

Malvern Parish – PSHE Long Term Plan 2024/2025

	<b>EYFS</b> <b>PSED</b> Self- regulation Managing self Building relationships	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>

<p><b>Autumn 1</b></p>	<p><b>Autumn 1</b>  <b>Building Relationships</b>  <b>My family and friends</b>  <b>Lesson 2: Sharing</b>                  Understanding why sharing is important.  <b>Lesson 3: What makes a good friend?</b>                  Understanding the characteristics that make a good friend.  <b>Lesson 4: Being a good friend</b>                  Learning the importance of supporting others by being kind.  <b>Lesson 5: Teamwork</b>                  Understanding the importance of perseverance in the face of challenge.  <b>Lesson 2: (from autumn 2)</b>  <b>Listening to a story</b>                  Listening attentively to a story; answering questions and retelling parts of a story.</p>	<p><b>Family and Relationships</b>                  What is family?                  Can I understand that families look after us?                  What are friendships?                  Can I understand the importance of positive friendships?                  Recognising other people's emotion                  Can I recognise how others show feelings and how to respond?                  Friendship Problems                  Can I understand how we can overcome problems?                  Healthy Friendships                  Can I understand being friendly helps people feel welcome and included.</p>	<p><b>Citizenship</b>                  Rules Beyond School                  Can I understand the importance of rules?                    Our School Environment                  Can I look after the school environment?                    Similar yet Different                  Can I recognise similarities and differences between people in our local community?                    Giving my Opinion                  Can I understand ways to share an opinion?</p>	<p><b>Family and Relationships</b>                  Healthy Families                  Can I understand families supporting each other but sometimes problems occur.                    Friendship Conflicts                  Can I understand problems that can be resolved?                    Friendship conflicts v's bullying                  Can I understand the impact of bullying?                    Learning who to Trust                  Why is trust an important part of relationships?                    Respecting differences in others                  Can I respect differences?                    Stereotyping Gender                  Can I recognise stereotype?</p>	<p><b>Family and Relationships</b>                  Respecting and manners                  Can I use courtesy and manners?                    Healthy Friendships                  Can I understand physical and emotional boundaries in friendships?                    Bullying                  Can I understand the impact of bullying?                    Stereotypes : Disability                  Can I recognise that stereotypes can relate to a number of factors?                    Change and Loss                  Can I explore what bereavement is and who can help us?</p>	<p><b>Family and Relationships</b>                  Friendship Skills                  Can I explore the ups and down of friendships?                    Marriage                  Can I understand the concept of marriage.                    Respecting myself                  Can I begin to understand self respect?                    Family Life                  Can I begin to understand family life can make people feel unhappy?                    Bullying                  Can I understand bullying and how I can help?                    Stereotypes : Race and Religion                  Can I explore the impact of stereotypes and how they can lead to discrimination?</p>	<p><b>Family and relationships</b>                  Respect                  Can I understand what is respect and why it is important?                    Respectful Relationships                  Can I understand that respect is two way?                    Challenging Stereotypes                  Can I understand stereotypes and be able to share information on them?                    Resolving conflict                  Can I resolve disputes and conflict through negotiation and compromise?                    Change and Loss                  Can I understand the process and emotions relating to grief?</p>
