



West Leigh Junior School – PSHE Curriculum Long Term Plan 2021-22

| Key: | Relationships and Feelings | | Living in the Wider World | | Health and Wellbeing | |
|---------------|--------------------------------|--|---|--|--|---------------------------------|
| Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Year 3 | Why are friendships important? | | Why is family life important? | How can we keep our bodies healthy? | How can I show respect? | What jobs would we like? |
| Year 4 | How can I eat well? | What is bullying and what can we do about it? | What is the same and different about us? | How can I look after my body? (RSE) | How can I describe and manage my emotions? | How can I manage my money? |
| Year 5 | What does discrimination mean? | How can I make decisions to keep myself and others safe? | How should I respond in an emergency? | How do we grow and change? (RSE) | Who runs our country? | Which choices affect my health? |
| Year 6 | How can we manage risk? | What do I need to know about drugs, alcohol and tobacco? | How can we look after and improve our mental wellbeing? | What are my rights and responsibilities? | What makes a healthy and happy relationship? (RSE) | |
| | Thriving Online | | | | | |