

PSHE (inc Relationships and Sex Education) Long Term Overview (2 year rolling programme)

At Capenhurst CE Primary School we are using the Church HeartSmart program. Our long term plan follows the HeartSmart scheme of work; please see below. In Year A we will follow the scheme of work for EYFS, Y1, Y3 and Y5; in Year B we will follow the scheme of work for EYFS, Y2, Y4 and Y6 as suggested by HeartSmart.

Year A	EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Autumn	<p><u>Get Heart Smart (Meet Boris)</u> I can suggest ways that I am HeartSmart. I can work together with my friends, share ideas and listen to one another. I can play co-operatively and take turns. I can read characters’ facial expressions. I can talk about things I love and describe how those things make me feel. I can work with my friends to find the missing hearts.</p> <p><u>Don’t Forget to Let Love in (I am special)</u> I can understand that each one of us is loved, special and important. I can understand that we all like different things and that is one of the ways we are unique. I can talk about how I demonstrate different emotions. I can understand that we are all special. I can tell other people about me and the things I like. I can accept that we all have different talents and skills. I can accept praise and encouragement from others.</p>	<p><u>Get Heart Smart (Meet Boris)</u> I can understand that many choices I make can help or hurt my own and other’s hearts. I can identify sources of power (including myself). I can describe ways I can use my power in positive and negative ways. I can begin to understand my emotions. I can understand that whatever I put into my heart is what comes out. I can think of reasons why I am grateful for another person. I can make choices that keep my mind and body healthy. I can reflect on how the choices I make can help or hurt my own and other’s hearts.</p> <p><u>Don’t Forget to Let Love in (I am special)</u> I can let love into my heart. I can understand that there are different types of touch. I can differentiate between the truth and lies that are spoken over me or about me. I can appreciate the ways in which we are all unique. I can understand that there is a choice in spending and saving and that there is a reward that comes from saving. I can understand that there are different ways I can take care of myself every day. I can reflect on ways to let love into my heart.</p>	<p><u>Get Heart Smart (Meet Boris)</u> I can identify ways to show love to myself and others. I can identify ways we can be kind to one another. I can recall memories and associate a feeling with them. I can understand that our hearts need protecting. I can list things we need to guard our hearts from. I can identify people in my life who encourages me and cheer me on. I can identify the benefits of a healthy lifestyle and the risks of an unhealthy lifestyle. I can reflect on how I care for my own and other’s hearts.</p> <p><u>Don’t Forget to Let Love in (I am special)</u> I can let love into my heart. I can accept the encouragement given to me by others. I can understand what love is and what it isn’t. I can understand the difference that ‘letting love in’ can make to a person. I can think about things I am grateful for and explain why I am grateful for them. I can understand that some choices I make will affect my physical health. I can reflect on ways to let love into my heart.</p>	<p><u>Get Heart Smart (Meet Boris)</u> I can identify ways to show love to myself and others. I can understand how powerful people lead others. I can describe the heart reputation I would like to have. I can identify ways to know what I should and shouldn’t watch. I can write a letter of thanks to someone who supports and encourages me in my home or family. I can understand that good quality sleep is important for our health. I can reflect on how I protect my own and other’s hearts.</p> <p><u>Don’t Forget to Let Love in (I am special)</u> I can let love into my heart. I can understand that I have value and purpose. I can consider how the words I listen to about myself can make me feel. I can think about different sources of pressure and ways I can respond. I can look back over my life and select significant events/people. I can suggest when and how to ask for help and who to go to. I can reflect on ways to let love into my heart.</p>

