



PSHE/Safeguarding Long Term Plan 2023-24



| At Bishop Martin three Key themes run through each topic in PSHE | | | | | | |
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| Health and Wellbeing | | Relationships | | | Living in the wider world | |
| Year | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Christian Value | Thankfulness | Trust | Perseverance | Justice | Service | Truthfulness |
| Special events/weeks | <p>Y6 elections of Head girl, Head boy, Deputy head girl and boy and prefects</p> <p>Pupil Leadership Teams introduced</p> <p>Fire safety visit by fire brigade KS2</p> <p>Black history Month workshops KS2 by LFC</p> | <p>Anti-bullying week</p> <p>Firework Safety</p> <p>Y5/6 Professor of Politics workshop</p> <p>Careers workshop NHS for Y5/6</p> <p>LFC Say no to racism</p> <p>First Aid (Choking and CPR refresher KS2)</p> <p>DHK How to speak dog talk EYFS</p> | <p>Child mental health week (DEAL)</p> <p>DHK How to speak dog talk KS1 and 2</p> | <p>Growth Mindset workshops</p> <p>Internet Safety Day LFC talk KS1 and 2</p> <p>Anti-bullying workshop</p> <p>Neuro-diversity week</p> | <p>Keep Safe Day NSPCC Assembly and Workshops – Speak Out, Stay Safe/PANTS</p> <p>EYFS/KS1 RNLA Water safety</p> | <p>Summer Fayre</p> <p>School council elections</p> <p>Diversity Week</p> <p>Healthy Eating Week</p> <p>Gangs Workshop for Y6</p> <p>KS2 Mental Health Workshops</p> |
| British Value Links | The Rule of Law/ Democracy/Respecting others rights and their opinions | Treat others with fairness | Respect and obey the law | | | The Rule of Law/ Democracy |



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| | Respect and understand other faiths/cultures | The Rule of Law/ Democracy/Respecting others rights and their opinions Look after yourself and family | | | | |
| Reception | <p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> Horrid Hands Super sneezes <p>Mental Health and emotional wellbeing</p> <p>ROAR Resources</p> | <p>Anti-Bullying Week –</p> <ul style="list-style-type: none"> Reach out lesson <p>Expect Respect</p> <ul style="list-style-type: none"> Looking at and challenging gender expectations using toys | <p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> Going places safely ABC Searching Keep it Private | <p>Healthy lifestyles</p> <ul style="list-style-type: none"> People who help us <p>Oral Hygiene</p> <ul style="list-style-type: none"> Why do we have teeth? Going to the dentist Less sugary food and drink | <p>Education for Personal Relationships</p> <ul style="list-style-type: none"> PANTS Know how they can look after themselves Know why hygiene is important Know that all families are different | <p>Financial Capability/My money week –</p> <p>Spending habits and budgets</p> <p>Fair-trade Fortnight</p> |
| Year 1 | <p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> Horrid Hands Super sneezes <p>Mental Health and emotional wellbeing</p> <ul style="list-style-type: none"> We all have feelings Good and not so good feelings Big Feelings | <p>Anti-Bullying Week</p> <ul style="list-style-type: none"> Reach out lesson The Big Anti-bullying assembly 22 <p>Expect Respect</p> <ul style="list-style-type: none"> Friendships Secrets People who can help us | <p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> Recap - Going places safely Recap - ABC Searching Recap - Keep it Private My creative work Sending email | <p>Healthy lifestyles – Medicines and people who help us</p> <ul style="list-style-type: none"> Identify how to stay healthy How to look after our bodies <p>Explore medicines and who should be able to give us medicines</p> <p>Oral Hygiene</p> <ul style="list-style-type: none"> Diet and snacking Our smile Types of teeth | <p>Education for Personal Relationships</p> <ul style="list-style-type: none"> Know we are all different and can be friends Discuss how children grow and change Know there are different types of families Know who we can ask for help | <p>Financial Capability –</p> <ul style="list-style-type: none"> Where can I keep my money safe? Where does money come from? Fair-trade Fortnight |



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| <p>Year 2</p> | <p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> Horrid Hands Super sneezes <p>Mental Health and emotional wellbeing</p> <p>ROAR Resources</p> <ul style="list-style-type: none"> Flipping your lid Resilient Ralph Spotting the big thoughts | <p>Anti-Bullying Week</p> <ul style="list-style-type: none"> Reach out lesson The Big Anti-bullying assembly 22 <p>Expect Respect</p> <ul style="list-style-type: none"> Gender, career and assumptions | <p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> Staying safe online Follow the digital trail Screen out the mean Using keywords Sites I like | <p>Healthy lifestyles – Keeping safe</p> <ul style="list-style-type: none"> Explore substances and situations that are safe To be able to identify hazardous substances Consider rules for keeping safe in school and at home | <p>Education for Personal Relationships –</p> <ul style="list-style-type: none"> Know that males and females are different Gender stereotyping Males and females and how this is part of the life cycle Name the male and female body parts | <p>Financial Capability –</p> <ul style="list-style-type: none"> Why is it important to save money? What are wants and needs? How can I keep track of my money? Fair-trade Fortnight |
| <p>Archbishop of York's Young Leaders Award</p> | | | | | | |
| <p>Year 3</p> | <p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> Hand Hygiene Respiratory Hygiene <p>Mental Health and emotional wellbeing</p> <ul style="list-style-type: none"> Everyday Feelings Expressing Feelings Managing feelings <p>Introduction to advertising and media awareness</p> | <p>Anti-Bullying Week</p> <ul style="list-style-type: none"> Reach out lesson The Big Anti-bullying assembly 22 <p>Expect Respect</p> <ul style="list-style-type: none"> Resolving conflict Where to get help | <p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> Powerful passwords My online community Things for sale Show respect online Writing good emails | <p>Healthy lifestyles – Smoking</p> <ul style="list-style-type: none"> To know the effects of smoking Know how smoking effects the body To know what passive smoking is To know some strategies to prevent starting to smoke To know about the risks of vaping | <p>Education for Personal Relationships –</p> <ul style="list-style-type: none"> Name male and female body parts Understand personal space Know about unwanted touch Identify how families can be different | <p>Financial Capability –</p> <ul style="list-style-type: none"> How can I pay for things? How can I use a bank account? <p>Fair-trade Fortnight</p> <p>Enterprise –</p> <ul style="list-style-type: none"> Saving for a rainy day article in READ |



