

Medium Term Plan - Waterville Primary School (PSHE, SEAL and Citizenship)

Termlets	SEAL	Key Stage 1	
		1	2
1	New beginnings	<p>Safety Education</p> <ul style="list-style-type: none"> - keeping safe indoors/ outdoors <p>Child Protection</p> <ul style="list-style-type: none"> - keeping oneself safe 	<p>Safety Education</p> <ul style="list-style-type: none"> - looking out for dangers, dangerous objects, dangerous situations <p>Child Protection</p> <ul style="list-style-type: none"> - keeping oneself safe and others safe
2	<p>Say no to bullying</p> <p>Getting on and falling out</p>	<p>Anti-bullying Education</p> <ul style="list-style-type: none"> - keeping oneself safe - understanding right and wrong <p>Citizenship</p> <ul style="list-style-type: none"> - Animals and Us - communities 	<p>Anti-bullying Education</p> <ul style="list-style-type: none"> - keeping oneself safe - understanding right and wrong <p>Citizenship (Difference and Diversity)</p> <ul style="list-style-type: none"> - learning to value myself and others
3	Going for goals	<p>Drugs Education</p> <ul style="list-style-type: none"> - taking medicines, pills, tonics and plasters 	<p>Drugs Education</p> <ul style="list-style-type: none"> - medication - legal substances
4	Good to be me	<p>Emotional Health and Well-being</p> <ul style="list-style-type: none"> - playing games and playing with toys - being with special people - visiting or being visited by health professionals <p>Healthy Eating</p> <ul style="list-style-type: none"> - washing of hands - healthy foods 	<p>Emotional Health and Well-being</p> <ul style="list-style-type: none"> - relationships and responsibility - friends, friendships and influences - what makes me feel good about myself - caring for others <p>Healthy Eating</p> <ul style="list-style-type: none"> - healthy and not so healthy foods - making choices

5	Relationships	<p>SRE</p> <ul style="list-style-type: none"> - growing and changing - relationships 	<p>SRE</p> <ul style="list-style-type: none"> - growing and changing - growing independence - understanding the changes - relationships and responsibility - being with special people e.g. family, playing with best friends, being cared for, being loved, loving and caring for other people, pets, having fun. - what makes me feel good about myself
6	Changes	<p>PSHE</p> <ul style="list-style-type: none"> - exercise - keeping warm or cool - making choices - understanding consequences - what does being healthy mean to me? 	<p>PSHE</p> <ul style="list-style-type: none"> - exercise - beginning to understand how exercise affects our bodies and how we look and feel. - teeth, and cleaning ones teeth - sleep - rest - responding to pressure and influences - linking what you know to what you do

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Termlets	SEAL	Key Stage 2	
		3	4
1	New beginnings	<p>Safety Education</p> <ul style="list-style-type: none"> - looking out for dangers, dangerous objects, dangerous situations - linking actions to outcomes <p>Child Protection</p> <ul style="list-style-type: none"> - what can I do to keep myself safe? - what do I think I have to keep safe from? - who looks after me and my safety? 	<p>Safety Education</p> <ul style="list-style-type: none"> - road safety - water safety - rail safety <p>Child Protection</p> <ul style="list-style-type: none"> - how do I think I keep safe? - taking responsibility for my own safety
2	<p>Say no to bullying</p> <p>Getting on and falling out</p>	<p>Anti-bullying Education</p> <ul style="list-style-type: none"> - caring for others - who are the carers? - what can I do when I am bullied? <p>Citizenship</p> <ul style="list-style-type: none"> - learning to value the environment 	<p>Anti-bullying Education</p> <ul style="list-style-type: none"> - what makes me feel confident with people in difficult situations? - what makes me scared sometimes or uneasy? - knowing when to say 'yes', 'no', 'no you can't', 'no I won't', 'don't', 'please stop' <p>Citizenship (Difference and Diversity)</p> <ul style="list-style-type: none"> - living in a diverse world - how are we the same how are we different? - personal identity - membership of different groups - dealing with prejudice including racism, and supporting others who encounter it

3	Going for goals	<p>Drugs Education</p> <ul style="list-style-type: none"> - understanding what goes into my body - understanding what goes on my body - who's job is it to keep me healthy and safe? - how do I recognise and trust these people? <p>Citizenship (Financial Capability)</p> <ul style="list-style-type: none"> - understanding my money 	<p>Drugs Education</p> <ul style="list-style-type: none"> - what happens when I am ill? - where do things go when they enter my body? - what do we know about drugs? - when do people need drugs? - who handles drugs at work? - are there drugs in our school? - facts about smoking
4	Good to be me	<p>Emotional Health and Well-being</p> <ul style="list-style-type: none"> - doing school work, in particular reading and writing - being with special people - understanding how my body and brain is growing and changing - what can I do to keep myself happy? <p>Healthy Eating</p> <ul style="list-style-type: none"> - what do I eat? - why do I eat? - when do I eat? - where do I eat? - making choices? - who keeps food clean and safe? - what can I do to help? 	<p>Emotional Health and Well-being</p> <ul style="list-style-type: none"> - what makes me sad or unsure? - how do I feel when I lose special things? break up with friends, or I am separated from people I love because they go away or die. <p>Healthy Eating</p> <ul style="list-style-type: none"> - who or what are the persuaders? - how do people try to persuade me? - how do advertisements try to persuade me? - how do I know what to believe? - what is persuasion? fact? opinion?