<p>Spring</p>	<p><u>Too Much Selfie isn't Healthy (I love others)</u> I can suggest special things I like to do with special people. I can understand that all families are important and special and that others people's families can look different to my family. I can begin to explain how someone is feeling based on their expression or behaviour. I can demonstrate appropriate ways to show care and affection for others. I can show love to others when they need help and can respond to the needs of others. Be thankful for the people who help us at school.</p> <p><u>Don't Rub it in, Rub it out (I am a good friend)</u> I can describe how to be a super-friend. I can think of ways to ensure everyone is included in my class. I can listen to one another. I can use words that are kind when talking to my friends. I can choose to be kind to others even when they are not. I can understand why it is important to say sorry.</p>	<p><u>Too Much Selfie isn't Healthy (I love others)</u> I can suggest ways to show love for others. I can demonstrate loving others. I can notice the people around me. I can consider ways that I can help others and recall ways that I have been helped. I can show appreciation for the people who look after me. I can work as part of a team to complete some relay races/challenges. I can understand some simple rules to keep me safe online. I can reflect on how I show love for others.</p> <p><u>Don't Rub it in, Rub it out (I am a good friend)</u> I can understand the importance of forgiveness. I can think about how my behaviour affects others and how I can make amends when I have hurt/upset someone. I can understand that forgiveness helps our hearts. I can suggest different ways to handle negative emotion. I can explore different ways to handle disappointment. I can explain how the words I use affect other people. I can reflect on ways I can erase negative emotion.</p>	<p><u>Too Much Selfie isn't Healthy (I love others)</u> I can suggest ways to show love for others. I can demonstrate loving others. I can consider ways that I can help others and the effect of doing so. I can demonstrate how to respond in an emergency. I can recognise and celebrate the impact kindness can have on another person. I can work together, listen to one another's ideas and respect each other's views. I can understand that there is some information that can identify me and it's important to keep this information private. I can reflect on how I show love for others.</p> <p><u>Don't Rub it in, Rub it out (I am a good friend)</u> I can understand the importance of forgiveness. I can describe how an apology can help mend a situation. I can think about and describe the difference between forgiving and not. I can understand that letting go of hurt is best for my heart. I can consider how to build trust between friends and consider the effects of a betrayal of trust. I can recognise and challenge stereotypes. I can reflect on ways I can erase negative emotion.</p>	<p><u>Too Much Selfie isn't Healthy (I love others)</u> I can suggest ways to show love for others. I can demonstrate loving others. I can suggest who to go to if I feel lonely and can suggest things to do to avoid feeling lonely. I can list the skills needed to listen to others well. I can suggest people who should be honoured and ways I can honour them. I can investigate the purpose and role of different groups. I can think of things that I should and shouldn't share online. I can reflect on how I show love for others.</p> <p><u>Don't Rub it in, Rub it out (I am a good friend)</u> I can describe forgiveness and why it keeps our hearts healthy. I can develop simple strategies to resolve conflict. I can explain what Nelson Mandela's life teaches me about forgiveness. I can describe different emotions and discuss the importance of them. I can respond well to my own mistakes. I can recognise bullying in all its forms and list strategies for dealing with bullying. I can reflect on ways I can erase negative emotion.</p>
----------------------	--	--	--	--

<p>Summer</p>	<p><u>Fake is a Mistake! (I tell the truth)</u> I can differentiate between words that are true and untrue. I can be kind and encouraging to others. I can understand that it is important to be honest and always tell the truth. I can understand that being yourself is the best you can be. I can list the things I am thankful for. I can tell others something special about my home and family.</p> <p><u>'No Way Through' isn't True (I can do it!)</u> I can understand that making mistakes is normal and helps us to learn. I can have a go at and complete a series of different challenges. I can keep trying when something is difficult. I understand that I can do anything if I work hard and don't give up. I can keep going to complete an activity. I can express how we feel about change.</p>	<p><u>Fake is a Mistake! (I tell the truth)</u> I can understand why I don't need to lie about myself. I can understand that being myself is always best. I can describe that what 'being see-through' is and why being 'see-through' in friendship is important. I can identify people I can talk to when I feel sad, worried or angry. I can understand that small lies can have a big impact. I can understand the importance of good oral hygiene and dental health. I can reflect on ways that Fake is a Mistake!</p> <p><u>'No Way Through' isn't True (I can do it!)