

# Helmingham C P School

## Long term plan for PSHE, CITIZENSHIP and SEAL

This is a 2 year programme. Where children remain in the same class for longer than 2 years the objectives will be revisited and care will need to be taken to ensure activities are not repeated and objectives built upon. *Italics indicate opportunities to teach British values (Law, democracy, tolerance and individual liberty).*

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	PSHE/CIT/SEAL topic	<b>WE ARE ALL STARS</b> <i>Community Rights and Responsibilities Getting to know each other Working together</i>	<b>BE FRIENDLY, BE WISE</b> <i>Making and sustaining friendships Conflict resolution Anti-bullying Keeping safe at home and outdoors</i>	<b>JOINING IN AND JOINING UP</b> <i>Needs and responsibilities Participation Local democracy Voluntary groups Fund raising activities</i>	<b>DARING TO BE DIFFERENT</b> <i>Identity and self esteem Difference and diversity Peer influence and assertiveness</i>	<b>DEAR DIARY</b> <i>Comfortable and uncomfortable feelings Problems in relationships Anti-bullying Help and support</i>	<b>LIVING LONG, LIVING STRONG</b> <i>Growing and caring for ourselves Valuing difference and keeping safe (Year 6 Puberty) Healthy eating and exercise Goal setting and motivation</i>
Cycle B	PSHE/CIT/SEAL topic	<b>IT'S OUR WORLD</b> <i>The wider community and local democracy Rights and responsibilities Environmental awareness and sustainability issues</i>	<b>SAY NO!</b> <i>Drugs Education: medicines and legal drugs Drugs Education: illegal drugs and risk taking behaviour Feeling safe Anti-bullying</i>	<b>MONEY MATTERS</b> <i>Understanding finance and money Shopping and budgeting Risk and debt Goal setting and motivation</i>	<b>WHO LIKES CHOCOLATE?</b> <i>Fair trade Globalisation Inequalities Hunger and poverty Media and stereotyping</i>	<b>PEOPLE AROUND US</b> <i>Global citizenship Different identities around the world Challenging prejudice Support networks – relationships and families</i>	<b>GROWING UP</b> <i>Difference, growing up, puberty and reproduction Managing change Preparing for transition</i>
Annual	Whole school focus dates	<i>Rewards and consequences school rules Setting up a School Council Black History Month One World Week Charity presentations</i>	<i>National anti-bullying week Bonfire Night Road safety week Sustainable Development day International Children's Day Human Rights Day</i>	<i>Walk to School Week Recycling Week Martin Luther Day Safer Internet Day</i>	<i>International Women's day Mother's day Red Nose Day Fairtrade Fortnight International Book Day</i>	<i>Father's day Family Week National Children's Day Disability Awareness Day</i>	<i>Refugee Week World Environment day Summer fete My Money Week</i>