5	Relationships	<p>SRE</p> <ul style="list-style-type: none"> - growing and changing - changes on the inside, changes on the outside. - relationships - looking at different types of relationships, family and friends - sharing and caring - personal hygiene 	<p>SRE</p> <ul style="list-style-type: none"> - liking and loving - body systems - my outer defence system - my inner defence system - feelings, moods and boredom - personal hygiene
6	Changes	<p>PSHE</p> <ul style="list-style-type: none"> - exercise - keeping warm or cool - visiting or being visited by healthy professionals e.g. dentist, doctor, school nurse - fresh air, including going out in the sunshine - understanding my healthy lifestyle - understanding different people have different healthy lifestyles from mine - understanding consequences - making choices - saying 'yes' and 'no' - understanding health care provision 	<p>PSHE</p> <ul style="list-style-type: none"> - what happens when I exercise? - what exercise do I take? - what do I need to know to keep healthy? - advertising - whose job is it to keep me healthy? <p>Physical and Social Environment</p> <ul style="list-style-type: none"> - is our school a health promoting school?

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Termlets	SEAL	Key Stage 2	
		5	6
1	New beginnings	<p>Safety Education</p> <ul style="list-style-type: none"> - safety inside and outside - what do I have to keep safe from? - how can I be responsible using my judgements? <p>Child Protection</p> <ul style="list-style-type: none"> - taking responsibility for my own safety - safe use of the internet and mobile phones - who are the people I trust? - when is it best to tell secrets? 	<p>Safety Education (First Aid)</p> <ul style="list-style-type: none"> - using my judgements - what causes accidents? - can I cope in an emergency? - simple first aid - where do most serious accidents occur? <p>Child Protection</p> <ul style="list-style-type: none"> - how do my senses help me to keep safe? - who are the people I trust? - what can I do when no one will listen?
2	<p>Say no to bullying</p> <p>Getting on and falling out</p>	<p>Anti-bullying Education</p> <ul style="list-style-type: none"> - how do rules and laws affect me? <p>Citizenship</p> <ul style="list-style-type: none"> - respect for property 	<p>Anti-bullying Education</p> <ul style="list-style-type: none"> - what is bullying? - who gets bullied? - my network of friends <p>Citizenship (Difference and Diversity)</p> <ul style="list-style-type: none"> - different communities including family and school. - recognising and respecting diversity within communities. - similarities and differences between communities in other parts of the world and our own country

3	Going for goals	<p>Drugs Education</p> <ul style="list-style-type: none"> - what happens when I take pills and medicines that are prescribed for me? - who and what are the persuaders? - what do I need to know about tobacco, alcohol, tea, coffee, and other mood changing substances <p>Citizenship (Financial Capability)</p> <ul style="list-style-type: none"> - looking after my money 	<p>Drugs Education</p> <ul style="list-style-type: none"> - being aware of pressures and influences on me - alcohol - what does it mean to be hooked? - how do drugs affect us? <p>Careers</p> <ul style="list-style-type: none"> - what does being grown up mean? - how do I feel about growing up? - what is involved in growing up? - careers
4	Good to be me	<p>Emotional Health and Well-being</p> <ul style="list-style-type: none"> - loss and separation - how do we make each other happy? - what's it like to feel high or feel low? <p>Healthy Eating</p> <ul style="list-style-type: none"> - healthy eating to keep healthy - food groups - what do I need to know more about? - making choices about food - understanding labelling and packaging of food 	<p>Emotional Health and Well-being</p> <ul style="list-style-type: none"> - valuing myself - images of me - what gives me confidence? - coping with group pressure <p>Healthy Eating</p> <ul style="list-style-type: none"> - taking responsibility for my choices - children as health educators - making sense of the media

5	Relationships	<p>SRE</p> <ul style="list-style-type: none"> - physical and emotional changes at puberty - how to access support for questions about puberty - timelines, my changing body - growing up - valuing myself - coping with my emotions - personal hygiene 	<p>SRE</p> <ul style="list-style-type: none"> - physical and emotional changes at puberty - how to access support for questions about puberty - timelines, my changing body - growing up - valuing myself - coping with my emotions - personal hygiene - how do I feel about growing up? - what worries me about growing up? - taking responsibility for my feelings - coping with change and emotions - stereotypes
6	Changes	<p>PSHE</p> <p>Physical and Social Environment</p> <ul style="list-style-type: none"> - developing our school grounds 	<p>PSHE</p> <ul style="list-style-type: none"> - stereotypes - gaining support and help - accessing information