</u> I can describe situations where I get stuck and can suggest ways to persevere when I am stuck. I can keep trying when things are difficult. I can learn to differentiate between secrets I should and shouldn't keep. I can understand what to do if someone asks me to keep a secret that makes me feel uncomfortable. I can suggest ways I can have impact in my class, family and community. I can identify dreams in my heart. I can think about change, loss and the associated feelings. I can recall a time when I was stuck but found a way through.</p>	<p><u>Fake is a Mistake! (I tell the truth)</u> I can understand why I don't need to lie about myself. I can accept that the real me is the best me. I can spot examples of shame. I can talk to adults I trust if I am worried about unsafe or inappropriate contact. I can explain why truth is important to build a friendship. I can keep myself and my friends with allergies safe. I can reflect on ways that Fake is a Mistake!</p> <p><u>'No Way Through' isn't True (I can do it!)</u> I can describe situations where I get stuck and can suggest ways to persevere when I am stuck. I can identify areas of my life where I am doing well as well as areas of my life where there have been setbacks. I can understand the importance of getting back up when I fail and trying again. I can demonstrate basic first aid skills. I can consider the impact that my attitude can have with achieving my dreams. I can describe ways to manage change well. I can recall a time when I was stuck but found a way through.</p>	<p><u>Fake is a Mistake! (I tell the truth)</u> I can understand why I don't need to lie about myself and can list 5 great things about myself. I can discuss the fact that the images we see on social media and in magazines are not always real. I can explain what to do when I feel like I need to hide how I really feel. I can choose those I trust to be vulnerable with. I can understand how to receive feedback. I can find out the risks associated with alcohol use in young people. I can reflect on ways that Fake is a Mistake!</p> <p><u>'No Way Through' isn't True (I can do it!)</u> I can describe situations where I get stuck and can suggest ways to persevere when I am stuck. I can understand that there is always a way through seemingly impossible situations. I can celebrate internal success. I can describe some of the tools that can help me live life full of hope. I can describe the key facts about puberty and the changing adolescent body, particularly from 9 – 11 (Year 4, lesson 6). I can explain key facts about the menstrual cycle (Year 5, lesson 5). I can describe the changes in the brain as I go through adolescence. (Year 6, lesson 6) I can describe ways to look after my health and wellbeing as I grow up. I can recall a time when I was stuck but found a way through. I can suggest strategies to deal with times when I am stuck.</p>
----------------------	---	---	--	--

Year B	EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
<p>Autumn</p>	<p><u>Get Heart Smart (Meet Boris)</u> I can suggest ways that I am HeartSmart. I can work together with my friends, share ideas and listen to one another. I can play co-operatively and take turns. I can read characters’ facial expressions. I can talk about things I love and describe how those things make me feel. I can work with my friends to find the missing hearts.</p> <p><u>Don’t Forget to Let Love in (I am special)</u> I can understand that each one of us is loved, special and important. I can understand that we all like different things and that is one of the ways we are unique. I can talk about how I demonstrate different emotions. I can understand that we are all special. I can tell other people about me and the things I like. I can accept that we all have different talents and skills. I can accept praise and encouragement from others.</p>	<p><u>Get Heart Smart (Meet Boris)</u> I can understand that many choices I make can help or hurt my own and others hearts. I can identify sources of power (including myself!) I can describe ways I can use my power in positive and negative ways. I can understand that the decisions we make can affect our reputation. I can make the link between my heart and my actions, words and behaviours. I can understand that families may all look different but they should all be places of love and security. I can make healthy choices to contribute to a healthy diet. I can reflect on how the choices I make can help or hurt my own and other’s hearts.</p> <p><u>Don’t Forget to Let Love in (I am special)</u> I can understand how to let love into my heart. I can recognise and celebrate my strengths and the ways in which we are all unique. I can differentiate between the truths and lies that I hear or speak about ourselves. I can write an acrostic poem for my name by selecting words that describe me. I can understand that to be thankful for what I have, helps me develop a gratitude attitude. I can notice the difference in my heart rate after physical activity. I can reflect on ways to let love into my heart.