



## PSHCEE LONG TERM & MEDIUM TERM PLAN

Banstead Preparatory School uses Jigsaw, 1Decision\* and PSHE Association resources for PSHCEE to create a tailor-made curriculum that reflects the needs of our school. The whole school will follow the structure outlined below, revisiting themes each year in greater detail and depth. Some themes eg: Relationships, diversity, mental health and consent, will be ongoing throughout the year as an intrinsic part of our school culture and hidden curriculum. Specific elements of greater focus will be taught at the allocated time, set out below.

### Jigsaw Content

| Term             | Area of focus          | Content   |
|------------------|------------------------|---|
| <b>Autumn 1:</b> | Being Me in My World   | Includes understanding my place in the class, school and global community including sustainability. It also looks at being a responsible citizen. |
| <b>Autumn 2:</b> | Celebrating Difference | Includes anti-bullying (cyber and homophobic bullying included), kindness and diversity work  |
| <b>Spring 1:</b> | Relationships          | Includes understanding friendship, family and other relationships, conflict resolution and communication skills                                   |
| <b>Spring 2:</b> | Changing Me            | Includes Sex and Relationship Education in the context of looking at change   |
| <b>Summer 1:</b> | Healthy Me             | Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices and safety                                  |
| <b>Summer 2:</b> | Dreams and Goals       | Includes goal setting, aspirations, working together, design and organising fundraising events.   |

The Jigsaw and 1 Decisions schemes cover all areas of PSHCEE for the primary phase. NB: All topics may be changed according to circumstances within classes during the year. We also use the PSHE Association resources too.

| <b>PSHCEE Medium Term Overview</b> |   |   |  |   |  |  |
|------------------------------------|---|---|--|---|--|--|
|                                    | <b>Autumn Term 1<br/>Being me in my World</b>   | <b>Autumn Term 2<br/>Celebrating Difference</b>   | <b>Spring Term 1<br/>Relationships</b>   | <b>Spring Term 2<br/>Changing Me</b>  | <b>Summer Term 1<br/>Healthy Me</b>  | <b>Summer Term 2<br/>Dreams and Goals</b>  |
| Y1                                 | <ul style="list-style-type: none"> <li>• Special and Safe</li> <li>• My Class</li> <li>• Rights and Responsibilities</li> <li>• Being responsible</li> <li>• Rewards and Feeling Proud</li> <li>• Consequences</li> <li>• Sustainability</li> </ul> | <ul style="list-style-type: none"> <li>• Similarities and differences</li> <li>• Understanding bullying and knowing how to deal with it*</li> <li>• Making new friends*</li> <li>• Celebrating differences in everyone</li> </ul> | <ul style="list-style-type: none"> <li>• Belonging to a family</li> <li>• Making friends/Being a good friend</li> <li>• Physical contact preferences</li> <li>• People who help us</li> <li>• Qualities as a friend and person</li> <li>• Self-acknowledgement</li> <li>• Being a good friend to myself</li> <li>• Celebrating my special relationships</li> </ul> | <ul style="list-style-type: none"> <li>• Life cycles – animal and human</li> <li>• Changes in me</li> <li>• Changes since being a baby</li> <li>• Differences between female and male bodies</li> <li>• Linking learning and growing</li> <li>• Coping with change</li> <li>• Transition to Y2</li> </ul> | <ul style="list-style-type: none"> <li>• Keeping myself healthy</li> <li>• Healthier lifestyle choices</li> <li>• Keeping clean and healthy - washing hands</li> <li>• Medicine safety</li> <li>• Road safety*</li> <li>• Tying shoelaces*</li> <li>• Linking health and happiness</li> <li>•</li> </ul> | <ul style="list-style-type: none"> <li>• Setting goals</li> <li>• Identifying successes and achievements</li> <li>• Working well and celebrating achievement with a partner</li> <li>• Tackling new challenges</li> <li>• Overcoming obstacles</li> <li>• Celebrating my success/feelings of success</li> <li>• Money Matters*</li> <li>•</li> </ul> |

