <ul style="list-style-type: none"> <li>What, why, where, when do I eat?</li> <li>Making choices</li> <li>Who makes food clean and safe?</li> <li>What can I do to help?</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Relationships</li> </ul> <b>SRE</b> <ul style="list-style-type: none"> <li>Growing and changing – changes on the inside</li> <li>Relationships – looking at different type of relationships, family and friends – sharing and caring.</li> <li>Personal hygiene</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Changes</li> </ul> <b>PSHE</b> <ul style="list-style-type: none"> <li>Exercise</li> <li>Keeping warm and cool</li> <li>Visiting health professionals</li> <li>Fresh air, including going out in the sunshine</li> <li>Understanding my healthy lifestyle.</li> <li>Consequences</li> <li>Choices</li> <li>Health care provision</li> <li>Understanding different people have different healthy lifestyles from mine.</li> </ul>
OS	<b>Powerful Passwords</b>	<b>My Online Community</b>	<b>Things for Sale</b>	<b>Show Respect online</b>	<b>Writing Good Emails</b>	<b>Staying Safe online</b>
4	<b>SEAL</b> <ul style="list-style-type: none"> <li>New Beginnings</li> </ul> <b>Safety Education</b> <ul style="list-style-type: none"> <li>Road Safety</li> <li>Water Safety</li> <li>Rail Safety</li> </ul> <b>Child Protection</b> <ul style="list-style-type: none"> <li>How do I keep myself safe?</li> <li>Taking responsibility for my own safety.</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Say no to bullying</li> <li>Getting on and falling out</li> </ul> <b>Citizenship (Difference and Diversity)</b> <ul style="list-style-type: none"> <li>Living in a diverse world</li> <li>How are we the same – how are we different</li> <li>Personal identity</li> <li>Membership of different groups</li> <li>Dealing with prejudice including racism and supporting others who encounter it.</li> </ul> <b>Anti-bullying Education</b> <ul style="list-style-type: none"> <li>What makes me feel confident with people in difficult situations?</li> <li>What makes me scared sometimes or uneasy</li> <li>Knowing when to say, 'yes', 'no you can't', 'no I won't', 'don't', 'Stop'.</li> </ul>	<b>SEAL</b> <b>Going for goals</b>  <b>Drugs Education</b> <ul style="list-style-type: none"> <li>What happens when I am ill?</li> <li>Where do things go when they enter your body?</li> <li>What do we know about drugs?</li> <li>When do people need drugs?</li> <li>Facts about smoking.</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Good to be me</li> </ul> <b>Emotional Health and Well-being</b> <ul style="list-style-type: none"> <li>What makes me sad or unsure?</li> <li>How do I feel when I lose special things? Break up with friends, or I am separated from people I love because they go away and die?</li> </ul> <b>Healthy Eating</b> <ul style="list-style-type: none"> <li>Who or what are the persuaders</li> <li>How do people try and persuade me?</li> <li>How do advertisements try to persuade me?</li> <li>What is persuasion? Fact or opinion?</li> <li>Caring for my teeth</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Relationships</li> </ul> <b>SRE</b> <ul style="list-style-type: none"> <li>Liking and Loving</li> <li>Body Systems</li> <li>My outer defence system</li> <li>My inner defence system</li> <li>Feelings, moods and boredom</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Changes</li> </ul> <b>PSHE</b> <ul style="list-style-type: none"> <li>What happens when I exercise</li> <li>What do I need to know to keep healthy?</li> <li>Advertising</li> <li>Whose job is it to keep me healthy?</li> </ul> <b>Physical and Social Environment</b> <ul style="list-style-type: none"> <li>Is our school a health promoting school?</li> </ul>
OS	<b>Rings of Responsibility</b>	<b>Private and Personal Information</b>	<b>The Power of Words</b>	<b>The Key to Keywords</b>	<b>Whose is it anyway?</b>	<b>Staying Safe online</b>

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
5	<b>SEAL</b> <ul style="list-style-type: none"> <li>New Beginnings</li> </ul> <b>Safety Education</b> <ul style="list-style-type: none"> <li>Safety inside and outside</li> <li>What do I have to keep safe from</li> <li>How can I be responsible using my judgement</li> </ul> <b>Child Protection</b> <ul style="list-style-type: none"> <li>Taking responsibility for my own safety</li> <li>Safe use of the internet and mobile phones</li> <li>Who are the people I trust?</li> <li>When is it best to tell secrets?</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Say no to bullying</li> <li>Getting on and falling out</li> </ul> <b>Citizenship</b> <ul style="list-style-type: none"> <li>Respect for property</li> </ul> <b>Anti-bullying Education</b> <ul style="list-style-type: none"> <li>How do rules and laws affect me?