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<b>Key Vocabulary</b>	classmates/friend 2 share/sharing friend take turns friendly kind polite 3 share friend take turns kind feelings emotions 4 friend kind compliment support loved appreciated happy 5 team teamwork teammate collaborate work together listen support encourage 2/2 listen listening Understanding	Emotions Family Feelings Friend Problem Stereotype permission	Environment Opinion Rule Election vote	Bullying Communicate Empathy Similar Solve Sympathy Trust	Act of Kindness Bereavement Boundaries Permission Bystander	Attributes Cyberbullying Marriage Secret Wedding  Bullying (Yr3) Bystander (Yr4)	Authority Conflict Grief Resolve Respect  Stereotype (Yr1)
Opportunities to discuss <b>Malvern Parish Values</b>	<b>Friendship</b>	<b>Friendship Peace</b>	<b>Respect</b>	<b>Trust Respect Peace Forgiveness</b>	<b>Trust Friendship Truthfulness Respect</b>	<b>Friendship Respect</b>	<b>Respect Forgiveness</b>
Opportunities to discuss <b>British Values</b>		<b>Mutual Respect</b>	<b>Rule of Law</b>	<b>Tolerance</b>	<b>Tolerance</b>	<b>Mutual Respect Individual Liberty</b>	<b>Mutual respect Tolerance</b>

<p><b>Autumn 2</b></p>	<p><b>AUTUMN 2</b>  <b>Self-Regulation</b>  <b>Listening and following instructions</b>                  (from Autumn 1)  <b>1: Festivals</b>                  Thinking about the perspectives of others in the class and learning about how different beliefs celebrate special times.  <b>6: Celebrating friendships</b>                  Planning a party to celebrate the special friendships within the class. (linked to the birthday party)  <b>1: Simon says</b>                  Learning the importance of listening carefully by playing recall games.  <b>3: Pass the whisper</b>                  Understanding the importance of listening carefully, telling the truth and thinking of others' feelings.  <b>4: Obstacle races</b>                  Following instructions or actions and persevering when things get difficult.  <b>5: Blindfold walk</b>                  Learning to follow instructions involving several ideas or actions and giving simple instructions.  <b>6: Treasure hunt</b>                  Learning to listen and respond to phrases and instructions.</p>	<p><b>Health and Wellbeing</b>  <b>Understanding Emotions</b>  <b>Can I To describe feelings and develop simple strategies for managing them?</b></p> <p><b>Ready for Bed</b>  <b>Can I understand the benefits of physical activity and rest?</b></p> <p><b>Handwashing and Personal Hygiene</b>                  Can I begin to understand how germs are spread and how we can stop them spreading?</p> <p>Sun Safety                  Can I To begin to understand the risks associated with the sun?</p> <p>Allergies                  Can I begin to understand what an allergy is?</p>	<p><b>Families and Relationships</b>  <b>Families are different</b>  <b>Can I begin to understand the range of families they may encounter now and in the future?</b></p> <p><b>Unhappy friendships</b>                  Can I begin to understand that some friendships might make us feel unhappy and how to deal with this?</p> <p><b>Introduction to manners and courtesy</b>  <b>Can I begin to understand the conventions of courtesy and manners?</b></p> <p><b>Change and Loss</b>                  Can I begin to understand how loss and change can affect us?</p> <p><b>Gender stereotypes: Career and Jobs</b>                  Can I develop an understanding of stereotypes and how these might affect job/career choices?</p>	<p><b>Economic Wellbeing</b>                  How can we pay for something?                  Can I understand the different ways to pay for things and why people might choose them?</p> <p>Budgeting                  Can I understand how to put a budget together?</p> <p>Understanding our feelings about Money                  Can I recognise that money has an impact on how we feel?</p> <p>Career Quest                  Can I understand that there are a range of jobs available and to think about what job they might want to do?</p> <p>Can anyone be anything?                  Can understand that there are stereotypes in the workplace and these should not limit people's career aspirations?</p>	<p><b>Economic Wellbeing</b>  <b>Value for money</b>  <b>Can I To recognise factors influencing value for money?</b></p> <p><b>Keeping Track of money</b>  <b>Can I understand the importance of monitoring money?</b></p> <p><b>Looking after money</b>  <b>Can I describe different ways of keeping money safe?</b></p> <p><b>Influences on Career choices</b>  <b>Can I understand how different factors can influence career choices?</b></p> <p><b>Workplace Equality</b>  <b>Can I identify and challenge stereotyping in the workplace?</b></p>	<p>Economic Wellbeing                  How can we make our money stretch further?                  