



## PSHE/Safeguarding Long Term Plan 2024-25



<b>At Bishop Martin three Key themes run through each topic in PSHE</b>						
<b>Health and Wellbeing</b>		<b>Relationships</b>			<b>Living in the wider world</b>	
<b>Year</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Christian Value</b>	Thankfulness	Trust	Perseverance	Justice	Service	Truthfulness
<b>Special events/weeks</b>	<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 KS2</p> <p>Resilience week</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>Careers 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>
<b>British Value Links</b>	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				
<b>Reception</b>	<p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> <li>Horrid Hands</li> <li>Super sneezes</li> </ul> <p>Mental Health and emotional wellbeing</p> <p>ROAR Resources</p>	<p>Anti-Bullying Week –</p> <ul style="list-style-type: none"> <li>Reach out lesson</li> </ul> <p>Expect Respect</p> <ul style="list-style-type: none"> <li>Looking at and challenging gender expectations using toys</li> </ul>	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> <li>Going places safely</li> <li>ABC Searching</li> <li>Keep it Private</li> </ul>	<p>Healthy lifestyles</p> <ul style="list-style-type: none"> <li>People who help us</li> </ul> <p>Oral Hygiene</p> <ul style="list-style-type: none"> <li>Why do we have teeth?</li> <li>Going to the dentist</li> <li>Less sugary food and drink</li> </ul>	<p>Education for Personal Relationships</p> <ul style="list-style-type: none"> <li>PANTS</li> <li>Know how they can look after themselves</li> <li>Know why hygiene is important</li> <li>Know that all families are different</li> </ul>	<p>Financial Capability/My money week –</p> <p>Spending habits and budgets</p> <p>Fair-trade Fortnight</p>
<b>Year 1</b>	<p>Personal Hygiene e-Bug resources –</p> <ul style="list-style-type: none"> <li>Horrid Hands</li> <li>Super sneezes</li> </ul> <p>Mental Health and emotional wellbeing</p> <ul style="list-style-type: none"> <li>We all have feelings</li> <li>Good and not so good feelings</li> <li>Big Feelings</li> </ul>	<p>Anti-Bullying Week</p> <ul style="list-style-type: none"> <li>Reach out lesson</li> <li>The Big Anti-bullying assembly 22</li> </ul> <p>Expect Respect</p> <ul style="list-style-type: none"> <li>Friendships</li> <li>Secrets</li> <li>People who can help us</li> </ul>	<p>Keeping Safe – E-safety</p> <ul style="list-style-type: none"> <li>Recap - Going places safely</li> <li>Recap - ABC Searching</li> <li>Recap - Keep it Private</li> <li>My creative work</li> <li>Sending email</li> </ul>	<p>Healthy lifestyles – Medicines and people who help us</p> <ul style="list-style-type: none"> <li>Identify how to stay healthy</li> <li>How to look after our bodies</li> </ul> <p>Explore medicines and who should be able to give us medicines</p> <p>Oral Hygiene</p> <ul style="list-style-type: none"> <li>Diet and snacking</li> <li>Our smile</li> <li>Types of teeth</li> </ul>	<p>Education for Personal Relationships</p> <ul style="list-style-type: none"> <li>Know we are all different and can be friends</li> <li>Discuss how children grow and change</li> <li>Know there are different types of families</li> <li>Know who we can ask for help</li> </ul>	<p>Financial Capability –</p> <ul style="list-style-type: none"> <li>Where can I keep my money safe?</li> <li>Where does money come from?</li> <li>Fair-trade Fortnight</li> </ul>



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



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



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



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