</p>	<p><u>Get Heart Smart (Meet Boris)</u> I can identify ways to show love to myself and others. I can consider the consequences of the words I use. I can suggest ways to grow a desired characteristic e.g. kindness. I can understand that I need to be careful who I trust. I can understand that there are many different characteristics of a healthy family life. I can recognise what affects my mental wellbeing. I can reflect on how I care for my own and other’s hearts.</p> <p><u>Don’t Forget to Let Love in (I am special)</u> I can understand how to let love into my heart. I can identify ways I feel loved. I can celebrate my strengths and achievements. I can compare our class measurements to determine our uniqueness. I can be grateful for the amazing things my body can do. I can love myself and others by stopping the spread of bacteria. I can reflect on ways to let love into my heart.</p>	<p><u>Get Heart Smart (Meet Boris)</u> I can make HeartSmart decisions. I can understand that my body language can help me to feel more powerful. I can suggest ways to keep my heart soft but strong. I can recognise when it is right to keep a secret and when secrets should be shared. I can understand that marriage is a commitment of two people to each other. I can plan a healthy meal using the EatWell plate. I can reflect on how I protect my own and other’s hearts.</p> <p><u>Don’t Forget to Let Love in (I am special)</u> I can understand how to let love into my heart. I can consider what I am worth. I can encourage one another with kind and positive words and can accept encouragement from others. I can recall significant events and people in my life so far. I can list things I am grateful for. I can spot early signs of physical illness. I can reflect on ways to let love into my heart.</p>

<p>Spring</p>	<p><u>Too Much Selfie isn't Healthy (I love others)</u> I can suggest special things I like to do with special people. I can understand that all families are important and special and that others people's families can look different to my family. I can begin to explain how someone is feeling based on their expression or behaviour. I can demonstrate appropriate ways to show care and affection for others. I can show love to others when they need help and can respond to the needs of others. Be thankful for the people who help us at school.</p> <p><u>Don't Rub it in, Rub it out (I am a good friend)</u> I can describe how to be a super-friend. I can think of ways to ensure everyone is included in my class. I can listen to one another. I can use words that are kind when talking to my friends. I can choose to be kind to others even when they are not. I can understand why it is important to say sorry.</p>	<p><u>Too Much Selfie isn't Healthy (I love others)</u> I can suggest ways to show love for others. I can demonstrate loving others. I can be more aware of my surroundings and the people around me. I can look for opportunities to do something kind for others. I can recognise and appreciate the important work that people in my community do. I can consider ways that we are all different and similar. I can understand that the rules I follow online to keep safe are similar to the rules I follow in real life. I can reflect on how I show love for others.</p> <p><u>Don't Rub it in, Rub it out (I am a good friend)</u> I can understand the importance of forgiveness. I can suggest why someone should say sorry and offer forgiveness between friends. I can consider how resentment and unforgiveness makes me feel. I can reflect on helpful ways to deal with hurt. I can suggest different ways to deal with hurt or disappointment. I can understand the consequences of teasing or bullying. I can reflect on ways I can erase negative emotions.</p>	<p><u>Too Much Selfie isn't Healthy (I love others)</u> I can suggest ways to show love for others. I can demonstrate loving others. I can be more aware of my surroundings and the people around me by noticing differences. I can suggest how someone is feeling based on their facial expressions and body language. I can appreciate the unseen heroes of my community. I can recognise that I sometimes need help from others. I can suggest ways to use mobile phones and tablets responsibly. I can reflect on how I show love for others.</p> <p><u>Don't Rub it in, Rub it out (I am a good friend)</u> I can understand the importance of forgiveness. I can suggest ways to fix a broken friendship. I can explain the benefits of forgiveness. I can sort scenarios into positive and negative stress and can suggest ways to manage negative stress. I can recognise healthy boundaries and deal with online abuse. I can recognise and deal with online abuse. I can reflect on ways I can erase negative emotions.