



Mundy C of E Junior School.
PSHCE Medium Term Plan.
2-year cycle – Year 3/4.



	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 3 and 4 Cycle 1	PSHE Matters: Being Healthy Key Objectives: • Exploring what affects their physical, mental and emotional health. • Understanding the concept and benefits of a balanced healthy lifestyle. • Identifying how to make informed choices. • Understanding what is included in a balanced diet. Understanding what may influence our choices. • Setting goals.	PSHE Matters: Relationships Key Objectives: • Recognising what constitutes a healthy relationship and develop the skills to form positive and healthy relationships. • Recognising ways in which a relationship can be unhealthy and whom to talk to if they need support. • Recognising different types of relationship. • Understanding that actions affect themselves and others. • Understanding when it is right to 'break a confidence' or 'share a secret'. • Listening and responding respectfully. • Understanding personal boundaries.	PSHE Matters: Exploring Emotions Key Objectives: • Recognising a wide range of emotions in themselves and others. • Responding appropriately to a range of emotions in themselves and others. • Understanding their actions affect themselves and others. • Developing strategies to resolve disputes. • Identifying strategies to manage emotions. • Deepening their understanding of good and not so good feelings. • Extending vocabulary to help explain the range and intensity of feelings. • Recognising conflicting emotions.	PSHE Matters: Difference and Diversity Key Objectives: • Identifying how to listen and respond respectfully to a wide range of people. • Recognising the differences and similarities between people, but understand everyone is equal. • Recognising the nature and consequences of discrimination. • Recognising and challenging stereotypes	PSHE Matters: Being Responsible Key Objectives: • Research, discuss and debate topical issues. • Identify why rules are needed in different situations. • Understanding that there are human rights to protect everyone. • Explore rights and responsibilities, rights and duties at home, school, community and the environment. • Develop skills to carry out responsibilities. • Explore how to resolve differences and respect others' points of view. • Explore what being part of a community means and how they belong.	PSHE Matters: Bullying Matters. Key Objectives: • Understanding that their actions affect themselves and others. • Identifying the importance of working towards shared goals. • Developing strategies for getting support for themselves or for others at risk. • Identifying that differences and similarities arise from a number of factors. • Understanding the nature and consequences of discrimination, teasing, bullying and aggressive behaviour (including cyberbullying, prejudice-based language, 'trolling'). • Knowing how to recognise bullying and abuse in all its forms.



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Year 3 and 4 Cycle 2	PSHE Matters: Drug Education Key Objectives: • Recognising how to make informed choices. • Understanding that people have different attitudes to risk. • Recognising, predicting and assessing risks in different situations. • Where to get help and how to ask for help. • Distinguishing between safe and harmful and to know some substances can be harmful if misused. • Learning rules about staying safe.	PSHE Matters: Growing Up Key Objectives: • That images in the media do not always reflect reality. • Celebrate our strengths/qualities. • Understand the kind of changes that happen in life and the associated feelings. • Know that simple hygiene routine can prevent the spread of bacteria. • Know the changes that happen as they grow up. The right to protect our bodies. • Know differences and similarities between people, but understand everyone is equal. • Know the difference between acceptable and unacceptable physical contact. • Knowing the names of the body parts. • Recognise and challenge stereotypes.	PSHE Matters: Changes Key Objectives: • Understanding good and not so good feelings including their range and intensity. • Developing an understanding that change can cause conflicting emotions. • Acknowledging, exploring and identifying how to manage change positively. • Exploring changes. • Knowing where to go for help and how to ask for help.	PSHE Matters: Being Me Key Objectives: • Exploring different kinds of responsibilities at school and in the community. • Identifying what being part of a community means. • Appreciate the range of identities in the UK. • Listen and respond respectfully. • Identifying that differences and similarities between people arise from a number of factors.	PSHE Matters: Money Matters Key Objectives: • Identify the role of voluntary and charity groups. • Understanding different values and customs. • Exploring how to manage money. • Explaining the importance of money in people's lives and how money is obtained. • Understanding the concepts of interest, loan, debt and tax. • Understanding enterprise and begin to develop enterprise skills.	PSHE Matters: Being Safe Key Objectives: • Understanding how to make informed choices. • Exploring how to recognise, predict and assess risks in different situations. • Understanding that increased independence brings increased responsibility to keep themselves safe. • Understanding how rules can keep them safe. • Identifying where and how to get help. • Developing strategies for keeping physically and emotionally safe in different situations. • Understanding the importance of protecting information particularly online. • Understanding how to become digitally responsible.
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Mundy C of E Junior School. **PSHCE Medium Term Plan.** **2-year cycle – Year 5/6.**