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| <p>Year 4</p> | <p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> Hand Hygiene Respiratory Hygiene <p>Mental Health and emotional wellbeing</p> <p>ROAR Resources</p> <ul style="list-style-type: none"> Flipping your lid Resilient Ralph Big thoughts | <p>Anti-Bullying Week</p> <ul style="list-style-type: none"> Reach out lesson The Big Anti-bullying assembly 22 <p>Expect Respect</p> <ul style="list-style-type: none"> Examining violence Excuses and responsibility | <p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> Rings of responsibility Private and personal information The Power of words The key to keywords Whose is it anyway? | <p>Healthy lifestyles – Alcohol</p> <ul style="list-style-type: none"> Recap Y3 – Know the risks of vaping To know the effect alcohol has on the body To know the risks related to alcohol To know how society limits drinking alcohol and why <p>Oral Hygiene</p> <ul style="list-style-type: none"> Anatomy of teeth Looking after our teeth Sugar and our teeth | <p>Education for Personal Relationships –</p> <ul style="list-style-type: none"> Exploring the human lifecycle and how we grow Know basic facts about puberty Know how puberty is linked to reproduction | <p>Financial Capability –</p> <ul style="list-style-type: none"> Enterprise raising money for charity What are the links between jobs and money? Fair-trade Fortnight <p>Enterprise –</p> <ul style="list-style-type: none"> Learning about earning article in READ |
| <p>Archbishop of York's Young Leaders Award</p> | | | | | | |
| <p>Year 5</p> | <p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> Hand Hygiene Respiratory Hygiene <p>Mental Health and emotional wellbeing</p> | <p>Anti-Bullying Week</p> <ul style="list-style-type: none"> Reach out lesson The Big Anti-bullying assembly 22 | <p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> Strong passwords Digital citizenship pledge You've won a prize | <p>Healthy lifestyles – Legal and illegal drugs</p> <ul style="list-style-type: none"> Explore a range of legal and illegal drugs | <p>Education for Personal Relationships –</p> <ul style="list-style-type: none"> Know the emotional and physical changes occurring during puberty | <p>Financial Capability –</p> <ul style="list-style-type: none"> How do I plan a simple budget? How can I keep my money safe? |



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| | <ul style="list-style-type: none"> Mental Health and keeping well Managing challenges and change Feelings and common anxieties going to secondary school <p>Body image and the media</p> <ul style="list-style-type: none"> Advertising and appearance | <p>Expect Respect</p> <ul style="list-style-type: none"> Secrets and stories | <ul style="list-style-type: none"> How to cite a site Picture perfect | <ul style="list-style-type: none"> Consider children's attitudes and beliefs about drug use and users <p>Consider how to resist drug use</p> | <ul style="list-style-type: none"> Understand male and female puberty changes Physical hygiene and puberty <p>Keeping Safe – Grooming or Grassing?</p> <ul style="list-style-type: none"> Motivation and intentions Understanding risk Question, listen, think, act | <p>Fair-trade Fortnight</p> <p>Keeping Safe – Grooming or Grassing?</p> <ul style="list-style-type: none"> When to ask for help Who to ask for help How to ask for help <p>Enterprise –</p> <ul style="list-style-type: none"> Mission to save and Keeping your moey safe articles in READ |
| Year 6 | <p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> Hand Hygiene Respiratory Hygiene <p>Mental Health – Rise above materials</p> <ul style="list-style-type: none"> Sleep Social Media <p>Body image and the media</p> <ul style="list-style-type: none"> Advertising and you | <p>Anti-Bullying Week</p> <ul style="list-style-type: none"> Reach out lesson The Big Anti-bullying assembly 22 <p>Expect Respect</p> <ul style="list-style-type: none"> Examining gender stereotyping | <p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> Talking safely online Super digital citizen Privacy rules What's cyberbullying? Selling stereotypes | <p>Healthy lifestyles – Preventing early use</p> <ul style="list-style-type: none"> To know the effects, risks and law relating to cannabis use To understand volatile substance abuse <p>To know how to get help and advice</p> | <p>Education for Personal Relationships –</p> <ul style="list-style-type: none"> Puberty Reproduction Different types of relationships Understand conception and pregnancy Sharing personal/private information <p>Keeping Safe – Grooming or Grassing?</p> | <p>Financial Capability –</p> <ul style="list-style-type: none"> How do I understand information about money from around the world? What affects my choices about money? How does money affect my feelings? <p>Fair-trade Fortnight</p> <p>Keeping Safe – Grooming or Grassing?</p> |



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| | | | | | <ul style="list-style-type: none">• Are you helping or a bystander• How and when to help | <ul style="list-style-type: none">• Grassing or grooming• Why is it grooming• Asking for help• Enterprise –• Cost of living crisis explained article in READ |
|--|--|--|--|--|---|--|