




**All Saints CE School**  
**PSHE, Safeguarding and Wellbeing Curriculum**

**Whole School Long Term Plan**

**Key**


- Orange - Citizenship**
- Blue – Safety – common risks**
- Green – Economic Understanding**
- Pink – Understanding of technology and media**
- Grey - Wellbeing**

EYFS						
 EYFS	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
Outline Content	Self-identity Understanding feelings Being in a classroom Being gentle <b>Rights and responsibilities</b>	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help <b>Jobs</b> Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean <b>Safety</b>	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Assessment Outcomes	Children will be assessed using the Development Matters Curriculum at each assessment phase. Aspects of PSHE will be found in PSED, C&L, PD and UW.					
Other safeguarding	<b>Mental health awareness day</b> <b>Fire work safety</b> <b>Halloween (being safe).</b> <b>Anti-bullying week</b> <b>Online safety week</b> <b>Sun Safe – using sun screen/ sun hats</b> <b>Online safety computing curriculum</b>  <b>Water safety - swimming</b>					



**All Saints CE School**  
**PSHE, Safeguarding and Wellbeing Curriculum**

Other key aspects	<p>School Council</p> <p>Charity Fundraising</p> <p>Online safety computing curriculum</p>
-------------------	--

Year 1						
 Year 1	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
Outline Content	Feeling special and safe. Being part of a class. <b>Rights and responsibilities.</b> Rewards and feeling proud. <b>Consequences.</b> <b>Owning the Learning Charter.</b>	Similarities and differences. Understanding bullying and knowing how to deal with it. Making new friends. Celebrating the differences in everyone.	Setting goals. Identifying successes and achievements. Learning styles. Working well and celebrating achievement with a partner. Tackling new challenges Identifying and overcoming obstacles. Feelings of success.	Keeping myself healthy Healthier lifestyle choices Keeping clean <b>Being safe Medicine safety/safety with household items</b> Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend <b>Physical contact preferences</b> People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change <b>Transition</b>




**All Saints CE School**  
**PSHE, Safeguarding and Wellbeing Curriculum**

Assessment Outcomes		I can tell you some ways I am different from my friends. I understand these differences make us all special and unique.	<del>I can tell you how I felt</del> when I succeeded in a new challenge and how I celebrated it. I know how to store the feelings of success in my internal treasure chest.	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy. I can recognise how being healthy helps me to feel happy.	I can tell you why I appreciate someone who is special to me. I can express how I feel about them.	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina. I respect my body and understand which parts are private.
---------------------	--	---	--	---	--	---

Other safeguarding	<p><b>Mental health awareness day</b></p> <p><b>Fire work safety</b></p> <p><b>Halloween (being safe)</b></p> <p><b>Anti-bullying week</b></p> <p><b>Online safety week</b></p> <p><b>Sun Safe – using sun screen/ sun hats</b></p> <p>Online safety computing curriculum</p> <p><b>Water safety - swimming</b></p>
Other key aspects	<p>School Council</p> <p>Charity Fundraising</p> <p>Online safety computing curriculum</p>



**All Saints CE School**  
**PSHE, Safeguarding and Wellbeing Curriculum**

 Year 2	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
Outline Content	Hopes and fears for the year <b>Rights and responsibilities</b> <b>Rewards and consequences</b> <b>Safe and fair learning environment</b> Valuing contributions <b>Choices</b> Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family <b>Physical contact boundaries</b> Friendship and conflict <b>Secrets</b> Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old <b>Increasing independence</b> Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Assessment Outcomes		I can identify some ways in which my friend is different from me  I can tell you why I value this difference about him/her	I can explain some of the ways I worked cooperatively in my group to create the end product  I can express how it felt to be working as part of this group	I can make some healthy snacks and explain why they are good for my body  I can express how it feels to share healthy food with my friends	I can identify some of the things that cause conflict between me and my friends  I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private




**All Saints CE School**  
**PSHE, Safeguarding and Wellbeing Curriculum**

Other safeguarding	<b>Mental health awareness day</b> <b>Fire work safety</b> <b>Halloween (being safe).</b> <b>Anti-bullying week</b> <b>Online safety week</b> <b>Sun Safe – using sun screen/ sun hats</b> <b>Online safety computing curriculum</b>  <b>Water safety - swimming</b>
Other key aspects	<b>School Council</b>  <b>Charity Fundraising</b>

