

Upper Durham Dales Federation

PSHRE Long Term plan: Cycle B

	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
EYFS (Part 1 of each theme)	Self-identity Understanding feelings Being in a classroom	Identifying talents Being special Families	Challenges Perseverance Goal-setting	Exercising bodies Physical activity Healthy food	Family life Friendships Breaking friendships	Bodies Respecting my body Growing up
Key Stage 1 (Y2)	Hopes and Fears for the Year Rights and Responsibilities Rewards and Consequences Our Learning Charter	Boys and girls Why does bullying happen? Standing up for myself and others Gender Diversity Celebrating difference and still being friends	Goals to Success My Learning Strengths Learning with Others A Group Challenge Celebrating Our Achievement	Being Healthy Being Relaxed Healthy Eating Happy, Healthy Me!	Families Keeping Safe - exploring physical contact Friends and Conflict Secrets Trust and Appreciation Celebrating My Special Relationships	Life Cycles in Nature Growing from Young to Old The Changing Me Boys' and Girls' Bodies Assertiveness Looking Ahead
Lower Key Stage 2 (Y4)	Becoming a Class 'Team' Being a School Citizen Rights, Responsibilities and Democracy Rewards and Consequences Our Learning Charter	Judging by Appearances Understanding influences Understanding Bullying Problem-solving Special Me Celebrating Difference: how we look	Hopes and Dreams Broken Dreams Overcoming Disappointment Creating New Dreams Achieving Goals We Did It!	My Friends and Me Group Dynamics Smoking Alcohol Healthy Friendships Celebrating My Inner Strength and Assertiveness	Jealousy Love and Loss Memories Puzzle outcome: Memory Box Getting on and Falling Out Girlfriends and Boyfriends Celebrating My Relationships with People and Animals	Unique Me Having a Baby Puberty and Menstruation Circles of Change Accepting Change Looking Ahead

Upper Key Stage 2 (Y6)	My Year Ahead Being a Global Citizen The Learning Charter Our Learning Charter	Am I Normal? Understanding Difference Power Struggles Why Bully Celebrating Difference	Personal Learning Goals Steps to Success My Dream For the World Helping to Make a Difference Recognising Our Achievements	Taking responsibility for my health and well-being Drugs Exploitation Gangs Emotional and Mental Health Managing Stress and Pressure	What is Mental Health? My Mental Health Love and Loss Power and Control Being Online: Real or Fake? Safe or Unsafe? Using Technology Responsibly	My Self Image Puberty Babies: Conception to Birth Boyfriends and Girlfriends Adolescent Friendships Real self and ideal self The Year Ahead
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