

PSHE Long term plan (2 year cycle)

Believe: -

Brigstock school is a place where children's belief in themselves, God and others enables them to grow and flourish. As God believe in us, so we believe in ourselves. Children and adults in our school adopt a belief in themselves that we all matter and we are all loved.

We know that our community is unique and offers us the opportunity to feel supported and safe.

Grow: -

All children at Brigstock will have the opportunity to grow into whoever they want to be. They are given the tools to become and believe they can follow the aspirational path of their own choice.

We work together as a school community to build strong foundations to enable success and growth for all. Children are provided with many opportunities for extra curricular growth and aspirational experiences to gain a better understanding of the wider world.

Flourish: -

As a school, we support children in continuing to believe in and challenge themselves in order for them to flourish in all they do, from the moment they join.

When children leave at the end of Year 6, we believe that all of our children are ready for their next steps. They are aware of their strengths and are equipped with the tools that they need to live life in all its fullness.

As a school, we support children in continuing to believe and challenge themselves in order for them to flourish in all they do. At Brigstock, our vision underpins everything that takes place in school and is followed children and adults in all they do. It is always at the forefront of our learning and drives our thinking and curriculum forward.

"Jesus came to give us life, life in all its fullness"
John 10:10

Year A/ B

At Brigstock Latham's we follow the Kapow scheme which is a long term plan that focuses on the essential skills and knowledge of the subject. Our scheme of work fulfils the statutory requirements for Relationships and Health Education set out by the Department for Education. It also fulfils the National Curriculum requirement to teach PSHE ('All schools should make provision for personal, social, health and economic education ') and goes beyond the statutory requirements by referring to the PSHE Association Programme of Study (recommended by the Department for Education)

There are meaningful opportunities for cross-curricular learning, in particular with Computing for online safety and Science for growing, nutrition, teeth, diet and lifestyle. The scheme provides consistent messages throughout the age ranges including how and where to access help.

Digital literacy is embedded throughout the scheme. Pupils learn how to use technology safely and responsibly, make informed choices online and understand how their digital behaviour affects themselves and others.

Kapow Primary's RSE & PSHE curriculum gives pupils regular opportunities to develop their oracy skills. Pupils discuss scenarios, share ideas and explain their thinking using key vocabulary. They role-play situations such as asking for help or being assertive and are encouraged to consider how tone of voice, volume and body language support their message. Pupils ask and answer questions, express their opinions in a respectful and thoughtful way and collaborate in pairs or groups. They also practise summarising key information, helping them communicate clearly and confidently in a range of personal and social contexts.

Through the Citizenship key area, pupils explore environmental awareness as part of their rights and responsibilities within the wider community. Lessons highlight how caring for the planet is connected to caring for others, encouraging empathy, activism and a shared sense of global citizenship. Critical thinking is a key strand of the RSE & PSHE curriculum. Through discussion, questioning and exploring scenarios, pupils consider different viewpoints, recognise fairness, spot pressure and judge whether something feels right or safe. This enhances their understanding that health, safety and wellbeing guidance is based on evidence, expertise and law.

Pupils develop media and information literacy by questioning packaging claims in My healthy self-units, thinking carefully about people's intentions when they offer gifts or attention and learning to understand medical information.

Year A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Self-regulation: My Feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My Family and friends	Managing self: My wellbeing
Year 1/2	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Health protection: How can I protect myself and others in daily life?	Staying safe: How can I stay safe?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can we stay safe online?
Year 3/ 4 LKS2	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Citizenship: What careers do people choose and why?	Staying safe: What signs help me recognise what is safe or unsafe?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?
Year 5/ 6 UKS2	The online world: How am I influenced by what I see online?	Connecting with others: Why are healthy relationships important?	Citizenship: How can we be in control of our money?	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?	Staying safe: How can I stay safe as I grow up?

Year B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Self-regulation: My Feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My Family and friends	Managing self: My wellbeing
Year 1/2	My healthy self: How can we look after our emotions?	Citizenship: How can I help others and the environment?	Citizenship: How do people belong to a community and earn money?	My healthy self: How can we look after our bodies?	Growing up: How can we look after and respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
Year 3/ 4 LKS2	My healthy self: How can I take care of my mind and body?	Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen?	My healthy self: How can I make healthy choices?	Citizenship: How can I spend money responsibly?	Growing up: How will my body and emotions change as I grow up?
Year 5/ 6 UKS2	My healthy self: How can I support my mind and body as I grow?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	My healthy self: How do my choices today shape my future health?	Citizenship: How can we protect everyone's rights?	Sex education: How do people become parents and carers?