	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 5 and 6 Cycle 1	PSHE Matters: Being Healthy Key Objectives: • Exploring what affects their physical, mental and emotional health. • Understanding the concept and benefits of a balanced healthy lifestyle. • Exploring how we make choices about the food we eat. • Identifying how to make informed choices. • Developing skills to make their own choices. • Recognising how images in the media do not always reflect reality. • Setting simple but challenging goals. • Exploring what is meant by the term habit and why habits can be hard to change.	PSHE Matters: Relationships Key Objectives: • Recognising what a healthy relationship is. • Recognising ways in which a relationship can be unhealthy and whom to talk to if they need support. • Recognising different types of relationship, including those between acquaintances, friends, relatives and families. • Understanding the true meaning behind civil partnerships and marriage. • Resolving conflicts. • Recognising that forcing anyone to marry is a crime. • Understanding about confidentiality and about times when it is necessary to break a confidence.	PSHE Matters: Exploring Emotions Key Objectives: • Recognising a wider range of feelings in others and how to respond appropriately. • Recognising that their actions can affect themselves and others. • Developing strategies to resolve disputes. • Deepening their understanding of good and not so good feelings. • Extending emotional vocabulary. • Exploring the intensity and range of feelings. • Recognising when they experience conflicting emotions and how to manage these.	PSHE Matters: Difference and Diversity Key Objectives: • Identifying how to listen and respond respectfully to a wide range of people. • Recognising the factors that make people the same or different. • Recognising the nature and consequences of discrimination. • Recognising and challenging stereotypes. • Understanding the correct use of the terms sex, gender identity and sexual orientation.	PSHE Matters: Being Responsible Key Objectives: • Research, discuss and debate topical issues. • Identify why rules are needed in different situations. • Understanding that there are human rights to protect everyone. • To understand there are some cultural practices against British law. • Explore rights and responsibilities at home, school, community and the environment. • Develop skills to carry out responsibilities. • Explore others' points of view. • Explore what being part of a community means and how they belong.	PSHE Matters: Bullying Matters. Key Objectives: • Understanding that their actions affect themselves and others. • Developing strategies for getting support for themselves or for others at risk. • Identifying that differences and similarities arise from a number of factors. • Understanding the nature and consequences of discrimination, teasing, bullying and aggressive behaviour (including cyberbullying, prejudice based language, 'trolling'). • Knowing how to recognise bullying and abuse in all its forms.



Mundy C of E Junior School. PSHCE Medium Term Plan. 2-year cycle – Year 5/6.



Year 5 and 6 Cycle 2	PSHE Matters: Drug Education Key Objectives: • Knowing how to make informed choices. • Identifying a range of drugs/substances and assessing some of the risks/effects. • Identifying influences and when an influence becomes a pressure. • Developing skills of how to ask for help. • Identify basic emergency procedures. • Understanding the term 'habit' and why habits can be hard to change.	PSHE Matters: Growing Up Key Objectives: • Exploring how images in the media and online do not always reflect reality. • Identify the intensity of feelings. • Recognising conflicting feelings. • Know that a simple hygiene routine can prevent the spread of bacteria. • Identify pressures and influences. • Understand changes that happen at puberty. • Understand what puberty and human reproduction is. • Identify qualities of a healthy relationship. • Understand committed loving relationships. • About differences and similarities between people, but understand everyone is equal. • Debate topical issues.	PSHE Matters: Changes Key Objectives: • Explaining intensity of feelings. • Exploring and managing the difficult emotions. • Acknowledging and managing change positively. • Managing transition to secondary school. • Exploring and managing loss, separation, divorce and bereavement. • Practising asking for help and knowing where to go for help.	PSHE Matters: Being Me Key Objectives: • Exploring different kinds of responsibilities at school and in the community. • Identifying what being part of a community means. • Identifying that differences and similarities between people arise from a number of factors.	PSHE Matters: Money Matters Key Objectives: • Understand how finance plays an important part in people's lives. • Understanding about being a critical consumer. • Developing an understanding of the concepts of interest, loan, debt and tax. • Identifying how resources are allocated and the effects on individuals, communities and the environment. • Developing enterprise skills. • Critiquing how social media presents information. • Recognising and managing dares.	PSHE Matters: Being Safe Key Objectives: • Understanding how to make informed choices. • Exploring how to recognise, predict and assess risks in different situations. • Understanding that increased independence brings increased responsibility to keep themselves safe. • Explaining how rules can keep them safe. • Identifying where and how to get help. • Understanding the term 'habit.' • Developing strategies for keeping physically and emotionally safe in different situations. • Understanding the importance of protecting information particularly online. • Understanding how to become digitally responsible.
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