

## PSHE Long term plan

At Cookridge Holy Trinity, we follow the 'You, Me, PSHE' scheme of work from Islington Council alongside the lessons from the MindMate Champions website.

Year 1 - PSHE		
Autumn 1	Spring 1	Summer 1
<p><b>Identity, society and equality: Me and others</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what makes themselves and others special</li> <li>• about roles and responsibilities at home and school</li> <li>• about being co-operative with others</li> </ul> <p><b>MindMate lesson - Feeling good and being me: recognising feelings</b></p> <p>Pupils should have the opportunity to:</p> <ul style="list-style-type: none"> <li>• think about themselves &amp; the different feelings they have</li> <li>• develop a vocabulary to describe their feelings to others &amp; simple strategies for managing feelings</li> </ul>	<p><b>Mental health and emotional wellbeing: Feelings</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about different types of feelings</li> <li>• about managing different feelings</li> <li>• about change or loss and how this can feel</li> </ul> <p><b>MindMate lesson - Being the same and being different: celebrating differences</b></p> <p>Pupils should have the opportunity to:</p> <ul style="list-style-type: none"> <li>• recognise that everyone is different</li> <li>• begin to learn about empathy</li> </ul>	<p><b>Physical health and wellbeing: Fun times</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about food that is associated with special times, in different cultures</li> <li>• about active playground games from around the world</li> <li>• about sun-safety</li> <li>• about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</li> </ul> <p><b>MindMate lesson - Strong emotions: Recognise what is fair/ unfair right/wrong</b></p> <p>Pupils should have the opportunity to:</p> <ul style="list-style-type: none"> <li>• recognise what is fair &amp; unfair, kind &amp; unkind, what is right &amp; wrong</li> </ul>

		<ul style="list-style-type: none"> <li>learn what to do when someone is unfair or unkind</li> </ul>
Autumn 2	Spring 2	Summer 2
<p><i>Keeping safe and managing risk: Feeling safe</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>safety in familiar situations</li> <li>about personal safety</li> <li>about people who help keep them safe outside the home</li> </ul> <p><b>MindMate lesson - Family and friends: Recognise how others show feelings &amp; know how to respond</b></p> <p><i>Pupils should have the opportunity to:</i></p> <ul style="list-style-type: none"> <li>identify &amp; talk about times when people feel happy</li> <li>learn to communicate their feelings to others</li> <li>recognise how others show feelings &amp; know how to respond</li> </ul>	<p><i>Drug, alcohol and tobacco education: What do we put into and on to bodies?</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>about what can go into bodies and how it can make people feel</li> <li>about what can go on to bodies and how it can make people feel</li> </ul> <p><b>MindMate lesson - Solving problems (and making them better): setting goals and targets</b></p> <p><i>Pupils should have the opportunity to:</i></p> <ul style="list-style-type: none"> <li>learn how to play &amp; work co-operatively with others</li> <li>understand that people often need to play / work together to reach a shared outcome</li> </ul>	<p><i>Careers, financial capability and economic wellbeing: My money</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>about where money comes from and making choices when spending money</li> <li>about saving money and how to keep it safe</li> <li>about the different jobs people do</li> </ul> <p><b>MindMate lesson - Life changes and transitions: new school/class and making new friends</b></p> <p><i>Pupils should have the opportunity to:</i></p> <ul style="list-style-type: none"> <li>learn how to communicate their feelings about new experiences to others</li> <li>recognise how others show feelings &amp; know how to respond</li> </ul>

Year 2 - PSHE

Autumn 1

*Keeping safe and managing risk:  
Indoors and outdoors*

*Pupils learn:*

- *about keeping safe in the home, including fire safety*
- *about keeping safe outside*
- *about road safety*

*MindMate lesson - Feeling good and being me: celebrate strengths*

*Pupils should have the opportunity to:*

- *learn from their experiences*
- *recognise & celebrate their strengths*
- *set simple but challenging goals*

Spring 1 and 2

*Sex and relationship education:  
Boys and girls, families*

*Pupils learn:*

- *to understand and respect the differences and similarities between people*
- *about the biological differences between male and female animals and their role in the life cycle*
- *the biological differences between male and female children*
- *about growing from young to old and that they are growing and changing*
- *that everybody needs to be cared for and ways in which they care for others*
- *about different types of family and how their home-life is special*

