

## PSHE – Medium Term Planning – Spring 2

Relationships Education			
<b>Weeks Beginning:</b> <b>19.02.24 and 26.02.24</b> <b>Events:</b> <b>13.02. Pancake Day (over break)</b> <b>14.02 Ash Wednesday(over break)</b> <b>14.02– 30.04 Lent</b>	Week 1	Week 2	Vocabulary / Resources
Reception	<b>How can we play nicely together?</b> <i>(PoS R24)</i>	<b>How can I show I'm listening to others?</b> <i>(PoS R24)</i>	<b>Vocabulary:</b> kindness, fair, listen, care, rules <i>Mini Monsters Can I play? by Caryl Hart and Tony Neal</i> <i>Words are not for hurting by Elizabeth Verdick</i>
Year 1	<b>What is kind behaviour and how does it make others feel?</b> <i>(PoS R21)</i>	<b>What is unkind behaviour and how does it make others feel?</b> <i>(PoS R21)</i>	<b>Vocabulary:</b> kindness, respect, [feeling words], <i>I don't want to play nicely by Sue Graves</i>
Year 2	<b>How do we show good manners and why is it important?</b> <i>(PoS R22)</i>	<b>How can we share our opinions kindly?</b> <i>(PoS R25)</i>	<b>Vocabulary:</b> manners, polite, opinion, sharing, respect <i>The rescue of Bunny Wunny by Emma Clark</i>
Year 3	<b>What is self-respect and how does it link to happiness?</b> <i>(PoS R31)</i>	<b>What can improve relationships to be more respectful?</b> <i>(PoS R32)</i>	<b>Vocabulary:</b> self-respect, respectfulness, attitude, self-esteem, confidence, belief <b>Note:</b> W1 refer to how this can impact thoughts about <u>themselves</u> and that everyone should be treated with respect by others. W2 refer to respecting differences and similarities between people and recognising what they have in common <i>Perfectly Norman by Tom Percival</i>
Year 4	<b>How can we respond safely to adults we do not know?</b> <i>(PoS R24)</i>	<b>How do we know when a secret should be kept or not agreed to?</b> <i>(PoS R27)</i>	<b>Vocabulary:</b> confidential, safety, relationship, informed choice, worries, early warning signs, feeling safe/unsafe <b>Note:</b> W1 in all contexts including online W2 discuss privacy and the difference between a nice surprise/when to tell e.g. someone being upset or hurt <i>Alice and the Troll an internet Stranger Danger Adventure by Hollie-April Pullen</i> <i>Trouble with secrets by Johnsen Karen</i>

Year 5	<b>Why do we need courtesy and manners in our society?</b> <i>(PoS R33)</i>	<b>How can we challenge those we disagree with whilst remaining respectful?</b> <i>(PoS R34)</i>	<b>Vocabulary:</b> courtesy, respect, manners, attitude, disagree, resolution Note: W2 refer to those whose traditions, beliefs and lifestyles are different <i>We disagree by Bethanie Murguia</i>
Year 6	<b>What is discrimination and how can it be challenged?</b> <i>(PoS R21)</i>	<b>What are personal boundaries?</b> <i>(PoS R22)</i>	<b>Vocabulary:</b> discrimination, respect, personal boundary, Note: W2 refer to importance of permission giving and seeking, appropriate boundaries incl. a digital context <i>Jaz Santos Vs The World by Priscilla Mante (W1)</i>