Can I prioritise need over want?</p> <p>Borrowing and Loaning                  Can I identify the significance of borrowing and loaning money?</p> <p>Risks handling money online                  Can I examine the risks associated with handling money online?</p> <p>Why challenge workplace stereotypes?                  Can I identify and challenge stereotyping in the workplace?</p> <p>Finding a suitable career                  Can I explore how personal interests and skills align with different careers?</p>	<p>Economic Wellbeing                  Navigating feelings about money                  Can I identify feelings around money and discuss their impact.</p> <p>Keeping money safe                  Can I To recognise how to safeguard money in digital and physical environments?</p> <p>The Risks of Gambling                  Can I recognise the risks of gambling?</p> <p>Workplace Environments                  Can I explore how different careers operate in a workplace?</p> <p>Careers                  To explore different career routes and their requirement?</p>
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<p><b>Key Vocabulary</b></p>	<p>1 Festivals festival special event religion culture beliefs tradition 6 -classmates celebrate celebration friendship relationship party classroom Listening 1/2 -listen listening understanding 3 friends truth feelings honest 4 listen instructions obstacle course challenge persevere persist team 5 blindfold obstacles listen explain instructions team 6 odd different listens clue hunt</p>	<p>Allergy Emotions Feelings Germs Illness</p>	<p>Friendship Love Manners Feelings Emotions</p>	<p>Account Budget Career Feeling Stereotype</p>	<p>Bank Account Bank Statement Influence Value for Money  Account ( Yr3) Budget (Yr3) Career (Yr3)</p>	<p>Allocate Expenditure Income Loan Repayment</p>	<p>Earnings Gambling Roles and Responsibilities University Valuables</p>
<p>Opportunities to discuss <b>Malvern Parish Values</b></p>		<p><b>Trust</b></p>	<p><b>Respect</b></p>			<p><b>Respect</b></p>	<p><b>Truthfulness</b></p>
<p>Opportunities to discuss <b>British Values</b></p>			<p><b>Mutual Respect Tolerance</b></p>	<p><b>Individual liberty</b></p>	<p><b>Individual Liberty</b></p>	<p><b>Mutual Respect</b></p>	

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<p><b>Spring 1</b></p>	<p><u>Spring 1</u>  <b>Managing-self</b>  <b>Taking on Challenges</b>  <b>Why do we have rules?</b>                  Can I understand why we have rules?   <b>Building Towers</b>                  Can I understand the importance of persistence in the face of challenges?   <b>Team Den Building</b>                  Can I work together as a group to overcome challenges?   <b>Grounding</b>                  Can I learn and practise 'grounding' coping strategies?   <b>Team Races</b>                  Can I understand the importance of perseverance in the face of challenge?   <b>Circus Skills</b>                  Through resilience and perseverance, children discover how to face and complete challenges when learning circus skills.</p>	<p><b>Safety and Changing Body (8 lesson over a term)</b>  <b>Adults in School</b>  <b>Do I know how to respond to adults in a safe and familiar context?</b>   <b>Adults outside school</b>  <b>Do I understand how to respond to adults in a range of situations?</b>   <b>Getting Lost</b>  <b>Do I understand what to do if I get lost?</b>   <b>Making an emergency phone call</b>  <b>Do I know what an emergency is and how to make a phone call if needed?</b></p>	<p><b>Health and Wellbeing</b>  <b>Experiencing different emotions</b>  <b>Can I describe a range of feelings and develop simple strategies for managing them?</b>   <b>Being Active</b>  <b>Do I understand the benefits of physical activity?</b>   <b>Developing a Growth Mindset</b>  <b>Can I identify strategies to help overcome barriers or manage difficult emotions?</b>   <b>Healthy Diet</b>  <b>Do I To understand what it means to have a healthy diet?</b>   <b>Looking after our teeth</b>  <b>Can I understand ways of looking after our teeth?</b></p>	<p><b>Citizenship</b>  <b>Rights of the child</b>                  Do I understand the UN convention on the rights of the child?   <b>Rights and Responsibilities</b>                  Do I understand the responsibilities of both children and adults to help all children benefit from their rights?   <b>Recycling</b>                  Can I understand the environmental benefits of recycling?   <b>Charity</b>                  Can I understand that charities care for others and how people can support them?   <b>Local democracy</b>                  Can I begin to understand how democracy works in the local area?