Summer 1

*Drug, alcohol and tobacco education:  
Medicines and me*

*Pupils learn:*

- *why medicines are taken*
- *where medicines come from*
- *about keeping themselves safe around medicines*
- *the facts and science relating to allergies, immunisation and vaccination.*

*Asthma lesson for Year 2, 3 or 4*

- *that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use*

*MindMate lesson - Strong emotions:  
comfortable and uncomfortable feelings*

	<p><i>Spr 1 MindMate lesson - Being the same and being different: beginning to understand empathy</i></p> <p>Pupils should have the opportunity to:</p> <ul style="list-style-type: none"> <li>• <i>start to understand empathy</i></li> <li>• <i>start to empathise with others &amp; how they may be feeling</i></li> </ul>	<p><i>Pupils should have the opportunity to:</i></p> <ul style="list-style-type: none"> <li>• <i>describe how it feels to be sad/unhappy</i></li> <li>• <i>express &amp; share feelings of unhappiness</i></li> </ul>
<p><b>Autumn 2</b></p>		<p><b>Summer 2</b></p>
<p><i>Mental health and emotional wellbeing: Friendship</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• <i>about the importance of special people in their lives</i></li> <li>• <i>about making friends and who can help with friendships</i></li> <li>• <i>about solving problems that might arise with friendships</i></li> </ul> <p><i>MindMate lesson - Family and friends: impact of behaviour on others</i></p> <p>Pupils should have the opportunity to:</p> <ul style="list-style-type: none"> <li>• <i>recognise how their behaviour affects other people</i></li> <li>• <i>understand the importance of being co-operative with others</i></li> </ul>	<p><i>Spr 2 MindMate lesson - Solving problems (and making them better): not giving up/perseverance</i></p> <p>Pupils should have the opportunity to:</p> <ul style="list-style-type: none"> <li>• <i>learn how to play &amp; work co-operatively with others</i></li> <li>• <i>understand that people often need to play / work together to reach a shared outcome</i></li> <li>• <i>reflect on &amp; celebrate their achievements, identify their strengths &amp; areas for improvements</i></li> </ul>	<p><i>Physical health and wellbeing: What keeps me healthy?</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• <i>about eating well</i></li> <li>• <i>the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay)</i></li> <li>• <i>about the importance of physical activity, sleep and rest</i></li> <li>• <i>about people who help us to stay healthy and well and about basic health and hygiene routines</i></li> <li>• <i>about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</i></li> <li>• <i>about personal hygiene and germs including bacteria,</i></li> </ul>

*viruses, how they are spread and treated, and the importance of handwashing.*

*MindMate lesson - Life changes and transitions: Loss; losing loved object/pet/person*

*Pupils should have the opportunity to:*

- learn about change & loss & the associated feelings (including moving home, losing toys, pets or friends)*
- understand how it feels to lose something special*
- describe times when people might feel loss*

Year 3 - PSHE

Autumn 1

**Mental health and emotional wellbeing:  
Strengths and challenges**

**Pupils learn:**

- about celebrating achievements and setting personal goals
- about dealing with put-downs
- about positive ways to deal with set-backs

**MindMate lesson - Feeling good and being me: goals & aspirations**

**Pupils should have the opportunity to:**

- reflect on & celebrate their achievements & identify their strengths
- identify areas for improvement & set high aspirations & goals

Spring 1

**Careers, financial capability and economic wellbeing: Saving, spending and budgeting**

**Pupils learn:**

- about what influences people's choices about spending and saving money
- how people can keep track of their money
- about the world of work

**MindMate lesson - Being the same and being different: differing opinions**

**Pupils should have the opportunity to:**

- learn how to play & work co-operatively with others
- understand that people often need to play / work together to reach a shared outcome
- share their opinions on things that matter to them

Summer 1

**Physical health and wellbeing:  
What helps me choose?**

**Pupils learn:**

- about making healthy choices about food and drinks
- the principles of planning and preparing a range of healthy meals.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
- about how branding can affect what foods people choose to buy
- about keeping active and some of the challenges of this