|    | <b>Autumn Term 1<br/>Being me in my World</b>   | <b>Autumn Term 2<br/>Celebrating Difference</b>  | <b>Spring Term 1<br/>Relationships</b>   | <b>Spring Term 2<br/>Changing Me</b>  | <b>Summer Term 1<br/>Healthy Me</b>  | <b>Summer Term 2<br/>Dreams and Goals</b>   |
|----|---|--|--|---|--|---|
| Y2 | <ul style="list-style-type: none"> <li>• Hopes and fears for the year</li> <li>• Rights and responsibilities</li> <li>• Rewards and consequences</li> <li>• Safe and fair learning environment</li> <li>• Being responsible - choices</li> <li>• Valuing contributions</li> <li>• Sustainability</li> <li>• Choices</li> <li>• On-line safety – making friends online*</li> </ul> | <ul style="list-style-type: none"> <li>• Assumptions and stereotypes about gender</li> <li>• Understanding bullying/Online bullying*Standing up for myself and others</li> <li>• Making new friends</li> <li>• Gender diversity</li> <li>• Celebrating difference and remaining friends</li> </ul> | <ul style="list-style-type: none"> <li>• Different types of families</li> <li>• Keeping safe – physical contact boundaries/Touch*</li> <li>• Friends and conflict</li> <li>• Secrets</li> <li>• Trust and appreciation</li> <li>• Expressing appreciation for special relationships</li> </ul> | <ul style="list-style-type: none"> <li>• Life cycles in nature</li> <li>• Growing from young to old</li> <li>• Increasing independence</li> <li>• Differences in male and female bodies.</li> <li>• Assertiveness</li> <li>• Feelings and emotions – jealousy*/assertiveness</li> <li>• Preparing for transition</li> </ul> | <ul style="list-style-type: none"> <li>• Motivation</li> <li>• Healthier Choices</li> <li>• Relaxation</li> <li>• Medicine safety</li> <li>• Healthy eating and nutrition*</li> <li>• Healthier snacks and sharing food</li> </ul> | <ul style="list-style-type: none"> <li>• Achieving realistic goals</li> <li>• Perseverance Learning strengths</li> <li>• Learning with others</li> <li>• Group co-operation</li> <li>• Money Matters*Contributing to and sharing success</li> </ul> |

|    | <b>Autumn Term 1<br/>Being me in my<br/>World</b>   | <b>Autumn Term 2<br/>Celebrating Dif-<br/>ference</b>   | <b>Spring Term 1<br/>Relationships</b>  | <b>Spring Term 2<br/>Changing Me</b>  | <b>Summer Term 1<br/>Healthy Me</b>  | <b>Summer Term 2<br/>Dreams and<br/>Goals</b>   |
|----|---|---|---|---|--|---|
| Y3 | <ul style="list-style-type: none"> <li>• Setting realistic goals</li> <li>• Self-identity and worth</li> <li>• Positivity in challenges</li> <li>• Safe and fair learning environment</li> <li>• Valuing contributions</li> <li>• Choices</li> <li>• Recognising feelings/<b>Anger*/Grief*</b></li> <li>• <b>Being responsible – stealing*</b></li> <li>• Sustainability</li> </ul> | <ul style="list-style-type: none"> <li>• Families and their differences</li> <li>• Family conflict and how to manage it (child centred)</li> <li>• Witnessing bullying and how to solve it</li> <li>• Recognising how words can be hurtful</li> <li>• Giving and receiving compliments</li> </ul> | <ul style="list-style-type: none"> <li>• Family roles and responsibilities</li> <li>• Friendship and negotiation</li> <li>• Keeping myself safe online and who to go to for help</li> <li>• Being a global citizen</li> <li>• Being aware of how my choices affect others/<b>Helping someone in need*</b></li> <li>• <b>Body language*</b></li> <li>• Awareness of how other children have different lives</li> <li>• Expressing appreciation for family and friends</li> </ul> | <ul style="list-style-type: none"> <li>• How babies grow</li> <li>• Understanding a baby's needs</li> <li>• Outside body changes</li> <li>• Inside body changes</li> <li>• Family stereotypes</li> <li>• Challenging my ideas</li> <li>• Feelings and emotions - grief</li> <li>• Preparing for transition</li> </ul> | <ul style="list-style-type: none"> <li>• Exercise</li> <li>• Fitness challenges</li> <li>• Food labelling and healthy choices</li> <li>• Attitudes towards drugs/<b>Medicine*</b></li> <li>• <b>Keeping safe and why it's important online and offline scenarios*</b></li> <li>• Healthy and safe choices/<b>Being safe at home*</b></li> <li>• Respect for myself and others</li> </ul> | <ul style="list-style-type: none"> <li>• Difficult challenges and achieving success</li> <li>• My dreams and ambitions</li> <li>• New challenges</li> <li>• Motivation and enthusiasm</li> <li>• Recognising and trying to overcome obstacles Evaluating learning processes</li> <li>• Managing feelings</li> <li>• Simple budgeting</li> </ul> |

