

LONG TERM PLAN: PSHE

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
EYFS	<p>Get HeartSmart <i>(Meet Boris)</i> R.S.H.E Our Lives: Our Day; Keeping Clean; Families.</p>	<p>Don't Forget To Let Love In <i>(I am special)</i></p>	<p>Too Much Selfie Isn't Healthy <i>(I love others)</i></p>	<p>Don't Hold On To What's Wrong <i>(I am a good friend)</i></p>	<p>Fake Is A Mistake <i>(I tell the truth)</i></p>	<p>No Way Through Isn't True <i>(I can do it!)</i></p>
CLASS 1	<p>Get HeartSmart R.S.H.E Growing and Caring For Ourselves: Keeping clean; Growing and Changing; Families and Care.</p>	<p>Don't Forget To Let Love In</p>	<p>Too Much Selfie Isn't Healthy</p>	<p>Don't Hold On To What's Wrong</p>	<p>Fake Is A Mistake</p>	<p>No Way Through Isn't True</p>
CLASS 2	<p>Get HeartSmart R.S.H.E Differences: Boys and Girls; male and female; naming body parts.</p>	<p>Don't Forget To Let Love In</p>	<p>Too Much Selfie Isn't Healthy</p>	<p>Don't Hold On To What's Wrong</p>	<p>Fake Is A Mistake</p>	<p>No Way Through Isn't True</p>
CLASS 3	<p>Get HeartSmart R.S.H.E Valuing Difference And Keeping Safe: Male and female; personal space; family differences.</p>	<p>Don't Forget To Let Love In</p>	<p>Too Much Selfie Isn't Healthy</p>	<p>Don't Hold On To What's Wrong</p>	<p>Fake Is A Mistake</p>	<p>No Way Through Isn't True</p>
CLASS 4	<p>Get HeartSmart R.S.H.E Growing Up: Growing and changing; what is puberty; puberty changes and reproduction.</p>	<p>Don't Forget To Let Love In</p>	<p>Too Much Selfie Isn't Healthy</p>	<p>Don't Hold On To What's Wrong</p>	<p>Fake Is A Mistake</p>	<p>No Way Through Isn't True</p>
CLASS 5	<p>Get HeartSmart R.S.H.E. Puberty: Talking about puberty; male and female changes; puberty and hygiene.</p>	<p>Don't Forget To Let Love In</p>	<p>Too Much Selfie Isn't Healthy</p>	<p>Don't Hold On To What's Wrong</p>	<p>Fake Is A Mistake</p>	<p>No Way Through Isn't True</p>
CLASS 6	<p>Get HeartSmart R.S.H.E Puberty, Relationship and Reproduction: puberty and reproduction; understanding relationships; conception and pregnancy; communication in relationships.</p>	<p>Don't Forget To Let Love In</p>	<p>Too Much Selfie Isn't Healthy D.A.R.T Decision making model, alcohol facts, signs of stress, drugs which can be smoked, consequences of drugs, 5 W's of reporting,</p>	<p>Don't Hold On To What's Wrong D.A.R.T Communication, knife aware, decision making, resistance strategies, solvents and psycho active substances, becoming a good citizen, support networks.</p>	<p>Fake Is A Mistake</p>	<p>No Way Through Isn't True</p>