**MindMate lesson - Strong emotions: introducing strong emotions including anger**

**Pupils should have the opportunity to:**

Autumn 2	Spring 2	Summer 2
<p><i>Keeping safe and managing risk: Bullying - see it, say it, stop it</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• to recognise bullying and how it can make people feel</li> <li>• about different types of bullying and how to respond to incidents of bullying</li> <li>• about what to do if they witness bullying</li> </ul> <p><i>Cyber bullying (D-Side)</i></p> <ul style="list-style-type: none"> <li>• That people sometimes behave differently online, including by pretending to be someone they are not.</li> <li>• That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</li> <li>• how to consider the effect of their online actions on others and know</li> </ul>	<p><i>Identity, society and equality: Celebrating difference</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• Pupils learn about valuing the similarities and differences between themselves and others</li> <li>• Pupils learn about what is meant by community</li> <li>• the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</li> <li>• Pupils learn about belonging to groups</li> </ul> <p><i>MindMate lesson - Solving problems (and making them better): dealing with difficult situations</i></p> <p>Pupils should have the opportunity to:</p>	<ul style="list-style-type: none"> <li>• recognise that that they may experience strong emotions such as anger</li> <li>• learn there are ways to cope with these strong emotions</li> </ul> <p><i>Drug, alcohol and tobacco education: Tobacco is a drug</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• the definition of a drug and that drugs (including medicines) can be harmful to people</li> <li>• about the effects and risks of smoking tobacco and second-hand smoke</li> <li>• about the help available for people to remain smoke free or stop smoking</li> </ul> <p><i>Asthma lesson for Year 2, 3 or 4</i> that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</p> <p><i>MindMate lesson - Life changes and transitions: new faces/new routines</i> Pupils should have the opportunity to:</p>

how to recognise and display respectful behaviour online and the importance of keeping personal information private.

- why social media, some computer games and online gaming, for example, are age restricted.
- that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- where and how to report concerns and get support with issues online.

#### **MindMate lesson - Family and friends: unkind behaviours**

Pupils should have the opportunity to:

- recognise what is fair & unfair, kind & unkind, what is right & wrong
- recognise when people are being unkind either to them or others
- learn what to do when someone is unfair or unkind

- understand that people often need to play / work together to reach a shared outcome even when they disagree
- begin to understand empathy & why people can be different (in behaviour & image)

- understand the importance of being co-operative with others
- understand that change happens & can be challenging
- understand that adapting to change is key to developing emotional wellbeing



Year 4 - PSHE

Autumn 1	Spring 1	Summer 1 and 2
<p><i>Identity, society and equality: Democracy</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"><li>● about Britain as a democratic society</li><li>● about how laws are made</li><li>● learn about the local council</li></ul> <p><i>MindMate lesson - Feeling good and being me: feelings - intensity</i></p> <p>Pupils should have the opportunity to:</p> <ul style="list-style-type: none"><li>● extend their vocabulary to enable them to explain both the range &amp; intensity of their feelings to others</li><li>● recognise &amp; respond appropriately to a wider range of feelings in others</li></ul>	<p><i>Physical health and wellbeing: What is important to me?</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"><li>● why people may eat or avoid certain foods (religious, moral, cultural or health reasons)</li><li>● about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality)</li><li>● about the importance of getting enough sleep</li></ul> <p><i>MindMate lesson - Being the same and being different: know actions affect themselves and others</i></p> <p>Pupils should have the opportunity to:</p> <ul style="list-style-type: none"><li>● understand that their actions affect themselves &amp; others</li><li>● develop self-awareness, doing the right thing</li></ul>	<p><i>Sex and relationship education: Growing up and changing</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"><li>● about the way we grow and change throughout the human lifecycle</li><li>● about the physical changes associated with puberty</li><li>● about menstruation and wet dreams</li><li>● about the impact of puberty in physical hygiene and strategies for managing this</li><li>● how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty</li><li>● strategies to deal with feelings in the context of relationships</li><li>● to answer each other's questions about puberty with confidence, to</li></ul>