</p>	<p><u>Too Much Selfie isn't Healthy (I love others)</u> I can suggest ways to show love for others. I can demonstrate loving others. I can acknowledge that there are ways we are different and ways we are the same. I can be a good listener. I can consider the generations that have gone before me and how they have overcome challenges that children benefit from today. I can suggest ways to be a good friend. I can list the benefits and dangers of social media. I can reflect on how I show love for others.</p> <p><u>Don't Rub it in, Rub it out (I am a good friend)</u> I can understand the importance of forgiveness. I can develop strategies to resolve conflict and disputes. I can explain the benefits of forgiveness and can discuss the barriers to forgiveness. I can understand that my tone and body language communicates more than my words. I can give examples of how a trustworthy friend behaves. I can explain when it is ok to break a confidence. I can consider the impact bullying can have. I can reflect on ways I can erase negative emotions.</p>
----------------------	--	---	--	---

<p>Summer</p>	<p><u>Fake is a Mistake! (I tell the truth)</u> I can differentiate between words that are true and untrue. I can be kind and encouraging to others. I can understand that it is important to be honest and always tell the truth. I can understand that being yourself is the best you can be. I can list the things I am thankful for. I can tell others something special about my home and family.</p> <p><u>'No Way Through' isn't True (I can do it!)</u> I can understand that making mistakes is normal and helps us to learn. I can have a go at and complete a series of different challenges. I can keep trying when something is difficult. I understand that I can do anything if I work hard and don't give up. I can keep going to complete an activity. I can express how we feel about change.</p>	<p><u>Fake is a Mistake!</u> I can understand why I don't need to lie about myself. I can identify something unique about myself. I can understand that not all the thoughts I have about myself are true. I can describe how different emotions make me feel. I can suggest ways to be polite when meeting others. I can learn how to keep myself safe in the sun. I can reflect on ways that Fake is a Mistake!</p> <p><u>'No Way Through' isn't True</u> I can describe situations where I get stuck and can suggest ways to persevere when I am stuck. I can find alternative solutions to a problem. I can look at seemingly impossible situations in a different way. I can find a way to overcome challenges or difficulties. I can manage worry by imagining good things that could happen. I can care for our school environment by conserving energy. I can recall a time when I was stuck but found a way through.</p>	<p><u>Fake is a Mistake!</u> I can understand why I don't need to lie about myself. I can explain that I am not what I do. I can understand that the words I choose to listen to affect how I see myself. I can have the courage to tell the truth. I can explain when dares are no longer fun and can explain the consequences of dares. I can find out the facts and associated risks of smoking. I can reflect on ways that Fake is a Mistake!</p> <p><u>'No Way Through' isn't True</u> I can describe situations where I get stuck and can suggest ways to persevere when I am stuck. I can list the skills and attitudes needed to meet the challenge of the Endurance Expedition. I can identify habits I need to develop or lose in order to achieve my goals. I can think of someone who encourages me and can think of someone I can encourage. I can identify some of the dreams in my heart. I can recall a time when I was stuck but found a way through.</p>	<p><u>Fake is a Mistake!</u> I can communicate differing opinions with respect. I can understand that I am loved for being just who I am and can interpret the meaning behind the song 'This is Me'. I can replace negative self-talk with positive self-talk. I can explain how using boundaries mean I can have respectful friendships. I can consider facts about immunisation and vaccinations. I can find out facts about legal and illegal substances and their associated risks. I can reflect on ways that Fake is a Mistake!</p> <p><u>'No Way Through' isn't True</u> I can describe situations where I get stuck and can suggest ways to persevere when I am stuck. I can describe the impact of changing my thinking from 'I can't do it' to 'I can't do it yet' and can explain the importance of practice. I can increase self-awareness to work out how I feel, why I feel that way and what I need. I can explain the effect of having hope. I can step out of my comfort zone. I can recall a time when I was stuck but found a way through. I can suggest strategies to deal with times when I am stuck.</p>
----------------------	---	---	---	--