



Marshland Primary Academy

PHSE Long Term Plan

If you would like more information about the Personal, Health and Social Education curriculum we offer at Marshland Primary Academy, then please contact the school office.

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Focus	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
Rising Threes	<p>Development Matters Personal, Social and Emotional Development – Birth to three</p> <ul style="list-style-type: none"> - Find way to calm themselves, through being calmed and comforted by their key person. - Establish their sense of self. - Express preferences and decisions. They also try new things and start establishing their autonomy. - Engage with others through gestures, gaze and talk. - Use that engagement to achieve a goal. - Find ways of managing transitions. - Thrive as they develop self-assurance. - Play with increasing confidence on their own and with other children, because they know their key person is nearby and available. - Feel strong enough to express a range of emotions. - Grow in independence, rejecting help. Sometimes this leads to feelings of frustration and tantrums. - Begin to show 'effortful control'. - Be increasingly able to talk about and manage their emotions. - Notice and ask questions about differences, such as skin colour, types of hair, gender, special needs and disabilities, religion and so on. - Develop friendships with other children. - Safely explore emotions beyond their normal range through play and stories. - Talk about their feelings in more elaborate ways. 					
Nursery	<p>Development Matters Personal, Social and Emotional Development – 3 and 4-year-olds</p> <ul style="list-style-type: none"> - Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. - Develop their sense of responsibility and membership of a community. - Become more outgoing with unfamiliar people, in the safe context of their setting. - Show more confidence in new social situations. - Play with one or more other children, extending and elaborating play ideas. - Find solutions to conflicts and rivalries. - Increasingly follow rules, understanding why they are important. - Remember rules without needing an adult to remind them. - Develop appropriate ways of being assertive. - Talk with others to solve conflicts. - Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. - Understand gradually how others might be feeling. - Be increasingly independent in meeting their own care needs. - Make healthy choices about food, drink, activity and toothbrushing. 					



Marshland Primary Academy

PHSE Long Term Plan

If you would like more information about the Personal, Health and Social Education curriculum we offer at Marshland Primary Academy, then please contact the school office.

Reception	Development Matters Personal, Social and Emotional Development – children in reception <ul style="list-style-type: none"> - See themselves as a valuable individual. - Build constructive and respectful relationships. - Express their feelings and consider the feelings of others. - Show resilience and perseverance in the face of challenge. - Identify and moderate their own feelings socially and emotionally. - Think about the perspective of others. - Know and talk about the different facts that support their overall health and wellbeing. 								
THEME	Keeping/ Staying Safe	Keeping/ Staying Healthy	Relationships	Being Responsible	Feelings and Emotions	Computer Safety	Our World	Fire Safety	
Year 1 1Decision	Road Safety	Washing Hands	Friendship	Water Spillage	Jealousy	Online Bullying	Growing In Our World	Hoax Calling	
Year 2 1Decision	Tying Shoelaces	Healthy Eating	Bullying	Practice Makes Perfect	Worry	Image Sharing	Living In Our World	Petty Arson	
	Staying Safe	Brushing Teeth	Body Language	Helping Someone in Need	Anger	Computer Safety	Working In Our World	Texting Whilst Driving	
Year 3 1Decision	Leaning Out of Windows	Medicine	Touch	Stealing	Grief	Making Friends Online	Looking After Our World	Enya & Deedee Visit a Fire Station	
	Assessment								
THEME	Keeping/ Staying Safe	Keeping/ Staying Healthy	Growing and Changing	Being Responsible	Feelings and Emotions	Computer Safety	The Working World	A World Without Judgement	First Aid
Year 4 1Decision	Cycle Safety	Healthy Living	Appropriate Touch	Coming Home on Time	Jealousy	Online Bullying	Chores at Home	Breaking down Barriers	First Aid
Year 5 1Decision	Peer Pressure	Smoking	Puberty	Looking Out for Others	Anger	Image Sharing	Enterprise	Inclusion and Acceptance	First Aid
	Adults' and Children's Views	Adults' and Children's Views	Adults' and Children's Views	Adults' and Children's Views	Adults' and Children's Views	Adults' and Children's Views	Adults' and Children's Views	Adults' and Children's Views	
Year 6 1Decision	Water Safety	Alcohol	Conception	Stealing	Worry	Making Friends Online	In-App Purchases	British Values	First Aid
	Assessment								



Marshland Primary Academy

PHSE Long Term Plan

If you would like more information about the Personal, Health and Social Education curriculum we offer at Marshland Primary Academy, then please contact the school office.