	<ul style="list-style-type: none"> <li>learn the connection between discrimination &amp; uncomfortable feelings</li> </ul>	<p>seek support and advice when they need it</p>
Autumn 2	Spring 2	<p><b>Summer 1 MindMate lesson - Strong emotions: resisting pressure</b></p> <p>Pupils should have the opportunity to:</p> <ul style="list-style-type: none"> <li>know that people can experience conflicting emotions at different times, such as times of loss &amp; change, stress, anxiety &amp; recognise when &amp; how to ask for help use</li> <li>basic techniques for resisting pressure to do something dangerous, unhealthy and so on</li> </ul> <p><b>Summer 2 MindMate lesson - Life changes and transitions: positive &amp; negative effects on emotional wellbeing &amp; mental health</b></p> <p>Pupils should have the opportunity to:</p> <ul style="list-style-type: none"> <li>name some factors, including changes, that can affect people's emotional wellbeing &amp; that feeling different emotions is a part of life</li> <li>understand that everyone's mental health &amp; change can change over time</li> </ul>
<p><b>Drug, alcohol and tobacco education: Making choices</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them</li> <li>about the effects and risks of drinking alcohol</li> <li>about different patterns of behaviour that are related to drug use</li> </ul> <p><b>Asthma lesson for Year 2, 3 or 4</b></p> <ul style="list-style-type: none"> <li>that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</li> </ul> <p><b>MindMate lesson - Family and friends: skills to maintain and keep positive relationships</b></p>	<p><b>Keeping safe and managing risk: Playing safe</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>how to be safe in their computer gaming habits</li> <li>about keeping safe near roads, rail, water, building sites and around fireworks</li> <li>about what to do in an emergency and basic emergency first aid procedures</li> <li>Concepts of basic first-aid, for example dealing with common injuries, including head injuries.</li> </ul> <p><b>MindMate lesson - Solving problems (and making them better): coping with difficult situations</b></p> <p>Pupils should have the opportunity to:</p> <ul style="list-style-type: none"> <li>recognise that, at times, they may experience conflicting emotions</li> </ul>	

*Pupils should have the opportunity to:*

- recognise what constitutes a positive, healthy relationship*
- develop the skills to form & maintain positive & healthy relationships*

- understand more about managing their emotions*

Year 5 - PSHE

Autumn 1

**Physical health and wellbeing:  
In the media**

**Pupils learn:**

- that messages given on food adverts can be misleading
- the risks associated with an inactive lifestyle (including obesity).
- how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.
- about role models
- about how the media can manipulate images and that these images may not reflect reality

**MindMate lesson - Feeling good and being me: self-belief**

Pupils should have the opportunity to:

Spring 1

**Keeping safe and managing risk:  
When things go wrong**

**Pupils learn:**

- about keeping safe online
- That people sometimes behave differently online, including by pretending to be someone they are not.
- That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous
- How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- How information and data is shared and used online.
- How to be a discerning consumer of information online including understanding that information from

Summer 1

**Drug, alcohol and tobacco education:  
Different influences**

**Pupils learn:**

- about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis
- about different influences on drug use - alcohol, tobacco and nicotine products
- strategies to resist pressure from others about whether to use drugs - smoking drugs and alcohol

**MindMate lesson - Strong emotions:  
strong emotions & mental health**

Pupils should have the opportunity to:

- define what is meant by 'mental health' & can identify what mental health looks like

- develop self-awareness, doing the right thing understanding that their actions affect themselves & others

search engines, is ranked, selected and targeted.

- where and how to report concerns and get support with issues online.
- that violence within relationships is not acceptable
- about problems that can occur when someone goes missing from home

#### MindMate lesson - Being the same and being different: stigma

Pupils should have the opportunity to:

- learn about stereotyping, including gender stereotyping
- know that stereotypes exist for different groups & can explain what is meant by the word 'stereotype'

- recognise the link between strong emotions & poor mental health & develop protective strategies
- recognise that anyone can be affected by poor mental health
- identify the appropriate language to use to describe mental health
- know what people can do to support their mental health & where people can get help

Autumn 2

Spring 2

Summer 2

*Identity, society and equality:  
Stereotypes, discrimination and  
prejudice (including tackling  
homophobia)*

*Pupils learn:*

- *about stereotyping, including gender stereotyping*
- *workshop from Diversity Role Models or Equaliteach*
- *about prejudice and discrimination and how this can make people feel*

*Autumn 2: MindMate lesson - Family and friends: unhealthy friendships and relationships*

*Pupils should have the opportunity to:*

- *recognise ways in which a relationship can be unhealthy & who to talk to if they need support*
- *know what positively & negatively affects their physical, mental & emotional health*