Year 3						
 Year 3	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
Outline Content	Setting personal goals	Families and their differences	Difficult challenges and achieving	Exercise Fitness challenges	Family roles and responsibilities	How babies grow




**All Saints CE School**  
**PSHE, Safeguarding and Wellbeing Curriculum**

	<p>Self-identity and worth          Positivity in challenges          Rules, rights and responsibilities          Rewards and consequences          Responsible choices          Seeing things from others' perspectives</p>	<p>Family conflict and how to manage it (child-centred)          Witnessing bullying and how to solve it          Recognising how words can be hurtful          Giving and receiving compliments</p>	<p>Success-Dreams and ambitions          New challenges          Motivation and enthusiasm          Recognising and trying to overcome obstacles          Evaluating learning processes          Managing feelings          Simple budgeting</p>	<p>Food labelling and healthy swaps          Attitudes towards drugs          Keeping safe and why it's important online and off line scenarios          Respect for myself and others          Healthy and safe choices</p>	<p>Friendship and negotiation          Keeping safe online and who to go to for help          Being a global citizen          Being aware of how my choices affect others          Awareness of how other children have different lives          Expressing appreciation for family and friends</p>	<p>Understanding a baby's needs          Outside body changes          Inside body changes          Family stereotypes          Challenging my ideas          Preparing for transition</p>
<p>Assessment Outcomes</p>		<p>I can tell you about a time when my words affected someone's feelings and what the consequences were          I can give and receive compliments and know how this feels</p>	<p>I can evaluate my own learning process and identify how it can be better next time          I am confident in sharing my success with others and know how to store my feelings of success in my internal treasure chest</p>	<p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help          I can express how being anxious or scared feels</p>	<p>I can explain how some of the actions and work of people around the world help and influence my life and can show an awareness of how this could affect my choices</p>	<p>I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up          I recognise how I feel about these changes happening to me and know how to cope with these feelings</p>



**All Saints CE School**  
**PSHE, Safeguarding and Wellbeing Curriculum**

Other safeguarding	<b>Mental health awareness day</b> <b>Fire work safety</b> <b>Halloween (being safe).</b> <b>Anti-bullying week</b> <b>Online safety week</b> <b>Sun Safe – using sun screen/ sun hats</b> <b>Online safety computing curriculum</b> <b>Water safety - swimming</b>
Other key aspects	<b>School Council</b> <b>Charity Fundraising</b>

Year 4						
 Year 4	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
Outline Content	<b>Being part of a class team</b> <b>Being a school citizen Rights, responsibilities and democracy (school council)</b> <b>Rewards and consequences</b> <b>Group decision making</b> <b>Having a voice What motivates behaviour</b>	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics <b>Smoking</b> <b>Alcohol</b> <b>Assertiveness</b> <b>Peer pressure</b> Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change




**All Saints CE School**  
**PSHE, Safeguarding and Wellbeing Curriculum**

Assessment Outcomes		<p>I can tell you a time when my first impression of someone changed as I got to know them</p> <p>I can explain why it is good to accept people for who they are</p>	<p><del>I know how to make a</del> new plan and set new goals even if I have been disappointed</p> <p>I know what it means to be resilient and to have a positive attitude</p>	<p><del>I can</del> recognise when people are putting me under pressure and can explain ways to resist this when I want to</p> <p>I can identify feelings of anxiety</p>	<p>I can explain different points of view on an animal rights issue and express my own opinion and feelings on this</p>	<p>I can identify what I am looking forward to when I am in Year 5</p> <p>I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this</p>
Other safeguarding	<p><b>Mental health awareness day</b>  <b>Fire work safety</b>  <b>Halloween (being safe).</b>  <b>Anti-bullying week</b>  <b>Online safety week</b>  <b>Sun Safe – using sun screen/ sun hats</b>  <b>Online safety computing curriculum</b> <b>Water safety - swimming</b></p>					
Other key aspects	<p><b>School Council</b>  <b>Charity Fundraising</b></p>					