</p>	<p><b>Citizenship</b>  <b>What are human rights?</b>  <b>Can I begin to understand the Human Rights convention?</b>   <b>Caring for the environment</b>  <b>Can I understand how reusing items benefits the environment?</b>   <b>Community</b>  <b>Can I understand the role of groups in the wider community?</b>   <b>Contributing</b>  <b>Can I understand the contribution groups make to a community?</b>   <b>Diverse Communities</b>  <b>Do I understand the value of diversity in a community?</b></p>	<p><b>Health and Wellbeing</b>  <b>Relaxation: Yoga</b>                  Can I use yoga poses and breathing to relax?                   The importance of rest                  Do I understand the benefits of sleep?                   Embracing Failure                  Can I understand the purpose of failure?                   Going for Goals                  Can I learn how to set short-term, medium-term and long-term goals?</p>	<p><b>Health and Wellbeing</b>  <b>Taking Responsibility for my health</b>                  Can I understand and plan for a healthy lifestyle?                   The impact of technology on health                  Do I understand the potential impact of technology on physical and mental health?                   Resilience Toolkit                  Can I reflect on skills they have developed to identify and respond to difficult situations?                   Immunisation                  Can I understand ways that we help prevent ourselves and others becoming ill?                   Physical health concerns                  Can I understand what happens when we are ill and begin to understand when to seek support</p>
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<b>Key Vocabulary</b>	Rule Persistence Challenge Problem Solving Teamwork reason right/wrong safe confident comfortable fair equal enjoyable calm orderly	Accident Emergency Trust Own Address Physical contact	Diet Exercise Healthy Growth Mindset Physical Activity	United Nations/UN Charity Rights Law Council/Councillor	Human Rights Diversity Authority Local Government Reuse	Fail Relaxation (Yr2) Protect Steps Goal (Yr2)	Antibodies Vaccination Growth Mindset ( Yr2) Responsibility ( Yr5) Skill (Yr 2)
Opportunities to discuss <b>Malvern Parish Values</b>	<b>Truthfulness</b>			<b>Respect</b>	<b>Respect</b>	<b>Peace</b>	
Opportunities to discuss <b>British Values</b>	<b>Rule of Law</b>			<b>Democracy Tolerance Rule of Law Mutual Respect</b>	<b>Democracy Tolerance Rule of Law Mutual Respect</b>		

<p><b>Spring 2</b></p>	<p><u>Spring 2</u> Self-regulation My feelings <b>Self-regulation: My feelings</b> In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions. <b>Lesson 1: Identifying my feelings</b> Learning how to identify feelings and associating feelings with different colours. <b>Lesson 2: Feelings jars</b> Using their understanding of feelings children create feeling jars and use them to identify and express their feelings. <b>Lesson 3: Coping strategies</b> Exploring coping strategies to help regulate emotions and identifying how characters within a story may be feeling. <b>Lesson 4: Emotional adjectives</b> Learning the appropriate vocabulary to describe different emotions. <b>Lesson 5: Facial expressions</b> Exploring different facial expressions and identifying the different feelings they can represent. <b>Lesson 6: Creating a calm corner</b> Learning to identify different feelings based on corresponding facial expressions and exploring ways to moderate behaviour, socially and emotionally.</p>	<p><b>Safety and the Changing Body</b> <b>Appropriate Contact</b> <b>Can I begin to understand the difference between acceptable and unacceptable physical contact?</b></p> <p><b>Safety with Substances</b> <b>Can I begin to understand what is safe to put into or onto our bodies?</b></p> <p><b>Safety at Home</b> <b>Do I understand that there are dangers at home and how these can be avoided?</b></p> <p><b>People who keep us safe</b> <b>Do I understand that there are people in the local community who help to keep us safe?</b></p>	<p><b>Safety and the Changing Body</b> Introduction to the Internet Can I understand what the internet is and how it can help us?</p> <p>Communicating online Do I understand how to stay safe when using the internet?</p> <p>Secrets and Surprises Can I begin to understand the difference between secrets and surprises?</p> <p>Appropriate Contact: My private parts Can I begin to understand the concept of privacy and the correct vocabulary for body parts?</p> <p>Appropriate contact: My private parts are private Can I understand safe and unsafe touches?