|    | <b>Autumn Term 1<br/>Being me in my<br/>World</b>   | <b>Autumn Term 2<br/>Celebrating Dif-<br/>ference</b>   | <b>Spring Term 1<br/>Relationships</b>   | <b>Spring Term 2<br/>Changing Me</b>  | <b>Summer Term 1<br/>Healthy Me</b>   | <b>Summer Term 2<br/>Dreams and<br/>Goals</b>  |
|----|---|---|--|---|---|--|
| Y4 | <ul style="list-style-type: none"> <li>• Becoming a class 'team'</li> <li>• Being a school citizen</li> <li>• Rights, responsibilities and democracy</li> <li>• Rewards and consequences</li> <li>• Group decision making</li> <li>• Having a voice</li> <li>• <b>Computer safety – online bullying*</b></li> <li>• Being responsible – What motivates behaviour?</li> <li>• <b>Coming home on time*</b></li> <li>• Sustainability</li> </ul> | <ul style="list-style-type: none"> <li>• Challenging assumptions/Breaking Down barriers*</li> <li>• Judging by appearance</li> <li>• Accepting self and others</li> <li>• Understanding influences</li> <li>• Understanding bullying</li> <li>• Problem solving</li> <li>• Identifying how special and unique everyone is</li> <li>• First impressions</li> </ul> | <ul style="list-style-type: none"> <li>• Feelings and emotions – jealousy</li> <li>• Love and loss</li> <li>• Memories of loved ones</li> <li>• Getting on and falling out/<b>Jealousy*</b></li> <li>• Girlfriends and boy-friends</li> <li>• Showing appreciation of people and animals</li> <li>• <b>Appropriate touch*</b></li> </ul> | <ul style="list-style-type: none"> <li>• Being unique</li> <li>• Having a baby-how to look after and the needs of a baby – changing and growing</li> <li>• Outside and inside body changes</li> <li>• Confidence in change</li> <li>• Accepting change</li> <li>• Preparing for transition</li> <li>• Environmental change</li> </ul> | <ul style="list-style-type: none"> <li>• Healthier friendships/Healthy Living*</li> <li>• Group dynamics</li> <li>• Smoking</li> <li>• Alcohol</li> <li>• Assertiveness</li> <li>• Peer Pressure</li> <li>• Celebrating inner strength</li> <li>• <b>Cycle Safety*</b></li> </ul> | <ul style="list-style-type: none"> <li>• Hopes and dreams</li> <li>• Overcoming disappointment</li> <li>• Creating new, realistic dreams</li> <li>• Achieving goals</li> <li>• <b>Working in a group*</b></li> <li>• Celebrating contribution</li> <li>• Resilience</li> <li>• Positive attitudes</li> </ul> |

|    | <b>Autumn Term 1<br/>Being me in my World</b>  | <b>Autumn Term 2<br/>Celebrating Difference</b>  | <b>Spring Term 1<br/>Relationships</b>  | <b>Spring Term 2<br/>Changing Me</b>   | <b>Summer Term 1<br/>Healthy Me</b>   | <b>Summer Term 2<br/>Dreams and Goals</b>   |
|----|--|--|---|--|---|---|
| Y5 | <ul style="list-style-type: none"> <li>• Planning for the forthcoming year</li> <li>• Being a citizen</li> <li>• Rights and responsibilities</li> <li>• How behaviour affects groups</li> <li>• Looking out for others*</li> <li>• Democracy, having a voice, participating</li> <li>• Sustainability</li> </ul> | <ul style="list-style-type: none"> <li>• Cultural differences and how they can cause conflict</li> <li>• Racism</li> <li>• Rumours and name calling/Peer pressure*</li> <li>• Types of bullying</li> <li>• Material wealth and happiness</li> <li>• Enjoying and respecting other cultures</li> <li>• Inclusion and Acceptance*</li> </ul> | <ul style="list-style-type: none"> <li>• Self recognition and self worth</li> <li>• Building self-esteem</li> <li>• Safer online communications</li> <li>• Rights and responsibilities online</li> <li>• Online gaming and gambling</li> <li>• Reducing screen time</li> <li>• Dangers of online grooming</li> <li>• SMAART internet safety rules*</li> </ul> | <ul style="list-style-type: none"> <li>• Self and body image</li> <li>• Puberty for girls*</li> <li>• Puberty for boys*</li> <li>• Growing responsibility</li> <li>• Coping with change</li> <li>• Preparing for transition</li> </ul> | <ul style="list-style-type: none"> <li>• Smoking, including vaping* to U6</li> <li>• Alcohol</li> <li>• Alcohol and anti-social behaviour</li> <li>• Emergency aid</li> <li>• Body image</li> <li>• Relationships with food</li> <li>• Healthy choices</li> <li>• Motivation and behaviour</li> </ul> | <ul style="list-style-type: none"> <li>• Future dreams</li> <li>• The importance of money</li> <li>• Jobs and careers</li> <li>• Dream job and how to get there</li> <li>• Goals in different cultures</li> <li>• Supporting others (charity)*</li> <li>• Motivation</li> </ul> |