</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Going for goals</li> </ul> <b>Drugs Education</b> <ul style="list-style-type: none"> <li>What happens when I take pills and medicines that are prescribed for me?</li> <li>Who or what persuaders are?</li> <li>What do I need to know about tobacco, alcohol, tea, coffee and other mood changing substances?</li> </ul> <b>Citizenship (Financial Capability)</b> <ul style="list-style-type: none"> <li>Looking after my money</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Good to be me</li> </ul> <b>Emotional Health and Well-being</b> <ul style="list-style-type: none"> <li>Loss and separation</li> <li>How do we make each other happy?</li> <li>What's it like to feel high or to feel low?</li> </ul> <b>Healthy Eating</b> <ul style="list-style-type: none"> <li>Healthy eating to keep healthy</li> <li>Food groups</li> <li>What do I need to know more about?</li> <li>Making choices about food</li> <li>Understanding labelling and packaging of food</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Relationships</li> </ul> <b>SRE</b> <ul style="list-style-type: none"> <li>Physical and emotional changes at puberty</li> <li>How to access support for question about puberty</li> <li>Timelines for my changing body</li> <li>Growing up</li> <li>Valuing myself</li> <li>Coping with emotions</li> <li>Personal Hygiene</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Changes</li> </ul> <b>PSHE</b> <ul style="list-style-type: none"> <li>Physical and Social Environment</li> <li>Developing our school grounds</li> </ul>
<b>OS</b>	<b>Strong Passwords</b>	<b>Digital Citizenship Pledge</b>	<b>You've won a prize</b>	<b>How to cite a Site</b>	<b>Picture Perfect</b>	<b>Staying Safe Online</b>
6	<b>SEAL</b> <ul style="list-style-type: none"> <li>New Beginnings</li> </ul> <b>Safety Education – First Aid</b> <ul style="list-style-type: none"> <li>Using my judgements</li> <li>What causes accidents?</li> <li>Can I cope in an emergency?</li> <li>Simple first aid</li> <li>Where do most serious accidents occur?</li> </ul> <b>Child Protection</b> <ul style="list-style-type: none"> <li>How do senses help to keep me safe?</li> <li>Who are the people I trust?</li> <li>What can I do when no-one will listen?</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Say no to bullying</li> <li>Getting on and falling out</li> </ul> <b>Citizenship (Difference and Diversity)</b> <ul style="list-style-type: none"> <li>Different communities including family and school</li> <li>Recognising and respecting diversity within communities</li> <li>Similarities and differences between communities in other parts of the world and our own country</li> <li>Dealing with the media</li> </ul> <b>Anti-bullying Education</b> <ul style="list-style-type: none"> <li>What is bullying?</li> <li>Who gets bullied?</li> <li>My network of friends</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Going for goals</li> </ul> <b>Drugs Education</b> <ul style="list-style-type: none"> <li>Being aware of pressures and influences on me</li> <li>Alcohol</li> <li>What does it mean to be hooked?</li> <li>How do drugs affect us?</li> </ul> <b>Careers</b> <ul style="list-style-type: none"> <li>What does being grown up mean?</li> <li>How do I feel about growing up?</li> <li>What is involved in growing up?</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Good to be me</li> </ul> <b>Emotional Health and Well-being</b> <ul style="list-style-type: none"> <li>Valuing myself</li> <li>Images of me</li> <li>What gives me confidence?</li> <li>Coping with group pressure</li> </ul> <b>Healthy Eating</b> <ul style="list-style-type: none"> <li>Taking responsibility for my choices</li> <li>Children as health educators</li> <li>Making sense of the media</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Relationships</li> </ul> <b>SRE</b> <ul style="list-style-type: none"> <li>Physical and emotional changes of puberty</li> <li>Growing up</li> <li>Valuing myself</li> <li>Coping with emotions</li> <li>Personal Hygiene</li> <li>Feelings and worries about growing up</li> <li>Taking responsibility for my feelings</li> <li>Coping with change and emotions</li> <li>Stereotypes</li> </ul>	<b>SEAL</b> <ul style="list-style-type: none"> <li>Changes</li> </ul> <b>PSHE</b> <ul style="list-style-type: none"> <li>Transition</li> <li>Gaining support and help – accessing information</li> </ul>
<b>OS</b>	<b>Talking Safely Online</b>	<b>Super Digital Citizen</b>	<b>Privacy Rules</b>	<b>What's Cyberbullying?</b>	<b>Selling Stereotypes</b>	<b>Staying Safe Online</b>

OS = Online – Safety