*Mental health and emotional wellbeing:  
Dealing with feelings*

*Pupils learn:*

- *about a wide range of emotions and feelings and how these are experienced in the body*
- *about times of change and how this can make people feel*
- *about the feelings associated with loss, grief and bereavement*

*MindMate lesson - Solving problems (and making them better): talking it through; restorative justice*

*Pupils should have the opportunity to:*

- *develop an awareness & understanding of the role peers can play in supporting one another including restorative approaches*

*Careers, financial capability and economic wellbeing: Borrowing and earning money*

*Pupils learn:*

- *that money can be borrowed but there are risks associated with this*
- *about enterprise*
- *what influences people's decisions about careers*

*MindMate lesson - Life changes and transitions: aspirations to manage change positively*

*Pupils should have the opportunity to:*

- *learn that different people respond differently to different changes*
- *learn that some people find change easier than others*
- *find out that there are things they can do that help them cope with or accept change*

Year 6 - PSHE

Autumn 1 and 2	Spring 1	Summer 1
<p><i>Sex and relationship education: Healthy relationships / How a baby is made</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>● about the changes that occur during puberty</li> <li>● to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact</li> <li>● what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships</li> </ul> <p>That marriage represents a formal and legally recognised commitment of two people to each other, which is intended to be lifelong.</p>	<p><i>Drug, alcohol and tobacco education: Weighing up risk</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>● about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs</li> <li>● about assessing the level of risk in different situations involving drug use</li> <li>● about ways to manage risk in situations involving drug use</li> <li>● the risks associated with an inactive lifestyle (including obesity).</li> <li>● how and when to seek support including which adults to speak to in school if they are worried about their health.</li> </ul>	<p><i>Mental health and emotional wellbeing: Healthy minds</i></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>● what mental health is</li> <li>● about what can affect mental health and some ways of dealing with this</li> <li>● that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</li> <li>● about some everyday ways to look after mental health</li> <li>● about the stigma and discrimination that can surround mental health</li> <li>● the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</li> </ul> <p><i>MindMate lesson - Strong emotions: happiness</i></p>

- about human reproduction in the context of the human lifecycle
- how a baby is made and grows (conception and pregnancy)
- about roles and responsibilities of carers and parents
- to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it

**Autumn 1: MindMate lesson - Feeling good and being me: self-integrity**

Pupils should have the opportunity to:

- know what positively & negatively affects their physical, mental & emotional health, including the media

**Autumn 2: MindMate lesson - Family and friends: celebrating friendship**

**MindMate lesson - Being the same and being different: body image/social media**

Pupils should have the opportunity to:

- recognise how images & campaigns in the media & social media do not always reflect reality & can affect how people feel about themselves e.g. body image, eating issues
- share their opinions on things that matter to them & explain their views through discussions with one other person & the whole class

Pupils should have the opportunity to:

- deepen their understanding of comfortable feelings & extend their vocabulary to enable them to explain both the range & intensity of their feelings to others
- recognise & respond appropriately to a wider range of feelings in others
- know when they might need to listen to their emotions in order to move on

Spring 2

Summer 2



Pupils should have the opportunity to:

- recognise what constitutes a positive, healthy relationship & develop the skills to form & maintain positive & healthy relationships

### *Identity, society and equality: Human rights*

*Pupils learn:*

- about people who have moved to Leeds from other places, (including the experience of refugees)
- about human rights and the UN Convention on the Rights of the Child
- about homelessness

### *MindMate lesson - Solving problems (and making them better): Winning; What does it take?*

*Pupils should have the opportunity to:*

- identify ways that people can look after their mental health
- understand the importance of being healthy physically, emotionally & mentally

### *Keeping safe and managing risk: Keeping safe - out and about*

*Pupils learn:*

- about feelings of being out and about in the local area with increasing independence
- about recognising and responding to peer pressure
- about the consequences of anti-social behaviour (including gangs and gang related behaviour)
- How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.

### *MindMate lesson - Life changes and transitions: moving on*

*Pupils should have the opportunity to:*

- learn that major life changes can be fun & exciting, at the same time as being daunting for some
- talk about moving on to secondary school
- recognise & respond appropriately to a wider range of feelings in others