



St Barnabas and St Paul's C of E Primary School



PSHE Long Term Plan

	Autumn Term		Spring Term		Summer Term	
Rec to Year 6	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	'Who am I and How do I fit in?'	Respect for similarity and difference. Anti-bullying and Being Unique.	Aspirations, how to achieve goals and understanding the emotions that go with this	Being and Keeping Safe and healthy	Building positive, healthy relationships	Coping positively with change.
	Mental Health: The 5 Steps to Mental Wellbeing; the range, scale and expression of childhood emotions; appropriate emotions and behaviour; physical activity and wellbeing; social activity and wellbeing; positive routines and sleep; simple self-care techniques; isolation and loneliness; talking and getting support; the impact of bullying; when and who to ask for help and children and mental health.					

*Year 6 additional Protected Characteristics unit of work in Summer 2, please see below.

PSHE Programme of study Year 6 Summer term (2)

Protected characteristics: Gender reassignment

Jigsaw content with gender as a progressive thread – previous learning:

Rights and responsibilities

Awareness of others' perspectives

Celebrating the differences in everyone

Assumptions and stereotypes about gender

Gender diversity

Challenging assumptions

Judging by appearance

Perceptions of normality

Self-recognition and self-worth

Family stereotypes

Challenging my ideas

Self-identity

Gender reassignment in Year 6 – learning intention

- To be who you want to be - I know why people sometimes don't speak up/I know everyone in my school should be proud of who they are.

- To consider how we use pronouns.
- To consider what it means to be transgender.
- To promote diversity.
- SEAL Outcomes: Getting on and falling out: I try to recognise when I or other people are prejudging people and I try to overcome my assumptions/I know how it can feel to be excluded or treated badly because of being different.
- SEAL Outcomes: Good to be me: I accept myself for who and what I am.

Resources/stories:

Schoolwellbeing.co.uk

A crayon's story by Michael Hall Are you a boy or are you a girl? by Sarah Savage and Fox Fisher

10,000 dresses by Marcus Ewert and Rex Ray

My Princess boy by Cheryl Kilodavis & Suzanne DeSimone

Protected characteristics: sexual orientation

Jigsaw content with sexual orientation as a progressive thread – previous learning:

Rights and responsibilities

Awareness of others' perspectives

Celebrating the differences in everyone

Family life

Belonging to a family

Awareness of how others have different lives

Love and healthy relationships

Family stereotypes

Physical attraction

Boyfriends/girlfriends

Sexual orientation in Year 6 – learning intention

- To have an awareness of The Equality Act 2010 to protect people from discrimination.
- To respect positive relationships.
- To understand that a person's sexual orientation is a part of who they are and can change in a person's lifetime.
- To suggest ways, we can help stop people being bullied for being different and ways to get support.

- To know all people, have the right to be free from discrimination because of sexual orientation and gender identity.

Resources/stories:

mentallyhealthyschools.org.uk

[www.gov.uk/protected characteristics](https://www.gov.uk/protected-characteristics)