

Crossley Street Primary School

PSHE LTP

PSHE topics - **green**. Mind Mate topics - **blue**. RSE topics - **pink**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	My healthy self: How can we look after our emotions? Feeling good and being me (Recognising feelings) Life Changes (New school/class, making new friends)	Connecting with others: How can I help myself and others feel happy and safe? Friends and family (Recognise how others show feelings and know how to respond)	The online world: How do we spend time online? Strong emotions (Know what is fair/unfair, right/wrong)	Citizenship: How can I help others and the environment? Being the same and being different (Celebrating differences)	Health protection: How can I protect myself and others in daily life? Solving problems/making it better (I can work well in a small group)	Staying safe: How can I stay safe?

Year 2	My healthy self: How can we look after our bodies? Feeling good and being me (celebrating strengths and setting goals) Solving problems/Making it better (Not giving up perseverance)	Connecting with others: How can I build safe, kind and caring relationships with others? Friends and family (Impact of behaviour on others)) Being the same, being different (Beginning to understand empathy)	The online world: How can we stay safe online? Strong emotions (Comfortable and uncomfortable feelings)	Citizenship: How do people belong to a community and earn money?	Growing up: How can we look after our bodies as we grow? Life Changes (Loss, I can talk about my feelings when I have lost something)	Staying safe: How can I make safe choices in different places? Loss and Bereavement - Winston's Wish..
Year 3	My healthy self: How can I	Connective with others:	The online world: How	Citizenship: What rights	Health protection:	Citizenship: What careers

	take care of my mind and body? Solving problems/Making it better (Dealing with difficult situations)	What helps us feel safe and included? Being the same and being different (Differing opinions)	should we communicate online? Feeling good and being me (Goals and aspirations - setting goals)	and responsibilities do we have? Friends and family (Unkind behaviours and impact on others)	How can we prevent illness and injury and respond if they happen? Strong Emotions (Strong emotions including anger)	do people choose and why? Life changes (Life in KS2, new faces, new routines)
Year 4	My healthy self: How can I make healthy choices? Feeling good and being me (feelings intensity, describing feelings with a range of	Connecting with others: How can we respect each other? Friends and family (skills to maintain and keep positive relationships)	The online world: How can we decide what to trust online? Life changes (Positive & negative effects on emotional wellbeing &	Citizenship: How can I spend money responsibly? Strong emotions (Resisting pressure)	Growing up: How will my body and emotions change as I grow up? Being the same and being different (Know that actions affect	Staying safe: What signs help me recognise what is safe or unsafe? Solving problems/making it better (Coping with

	words)		mental health)		themselves and others)	difficult situations)
Year 5	My healthy self: How can I support my mind and body as I grow? Feeling good & being me (Self-Belief I can do ...)	Connecting with others: Why are healthy relationships important? Friends & Family (Unhealthy friendships & relationships)	The online world: How am I influenced by what I see online? Life Changes (Aspirations to manage change positively)	Citizenship: How can we make a difference in our communities and beyond?) Strong emotions (Strong emotions & mental health)	Growing up: How can I manage the changes to my body and emotions as I grow up? Being the same, being different (Stigma I know what stereotyping is)	Citizenship: How can we be in control of our money? Solving problems/ Making it better (Talking it through Restorative justice)
Year 6	My healthy self: How do my choices today shape my future health?	Connecting with others: What does it mean to stand up for myself and others?	The online world: How do I feel about the things I see online? Life Changes	Citizenship: How can we protect everyone's rights? Strong	Staying safe: How can I stay safe as I grow up? Being the same, being	Sex education: How do people become parents and carers?

	Feeling good and being me (Self-Integrity)	Friends and family (Celebrating friendship)	(Moving on, I can talk about changes I am looking forward to)	Emotions (Understanding emotional well-being)	different (Body image/social media)	Solving problems/Maki ng it better (Looking after our mental health)
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