</p>	<p><b>Health and Wellbeing</b> My healthy diet Can I understand and plan for a healthy lifestyle including physical activity, rest and diet?</p> <p>Wonderful me Can I understand the different aspects of my identity?</p> <p>Resilience: breaking down barriers Can I break down barriers into smaller, achievable goals?</p> <p>Communicating feelings Do I recognise when to give consent?</p> <p>Diet and dental health Can I understand the benefits of healthy eating and dental health?</p>	<p><b>Health and Wellbeing</b> <b>Looking after our teeth</b> <b>Can I understand how we can look after our teeth?</b></p> <p><b>Celebrating mistakes</b> <b>Can I develop a growth mindset and understand that mistakes are useful?</b></p> <p><b>My Happiness</b> <b>Can I identify what's important to me and to take responsibility for my own happiness?</b></p> <p><b>Emotions</b> <b>Can I understand a range of emotions?</b></p> <p><b>Mental Health</b> <b>Can I begin to understand what mental health is and who can help if I need it?</b></p>	<p><b>Health and Wellbeing (Continued)</b> Taking responsibility for my feelings Can I use vocabulary to describe their feelings and take responsibility for them?</p> <p>Healthy Meals Can I understand and be able to plan healthy meals?</p> <p>Sun safety Can I understand risks associated with the sun and how these can be avoided?</p>	<p><b>Citizenship</b> Human Rights Can I understand human rights, including the right to education?</p> <p>Food Choices and the environment Can I understand some environmental issues relating to food and food production?</p> <p>Prejudice and discrimination Can I recognise prejudice and discrimination and learn how this can be challenged?</p> <p>Valuing Diversity Do I understand diversity and the value different people bring to a community?</p> <p>National Democracy Can I begin to understand how Government works?</p>
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<p><b>Key Vocabulary</b></p>	<p>feelings emotions happy/ sad angry/ calm scared loved happy cheerful positive delighted smiley sad/unhappy/upset gloomy/miserable angry/cross annoyed/frustrated furious loving/caring supportive affectionate friendly calm/peaceful quiet/still relaxed scared nervous anxious worried unsure</p>	<p>Drug Hazard Medicine Respect Trust</p>	<p>Secret Surprise Penis/Testicle Vagina/vulva Private</p>	<p>Healthy diet Balance Belonging Identity Resilience</p>	<p>Fluoride Mental Health Negative emotions Positive emotions Healthy (Yr2) Resilience (Yr3)</p>	<p>Healthy Responsibility</p>	<p>Authority Conflict Respect Harassment Protected characteristics</p>
<p>Opportunities to discuss <b>Malvern Parish Values</b></p>			<p><b>Respect</b></p>	<p><b>Respect</b></p>			<p><b>Peace Trust Truthfulness Respect</b></p>
<p>Opportunities to discuss <b>British Values</b></p>			<p><b>Mutual Respect</b></p>	<p><b>Mutual Respect</b></p>			<p><b>Democracy Mutual Respect Rule of law Tolerance</b></p>

<p><b>Summer 1</b></p>	<p>Summer 1 (x 4 weeks)  <b>Building relationships: Special relationships</b>                      In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individuals and explore diversity through thinking about similarities and differences.  <b>Lesson 1: My family</b>                      Discussing families, why we love ours and understanding that all families are valuable and special.  <b>Lesson 2: Special people</b>                      Identifying people who are special to us through discussion and drawing and thinking about what it means to be a valued person.  <b>Lesson 3: Sharing</b>                      Learning the importance of sharing with others and strategies for doing so, through role play activities and discussion.  <b>Lesson 4: I am unique</b>                      Learning to see themselves as valuable individuals and understanding that it is a positive thing to enjoy and like different things to others.  <b>Lesson 5: My interests</b>                      Exploring how they see themselves as individuals through discussion, drawing and sharing their interests in pairs, as a group, and as a class.  <b>Lesson 6: Similarities and differences</b></p>	<p><b>Citizenship Rules</b>                      Can I begin to understand the importance of rules?   <b>Caring for other Animals</b>                      Can I understand that animals have different needs and how to care for them?   <b>The needs of others</b>                      Can I begin to understand the needs of babies and young children?   <b>Similar yet different</b>                      Can I begin to recognise ways in which we are the same and different to other people   <b>Belonging</b>                      Can I understand the range of groups people belong to?