## Health and Well-being Education

<b>Weeks Beginning:</b> <b>04.03.24 and 11.03.24</b>  <b>Events:</b> <b>08.03. International Women's Day</b> <b>24.03 Purim (Jewish Spring Holiday)</b> <b>15.03 Red Nose Day</b> <b>25.03 – 19.03 Holi</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Vocabulary / Resources</b>
Reception	<b>What food and drink is good for healthy teeth?</b>  <i>(PoS H7)</i>	<b>How do I brush my teeth correctly?</b>  <i>(PoS H7)</i>	<b>Vocabulary:</b> clean, healthy, toothbrush, brush, gums, teeth  <i>The Tooth Book by Dr Seuss</i>
Year 1	<b>How do I look after my teeth?</b>  <i>(PoS H7)</i>	<b>What happens at the dentist?</b>  <i>(PoS H7)</i>	<b>Vocabulary:</b> healthy, toothbrush, habit, routine, appointment , gums, teeth  <i>Just going to the dentist by Mercer Mayer</i>
Year 2	<b>Why is sleep important?</b>  <i>(PoS H4)</i>	<b>What can we do to relax and rest?</b>  <i>(PoS H4)</i>	<b>Vocabulary:</b> sleep, well-being, choice, rest, recover Note: W1 discuss how a lack of sleep can affect mood, ability to learn and importance of good quality sleep for good health <i>Sleep is for everyone by Paul Showers</i>
Year 3	<b>How can we maintain good oral hygiene?</b>  <i>(PoS H11)</i>	<b>Why is good oral hygiene important?</b>  <i>(PoS H11)</i>	<b>Vocabulary:</b> oral hygiene, routine, prevention, lifestyle, clean Note: W1 also discuss where children can go for advice on dental hygiene <i>All About Teeth by Mari C Schuh</i>
Year 4	<b>Why is sleep important?</b>  <i>(PoS H8)</i>	<b>What routines support good quality sleep?</b>  <i>(PoS H8)</i>	<b>Vocabulary:</b> sleep pattern, brain function, impact, choice, lifestyle Note: W1 KS2 focus - use text to go in more depth than KS1 (see Y2).  <i>Resting and Sleeping (Healthy Me) by Katie Woolley</i>
Year 5	<b>How can we maintain good oral hygiene?</b>  <i>(PoS H11)</i>	<b>How does an unbalanced diet impact dental health?</b>  <i>(PoS H11)</i>	<b>Vocabulary:</b> oral hygiene, prevention, lifestyle, dental health, eating patterns, informed decision Note: W1 also refer back on how to brush teeth correctly <i>Smile by Ben Hubbard</i>
Year 6	<b>How can the quality of sleep be improved?</b> <i>(PoS H8)</i>	<b>How does a lack of sleep impact the body, feelings, behaviour and learning?</b> <i>(PoS H8)</i>	<b>Vocabulary:</b> sleep pattern, brain function, adolescence, well-being, informed choice

			Note: W2 refer to how it impacts children as they get older (adolescence) <a href="#">The magic of sleep by Vicky Woodgate</a>
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## Health and Well-being Education

Weeks Beginning: 18.03.24 and 25.03.24  Events: 22.03 World Water Day 10.03 – 9.04 Ramadan 29.03 Good Friday 31.04 Easter Sunday	Week 1	Week 2	Vocabulary / Resources
Reception	How can I stay safe at the shops? (PoS H32)	How can I stay safe at the beach? (PoS H32)	<b>Vocabulary:</b> help, safe, lost, rules, trusted person  <a href="#">Let's Talk: Lost and Found by Jennifer Moore-Mallinos</a>
Year 1	Who keeps us safe in school and what is their role? (PoS H33)	Who keeps us safe outside school and what is their role? (PoS H33)	<b>Vocabulary:</b> feeling safe/unsafe, trusted person, role, care, safety  <a href="#">The Jar of Happiness by Ailsa Burrows</a>
Year 2	What is 'personal information' and what should be kept private online? (PoS H34)	Why is it important to tell an adult if you come across something scary online and what can you do? (PoS H34)	<b>Vocabulary:</b> private, digital footprint, problem solve, online content, online information, inform, sharing content  <a href="#">Goldilocks (A hashtag cautionary tale) by Jeanne Willis</a>
Year 3	What are the different types of age restrictions and what are they for? (PoS H37)	How do age restrictions promote well-being and safety? (PoS H37)	<b>Vocabulary:</b> age restrictions, online content, influence, positive presence, safety, communication  <a href="#">I'm actually really grown up now by Maisie Shearring</a>
Year 4	How can we use devices safely when outside our homes? (PoS H38)	How can we manage risk in our local environment? (PoS H41)	<b>Vocabulary:</b> electronic device, awareness, protection, safety, negative impact, caution, risk Note: W2 can reference less familiar locations e.g. near railway, water, roads, fire/firework safety, sun safety <a href="#">Healthy Me Keeping Safe by Katie Woolley and Ryan Wheatcroft</a>
Year 5	What are the risks and effects of legal drugs and how may	What organisations are there to support people who have	<b>Vocabulary:</b> caffeine, alcohol, tobacco, choice, physical/emotional reaction, legal/illegal Note: W1 Recognise drug use can become habit

	<b>this impact health?</b> <i>(PoS H46)</i>	<b>concerns about legal drugs?</b> <i>(PoS H50)</i>	W1 and W2 Focus on alcohol, cigarettes, e-cigarettes, medicines. See resources and lesson plans under wider curriculum - PSHE - planning resources - drug and alcohol education <a href="#">Straight Talk: Drugs and Alcohol by Stephanie Paris</a>
Year 6	<b>What are legal/illegal drugs and why may people choose to use or not use them?</b> <i>(PoS H7, H48)</i>	<b>How does the media portray drugs?</b> <i>(PoS H49)</i>	<b>Vocabulary:</b> choice, physical/emotional reaction, legal/illegal, influence, media, informed choice, influence Note: Include alcohol/smoking/vaping See resources and lesson plans under wider curriculum - PSHE - planning resources - drug and alcohol education <a href="#">Straight Talk: Drugs and Alcohol by Stephanie Paris</a>