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|----|---|--|---|--|---|---|
| Y6 | <ul style="list-style-type: none"> <li>Identifying goals for the year</li> <li>Global citizenship</li> <li>Children's universal rights</li> <li>Feeling welcome and valued</li> <li>Choices, consequences and rewards</li> <li>Group dynamics</li> <li>Democracy, having a voice</li> <li>Anti-social behaviour</li> <li>Stealing*</li> <li>Role-modelling</li> <li>Sustainability</li> </ul> | <ul style="list-style-type: none"> <li>Perceptions of normality</li> <li>Understanding disability</li> <li>Power struggles</li> <li>Understanding bullying</li> <li>Inclusion/exclusion</li> <li>Differences as conflict. Difference as celebration</li> <li>Empathy</li> <li>British Values*</li> </ul> | <ul style="list-style-type: none"> <li>Mental Health <ul style="list-style-type: none"> <li>Identifying mental health worries and sources of support*</li> </ul> </li> <li>Love and loss</li> <li>Managing feelings</li> <li>Power and control</li> <li>Assertiveness</li> <li>Technology safety</li> <li>Take responsibility with technology use*</li> </ul> | <ul style="list-style-type: none"> <li>Self image</li> <li>Body image</li> <li>Puberty and feelings</li> <li>Conception to Birth*</li> <li>Physical attraction</li> <li>Respect and consent</li> <li>Boyfriends and girlfriends</li> <li>Sexting</li> <li>Transition to High School</li> </ul> | <ul style="list-style-type: none"> <li>Taking personal responsibility</li> <li>How substances can affect the body/Alcohol*</li> <li>Exploitation, including 'county lines' and gang culture</li> <li>Emotional and mental health</li> <li>Managing stress</li> <li>Water Safety*</li> </ul> | <ul style="list-style-type: none"> <li>Personal learning goals, in and out of school</li> <li>Success criteria</li> <li>Emotions in success</li> <li>Making a difference in the world</li> <li>Motivation</li> <li>Recognising achievements</li> <li>Compliments</li> </ul> |

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|----------------------------|---|---|--|--|---|---|
| Whole School Focus - Ideas | <ul style="list-style-type: none"> <li>Rewards &amp; consequences</li> <li>School rules – Be respectful, Be ready, Be safe, Be Kind, Be Yourself</li> <li>School Routines: Meet and Greet, Attentive Listening, Wonderful Walking</li> <li>Organisation of pupil parliament</li> <li>Mindfulness</li> <li>Mental Health and Wellbeing</li> <li>BPS Values</li> <li>World First Aid Day</li> <li>Roald Dahl Day</li> <li>National Coding Week</li> <li>International Day of Democracy</li> <li>National Fitness Day</li> <li>National Poetry Day</li> <li>Healthy Eating Week</li> <li>Fire Safety Week</li> <li>Diwali</li> </ul> | <ul style="list-style-type: none"> <li>National Anti-bullying week/Odd Socks Day/Kindness Week</li> <li>Remembrance Day</li> <li>Bonfire Night</li> <li>International Children's Day</li> <li>Mindfulness</li> <li>Mental Health and wellbeing</li> <li>BPS Values</li> <li>Diwali</li> <li>Road Safety Week</li> <li>Thanksgiving</li> <li>Advent</li> <li>Christmas Jumper Day</li> </ul> | <ul style="list-style-type: none"> <li>Recycling/Eco Week (recycle Christmas Cards etc)</li> <li>National Handwriting Day</li> <li>Chinese New Year</li> <li>Big Garden Birdwatch</li> <li>Safer Internet Day</li> <li>International Random Acts of Kindness Week.</li> <li>Mindfulness</li> <li>Relationships</li> <li>BPS Values</li> <li>Mental Health and Wellbeing</li> </ul> | <ul style="list-style-type: none"> <li>Mother's Day</li> <li>Red Nose Day</li> <li>Pancake Day</li> <li>British Science Week</li> <li>World Book Day</li> <li>Mindfulness</li> <li>BPS Values</li> <li>Mental Health and Wellbeing</li> <li>World Wildlife Day</li> <li>World Maths March</li> <li>World Book March</li> <li>Science Week</li> </ul> | <ul style="list-style-type: none"> <li>Father's Day</li> <li>Healthy Me activities</li> <li>Mindfulness</li> <li>BPS Values</li> <li>Mental Health and Wellbeing</li> </ul> | <ul style="list-style-type: none"> <li>My Money Week – fundraising</li> <li>Next steps – Preparation for next year/Y7</li> <li>Mindfulness</li> <li>Living in the Wider World</li> <li>BPS Values</li> <li>Mental Health and Wellbeing</li> <li>Pride Month (June)</li> </ul> |