</p>	<p><b>Safety and the changing body</b>                      Respecting personal boundaries                      Can I say what personal boundaries are?   <b>Road Safety</b>                      Can I understand ways to keep safe on and near roads?   <b>Crossing roads safely</b>                      Can I understand ways to keep safe on and near roads?   <b>Staying safe with medicines</b>                      Can I begin to understand how to stay safe with medicines?</p>	<p><b>Safety and the Changing Body</b>                      First Aid: calling for help                      Do I understand the role I can take in and emergency?                       First Aid: bites and stings                      Do I understand how to help if someone has been stung or bitten?                       Be Kind Online                      Can I understand the importance of being kind online and what this looks like?                       Cyberbullying                      Do I understand that cyberbullying involves being unkind online?</p>	<p><b>Safety and the Changing Body</b>                      Internet safety: age restrictions                      Do I understand that age restrictions are designed to protect us?                       Share Aware                      Do I understand the benefits and risks of sharing material online?                       First Aid: asthma                      Can I understand how to help someone with asthma?                       Privacy and secrets                      Can I develop understanding of privacy and the difference between secrets and surprises?</p>	<p><b>Citizenship</b>                      Breaking the law                      Can I begin to understand what happens when the law is broken?                       Rights and responsibilities                      Can I explore the links between rights and responsibilities?                       Protecting the planet                      Can I explore reducing our use of materials and energy will help the environment?                       Pressure groups                      Can I recognise the role of pressure groups?                       Parliament                      Can I begin to understand how parliament works?</p>	<p><b>Safety and the changing body</b>                      Alcohol                      Can I begin to understand the risks of alcohol?                       Social Media                      Can I understand that online relationships should be treated in the same way as face-to-face relationships?                       Physical and emotional changes of puberty                      Can I name the changes in puberty?                       Conception (parents can withdraw their child from)                      Pregnancy and Birth (parents can withdraw their child from)</p>
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	Exploring diversity through activities and discussion about similarities and differences and understanding that we are						
<b>Key Vocabulary</b>	1 family love valuable special unique different mummy daddy sister brother grandpa grandma uncle auntie 2 - love valuable special unique 3 share sharing friend take turns timer 4 interests hobby passion like dislike enjoy different similar unique special 5 -interest hobby passion like dislike enjoy different similar unique special individual 6 same different similar diversity unique	Similar Rule Different Fair Unique	Medicine Pedestrian Safe	Allergy/allergic Casualty Cyberbullying Anaphylaxis Choice	Age restriction Asthma Law Protect Public	Government Freedom of Expression House of Commons Protected characteristics Parliament Pressure Group	Alcohol Internet trolling Pregnant Conception Fertilisation Sexual Intercourse Sperm
Opportunities to discuss <b>Malvern Parish Values</b>		<b>Friendship Peace Respect</b>		<b>Respect</b>			<b>Trust Respect</b>
Opportunities to discuss <b>British Values</b>		<b>Rule of Law Tolerance Individual Liberty Mutual Respect</b>		<b>Mutual Respect</b>		<b>Rule of Law Tolerance Individual liberty Mutual respect</b>	<b>Mutual Respect</b>