**All Saints CE School**  
**PSHE, Safeguarding and Wellbeing Curriculum**

 Year 5	Autumn 1 Being Me in my World	Autumn 2 Celebrating Difference	<del>Spring 1 Dreams            and Goals</del>	<del>Spring 2 Healthy            Me</del>	Summer 1 Relationships	Summer 2 Changing Me
Outline Content	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	<del>Future dreams            The importance of money            Jobs and careers            Dream job and how to get there            Goals in different cultures            Supporting others (charity)            Motivation</del>	<del>Smoking, including vaping            Alcohol            Alcohol and antisocial behaviour            Emergency aid            Body image            Relationships with food            Healthy choices            Motivation and behaviour</del>	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition
Assessment Outcomes		I can explain the differences between direct and indirect types of bullying I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied	I can describe the dreams and goals of a young person in a culture different from mine and can reflect on how these relate to my own	I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures I respect and value my body	I can explain how to stay safe when using technology to communicate with my friends I can recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others	I can describe how boys' and girls' bodies change during puberty I can express how I feel about the changes that will happen to me during puberty



**All Saints CE School**  
**PSHE, Safeguarding and Wellbeing Curriculum**

Other safeguarding	<b>Mental health awareness day</b> Fire work safety Halloween (being safe). Anti-bullying week Online safety week Sun Safe – using sun screen/ sun hats Online safety computing curriculum  <b>Water safety - swimming</b>
Other key aspects	<b>School Council</b> <b>Charity Fundraising</b> <b>Fair trade - Geography</b>

<b>Year 6</b>						
Year 6	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



**All Saints CE School**  
**PSHE, Safeguarding and Wellbeing Curriculum**

<p>Outline Content</p>	<p>Identifying goals for the year          Global citizenship          Children’s universal rights          Feeling welcome and valued          Choices, consequences and rewards          Group dynamics          Democracy, having a voice          Anti-social behaviour          Role-modelling</p>	<p>Perceptions of normality          Understanding disability          Power struggles          Understanding bullying          Inclusion/exclusion          Differences as conflict, difference as celebration          Empathy</p>	<p><del>Personal</del> learning goals, in and out of school          Success criteria          Emotions in success          Making a difference in the world          Motivation          Recognising achievements          Compliments</p>	<p>Taking personal responsibility          How substances affect the body          Exploitation, including ‘county lines’ and gang culture          Emotional and mental health          Managing stress</p>	<p>Mental health          Identifying mental health worries and sources of support          Love and loss          Managing feelings          Power and control          Assertiveness          Technology safety          Take responsibility with technology use</p>	<p>Self-image          Body image          Puberty and feelings          Conception to birth          Reflections about change          Physical attraction          Respect and consent          Boyfriends/girlfriends          Sexting          Transition to secondary school</p>
<p>Assessment Outcomes</p>		<p>I can explain ways in which difference can be a source of conflict or a cause for celebration and can show empathy with people in either situation</p>	<p>I can describe some ways in which I can work with other people to help make the world a better place           I can identify why I am motivated to do this</p>	<p>I can evaluate when alcohol is being used responsibly, antisocially or being misused           I can tell you how I feel about using alcohol when I am older and my reasons for this</p>	<p>I can recognise when people are trying to gain power or control           I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</p>	<p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born and           I recognise how I feel when I reflect on the development and birth of a baby</p>
<p>Other safeguarding</p>	<p><b>Mental health awareness day</b>  <b>Fire work safety</b>  <b>Halloween (being safe)</b>  <b>Anti-bullying week</b>  <b>Online safety week</b>  <b>Sun Safe – using sun screen/ sun hats</b>  <b>Road Safety talk</b>  <b>Water safety – swimming</b></p>					



**All Saints CE School**  
**PSHE, Safeguarding and Wellbeing Curriculum**

	<p>Online safety computing curriculum _____</p> <p>Cycle proficiency</p> <p>Mini police</p>
<b>Other key aspects</b>	<p>School Council</p> <p>Y6 Elected positions</p> <p>Charity Fundraising</p>