



Co-op Academy Medlock - PSHE Curriculum Long term plan

with guidance from MANCHESTER I-MATTERS/ PSHE ASSOCIATION

Term	Autumn			Spring			Summer				
Core theme	Health and Wellbeing			Living in the wider world			Relationships			Health and Relationships (Summer)	
	Healthy Lifestyles	Growing and Changing	Keeping Safe	Rights and Responsibilities	Environment	Money	Feelings and Emotions	Healthy Relationships	Valuing Difference		
N1	How do I stay safe at nursery? (Setting Rules)	How do I keep clean (hands)?		Who is special to me?	How can we share?		Who is your friend?	How do I know if someone is happy or sad?		PANTS sessions (NSPCC)	
N2	Who is in my family?	How do I keep clean (inc teeth)?		Why should we listen to people?	How can I care for something growing?		Who can I talk to about my feelings?	What makes me special? (How am I different?)			
	Zones of Regulation PSHE: Can I recognise different facial expressions Zones of Regulation Circle Time: Can I label some emotions?			Zones of Regulation PSHE: What are the Zones? (Introduce one visual emotion for each zone) Zones of Regulation Circle Time: Can I sort the emotions I know into zones?			Zones of Regulation PSHE: What feelings can I name for each zone? Zones of Regulation Circle Time: How can we help our friends when they are feeling in the blue zone?				
R	Why am I special and unique?	Who keeps me safe?		Why is it important to work with others?	How can we care for our garden? What is money?		What foods are healthy?	What makes a good friend? / What is going to change (in KS1)?			
	Zones of Regulation PSHE: What do 'Zones of Regulation' look like in Reception? Zones of Regulation Circle Time: Introduce some 2-3 tools to help in each zone			Zones of Regulation PSHE: Can I label 2 emotions in each zone? Zones of Regulation Which tools help me to stay calm?			Zones of Regulation PSHE: How do I know Angry Arthur was feeling red? What are the feelings in the red zone? Zones of Regulation Circle Time: How do zones help me when I am sad?				
Y1	What helps our bodies to grow and be healthy?	Who helps to keep us safe?		How can we look after each other and our local area?	What can we do with money?		What is the same and different about us?	What is a healthy relationship?	1. Who are the people in my life that love me and care for me? 2. What are the differences and similarities between people? 3. What are the		

							similarities between boys and girls?
	Zones of Regulation PSHE: What does 'Zones of Regulation' look like in Year 1? Zones of Regulation Circle Time: Which strategies work for me?		Zones of Regulation PSHE: How do feelings make me act? Zones of Regulation Circle Time: What can I do if my friend's in the yellow or red zone?		Zones of Regulation PSHE: What are the feelings in the yellow zone? Zones of Regulation Circle Time: How have Zones helped me in Year 1?		
Y2	How do I make healthy choices for my body and my brain?	What helps us to stay safe in different situations?	How do I show others I care?	What do we use money for? How can I respect myself and others?	How do our feelings affect ourselves and others?	What is bullying?	1. What is private? (body parts) 2. What happens when the body grows young to old? 3. What is fair, unfair, kind and unkind? (friendship)
	Zones of Regulation PSHE: What does 'Zones of Regulation' look like in Year 2? Zones of Regulation Circle Time: Which strategies work for me?		Zones of Regulation PSHE: How do feelings make me act? Zones of Regulation Circle Time: What can I do if my friend's in the yellow or red zone?		Zones of Regulation PSHE: Why is it important to regulate in the yellow zone? Zones of Regulation Circle Time: How have Zones helped me in Year 2?		
Y3	How does diet impact me?	What keeps us safe?	What are rights and responsibilities?	What makes a community?	How do I recognise and respond to the needs of others?	How can I develop healthy relationships?	1. What is personal space? 2. What does a healthy relationship look like? 3. Why is being equal important in relationships?
	Zones of Regulation PSHE: What does 'Zones of Regulation' look like in Year 3? Zones of Regulation Circle Time: What strategies have worked?		Zones of Regulation PSHE: How do my behaviours impact others? Zones of Regulation Circle Time: When is it appropriate to help my friend in the red zone?		Zones of Regulation PSHE: What triggers me to move zones? Zones of Regulation Circle Time: How have Zones helped me in Year 3?		
Y4	What makes me 'Me'?	Who is responsible for 'Me'?	How do I show responsibility for myself and others?	How can I support my community?	How do we show we care?	How do we show respect?	1. What is diversity? 2. Do boys and girls have different roles? 3. What changes happen to my body?
	Zones of Regulation PSHE: Zones in Year 4 Zones of Regulation Circle Time: What strategies have worked?		Zones of Regulation PSHE: How do my behaviours impact my friendships? Zones of Regulation Circle Time: When is it appropriate to help my friend in the red zone?		Zones of Regulation PSHE: Does everyone live in the green zone? Zones of Regulation Circle Time: How have Zones helped me in Year 4?		

Y5	How do we make informed decisions?	How do I become more responsible for my own wellbeing?	What rules and decisions affect me and my community?	What decisions can people make with money?	How do we develop reciprocity?	What are positive relationships?	<ol style="list-style-type: none"> 1. What is puberty? 2. What are the different relationships in my life? 3. What is unwanted touch?
	Zones of Regulation PSHE: Zones in Year 5 Zones of Regulation Circle Time: What strategies have worked?		Zones of Regulation PSHE: How do my behaviours impact my friendships? Zones of Regulation Circle Time: When is it appropriate to help my friend in the red zone?		Zones of Regulation PSHE: Does everyone live in the green zone? Zones of Regulation Circle Time: How have Zones helped me in Year 5?		
Y6	How can we keep healthy as we grow?	How do we look after ourselves?	How can the media influence people?	How can I begin to prepare for life beyond school?	How do we show we respect differences?	What will change as we become more independent?	<ol style="list-style-type: none"> 1. What changes happen in my life? 2. What happens in a loving relationship and what is forced marriage? 3. How is a baby made?
	Zones of Regulation PSHE: Zones in Year 6 Zones of Regulation Circle Time: What strategies have worked?		Zones of Regulation PSHE: How do my behaviours impact my community? Zones of Regulation Circle Time: When is it appropriate to help my friend in the red zone?		Zones of Regulation PSHE: Does everyone live in the green zone? Zones of Regulation Circle Time: How have Zones helped me in Year 6?		