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| **PSHE LONG TERM PLAN**  |
|  | **Autumn**  | **Spring**  | **Summer**  |
| **EYFS (Personal, Social and Emotional Development)** | What makes each of us unique? *See themselves as a valuable individual* Journey in Love (God loves each of us in our uniqueness - Physical)Who is special to us*? Build constructive and respectful relationships* Journey in Love (God loves each of us in our uniqueness - Social) | How can we be a good friend*? Express their feelings and consider the feelings of others* Journey in Love (God loves each of us in our uniqueness – Emotional and Intellectual)Why should we never give up? *Show resilience and perseverance in the face of challenge* |  How can we look after ourselves each other? *Identify and moderate their feelings socially and emotionally**Think about the perspectives of others**Manage their own needs* Journey in Love (God loves each of us in our uniqueness - Spiritual) |
| **Year 1** | What is the same and different about us? – Journey in Love (We meet God’s love in our family – Physical)Who is special to us? – Journey in Love (We meet God’s love in our family – Social) | What helps us stay healthy?What can we do with money? | Who helps to keep us safe? – Journey in Love (We meet God’s love in our family – Emotional and Intellectual)How can we look after each other and the world? – Journey in Love (We meet God’s love in our family – Spiritual) |
| **Year 2** | What makes a good friend? Journey in Love (We meet God’s love in the community - Physical)What is bullying? | What jobs do people do? Journey in Love (We meet God’s love in the community - Social)What helps us to stay safe? Journey in Love (We meet God’s love in the community – Emotional and Intellectual) | What helps us grow and stay healthy?How do we recognise our feelings? Journey in Love (We meet God’s love in the community - Spiritual) |
| **Year 3** | How can we be a good friend? Journey in Love (We meet God’s love in the community – Emotional and Intellectual)What keeps us safe? Journey in Love (How we live in love – Physical and Social) | What are families like?What makes a community? Journey in Love (We meet God’s love in the community - Spiritual) | Why should we eat well and look after our teeth?Why should we keep active and sleep well? |
| **Year 4** | What strengths, skills and interests do we have? Journey in Love (God loves us in our differences – Social and Emotional)How do we treat each other with respect? Journey in Love (God loves us in our differences - Spiritual) | How can we manage our feelings? Journey in Love (God loves us in our differences - Intellectual)How will we grow and change? Journey in Love (God loves us in our differences - Physical) | How can our choices make a difference to others and the environments?How can we manage risk in different places? |
| **Year 5** | What makes up a person’s identity? Journey in Love (God loves me in my changing and development – Physical and Intellectual)What decisions can people make with money? | How can we help in an accident or emergency?How can friends communicate safely? Journey in Love (God loves us in our differences – Social and Emotional) | How can drugs common to everyday life affect health?What jobs would we like? Journey in Love (God loves us in our differences – Spiritual) |
| **Year 6** | How can we keep healthy as we grow?  | How can the media influence people? | What will change as we become more independent? Journey in Love (The wonder of God’s love in creating new life Physical and Emotional)How do friendships change as we grow? Journey in Love (God loves us in our differences – Social and Spiritual) |

* Linked to RSHE – Journey in Love