<p><b>Summer 2</b></p>	<p><b><u>Managing self</u></b>  <b><u>My wellbeing</u></b>  <b>Lesson 1: What is exercise?</b>                  Learning about the importance of exercise and exploring how exercise affects different parts of the body.  <b>Lesson 2: Yoga and relaxation</b>                  Exploring yoga, guided meditation and relaxation.  <b>Lesson 3: Looking after ourselves</b>                  Understanding why it is important to be able to take care of oneself.  <b>Lesson 4: Being a safe pedestrian</b>                  Exploring what it means to be a safe pedestrian.  <b>Lesson 5: Eating healthily</b>                  Exploring what it means to eat healthily.  <b>Lesson 6: A rainbow of food</b>                  Understanding the importance of healthy food choices and what a balanced diet is.</p>	<p><b><u>Economic Wellbeing and Transition</u></b>  <b>What is money?</b>  <b>Can I know what money is and how it helps us?</b>    <b>What is a bank?</b>  <b>Can I recognise the purpose of banks and building societies?</b>    <b>Saving and spending</b>  <b>Can I begin to understand the differences between spending and saving money?</b>    <b>Jobs out of school</b>  <b>Can I identify and describe different jobs?</b></p>	<p><b><u>Economic Wellbeing and Transition</u></b>                  Where does money come from?                  Can I explore the ways people receive money?                    Exploring needs                  Can I identify basic needs essential for healthy growth?                    Exploring wants                  Can I consider how people decide what they want?                    Everyone is Welcome                  Can I describe how to make others feel included.</p>	<p><b><u>Safety and the changing body and Transition</u></b>  <b>Fake Emails</b>  <b>Do I understand that not all emails are genuine?</b>    <b>Making Choices</b>  <b>Do I understand the choices people can make and those which are made by others?</b>    <b>Influences</b>  <b>Can I begin to recognise who and what can influence our decisions?</b>    <b>Keeping safe out and about</b>  <b>Can I develop an understanding of safety on or near roads?</b></p>	<p><b><u>Safety and the changing body and Transition</u></b>  <b>Consuming information online</b>  <b>Do I understand that not all information on search engines is valuable?</b>    <b>Growing Up</b>  <b>Can I recognise that change is part of growing up?</b>    <b>Introducing Puberty</b>  <b>Can I recognise the physical differences between children and adults?</b>    <b>Tobacco</b>  <b>Can I begin to understand the risks of smoking and the benefits of being a non-smoker?</b></p>	<p><b><u>Safety and the changing body and Transition</u></b>  <b>Online Friendships and staying safe online</b>  <b>Can I stay safe online?</b>    <b>Puberty</b>  <b>Can I understand physical changes during puberty?</b>    <b>Menstruation</b>  <b>Can I understand the menstrual cycle?</b>    <b>First Aid: bleeding</b>  <b>Can I help someone who is bleeding?</b>    <b>Alcohol, drugs and tobacco: Making decisions</b>  <b>Can I begin to understand the influence others have on us and how we can make our own decisions?</b></p>	<p><b><u>Identity and Transition lesson</u></b>  <b>What is Identity?</b>  <b>Can I understand what factors contribute to identity?</b>    <b>Identity and body image</b>  <b>Can I understand that the media manipulates images?</b></p>
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<p><b>Key Vocabulary</b></p>	<p><b>Exercise</b>  <b>Breathing</b>  <b>Heart rate</b>  <b>Healthy food</b>  <b>pedestrian</b>                      1 - exercise, movement, healthy, heart rate, breathing, heart,lungs, brain, bones, muscles                      2- yoga, pose, relax, meditate, breathe, exercise, movement, healthy                      3 - independent, care, well-being, health,routine                      4 - walk, hazard, safe, careful, listen, alert, crossing, sensible, pedestrian                      5- healthy, balanced, diet vitamins, nutrients, heart, muscles, bones, energy superfood                      6 rainbow, healthy, balanced diet, vitamins, nutrients, energy, superfood</p>	<p>Banks and building societies                      Cash                      Earn                      Save                      spend</p>	<p>Coins                      Need                      Notes                      Priority                      want</p>	<p>Influence                      Distraction                      Decision                      Choice</p>	<p>Tobacco                      Puberty                      Breasts                      Genitals                      Private</p>	<p>Consent                      Menstruation/period                      bladder,cervix,clitoris,egg,ejaculation,erection,fallopian                      tube,labia,nipples,ovary,pubic                      hair,scrotum,sperm duct,urethra,uterus</p>	<p>Change                      Identity                      Images                      Manipulation                      Media</p>
<p>Opportunities to discuss <b>Malvern Parish Values</b></p>			<p><b>Friendship</b>  <b>Trust</b></p>				
<p>Opportunities to discuss <b>British Values</b></p>		<p><b>Rule of Law</b></p>	<p><b>Rule of Law</b></p>				