



EMNETH ACADEMY LONG TERM PLANNING

– Subject Overview

Subject	PSHE					
Leader	Lauren Orviss					
ACADEMIC YEAR	2021/22					
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	<p>Personal, social and emotional development Self-confidence and self-awareness: children will be encouraged to be confident to try new activities, and say why they like some activities more than others. They will be taught to speak in a familiar group, talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help. Managing feelings and behaviour: talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They will learn to work as part of a group or class, and understand and follow the rules. They will learn to adjust their behaviour to different situations, and take changes of routine in their stride. Making relationships: children will be taught how to play co-operatively, taking turns with others. They will learn to account of one another's ideas about how to organise their activity. They will begin to show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.</p>					
1	E-safety (Challenger 1-5) -The internet -Personal information -Using emails	Health (Challenger 1-4) -Keeping healthy -Get moving -Sleeping -Press pause	Life (Challenger 1-4) -Family and friends -Personal safety -Impressions -Being proud	Mind (Challenger 1-5) -Being healthy -Feelings and emotions -Support network -Happiness -Challenge	RSE	

2	<p>E-safety (Challenger 6-10)</p> <ul style="list-style-type: none"> -Games and apps -Online rules -Staying safe online 	<p>Health (Challenger 5-8)</p> <ul style="list-style-type: none"> -Healthy eating -Hydration -Personal hygiene -Healthy behaviours 	<p>Life (Challenger 5-8)</p> <ul style="list-style-type: none"> -Responsibility -Choices and consequences -Character traits -Hobbies and clubs 	<p>Mind Challenger 6-10)</p> <ul style="list-style-type: none"> -Resilience -Determination -Self-awareness -Keeping cool -Being positive 	RSE	
3	<p>E-safety (Contender 1-4)</p> <ul style="list-style-type: none"> -Exploring online -Communication devices -Communicating online 	<p>Health (Contender 1-4)</p> <ul style="list-style-type: none"> -Physical health -Being active -Healthy routines -Recharge 	<p>Life (Contender 1-4)</p> <ul style="list-style-type: none"> -Lifestyle -Making choices -Confidence -Impressions 	<p>Mind (Contender 1-6)</p> <ul style="list-style-type: none"> -Mind -Healthy body healthy mind -Mind training -Resilience -Determination 	RSE	
4	<p>E-safety (Contender 5-9)</p> <ul style="list-style-type: none"> -Personal info -Games and apps -Cyberbullying -Online situations 	<p>Health (Contender (5-8)</p> <ul style="list-style-type: none"> -Healthy eating -Smart choices -Hydration -Keeping healthy 	<p>Life (Contender 5-8)</p> <ul style="list-style-type: none"> -Pride -Character -Relationships -Connections 	<p>Mind (Contender 7-11)</p> <ul style="list-style-type: none"> -Feelings -Emotions -Mental health -Positivity -Self-awareness 	RSE	

5	<p>E-Safety (Champion 1-5)</p> <ul style="list-style-type: none"> -Social media -Cyber bullying -Online communication -Digital footprints 	<p>Health (Champion 1-4)</p> <ul style="list-style-type: none"> -Body health -Fitness -Rest and recovery -Being mindful 	<p>Life (Champion 1-5)</p> <ul style="list-style-type: none"> -Life connections -Support network -Personal growth -Challenge -Hobbies 	<p>Mind (Champion 1-5)</p> <ul style="list-style-type: none"> -Self-management -Game plan Coping strategies -Self-control -Support network 	RSE	
6	<p>E-safety (Champion 6-10)</p> <ul style="list-style-type: none"> -Online scams -Online chatting -Being online and wellbeing -Online behaviour -Staying safe online 	<p>Health (Champion 5-8)</p> <ul style="list-style-type: none"> -Nutrition fundamentals -Energy levels -Food habits -Health risks and attitudes 	<p>Life (Champion 6-10)</p> <ul style="list-style-type: none"> -Balance -Habits -Pride -Responsibility -Respect 	<p>Mind (Champion 6-10)</p> <ul style="list-style-type: none"> -Focus -Aspirations -Life journey -Belief -Motivation 	RSE	Transition to High school