



Pear Tree Primary School

PSHE/SRE Long Term Plan

Ran alongside KiVa anti-bullying programme

'Being Our Best Selves'

Year group:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>My Happy Mind: Meet your Brain</p> <p>Other: Manage their own needs, personal hygiene and basic needs</p>	<p>My Happy Mind: Celebrate</p> <p>Other: Manage their own needs, personal hygiene and basic needs</p>	<p>My Happy Mind: Appreciate</p> <p>Other: Manage their own needs, personal hygiene and basic needs</p>	<p>My Happy Mind: Relate</p> <p>Other: Manage their own needs, personal hygiene and basic needs</p>	<p>My Happy Mind: Engage</p> <p>Other: Manage their own needs, personal hygiene and basic needs</p>	<p>Other: Manage their own needs, personal hygiene and basic needs</p> <p>Preparing for transition</p>
Year 1	<p>My Happy Mind: Meet your Brain</p> <p>Other: Healthy lifestyles</p>	<p>My Happy Mind: Celebrate</p> <p>Other: Keeping safe</p>	<p>My Happy Mind: Appreciate</p> <p>Other: Safe relationships</p>	<p>My Happy Mind: Relate</p> <p>Other: Shared responsibilities and communities</p>	<p>My Happy Mind: Engage</p> <p>Other: Economic wellbeing: aspirations, work and careers</p>	<p>Other: Ourselves: growing, changing and relationships</p>
Year 2	<p>My Happy Mind: Meet your Brain</p> <p>Other: Healthy lifestyles</p>	<p>My Happy Mind: Celebrate</p> <p>Other: Keeping safe</p>	<p>My Happy Mind: Appreciate</p> <p>Other: Drugs, alcohol and tobacco/shared responsibilities</p>	<p>My Happy Mind: Relate</p> <p>Other: Media literacy and digital resilience</p>	<p>My Happy Mind: Engage</p> <p>Other: Economic wellbeing: money</p>	<p>Other: Mental health and ourselves: growing and changing</p>

Year 3	My Happy Mind: Meet your Brain Other: Healthy lifestyles	My Happy Mind: Celebrate Other: Keeping safe	My Happy Mind: Appreciate Other: Economic wellbeing: money	My Happy Mind: Relate Other: Economic wellbeing: aspirations, work and careers	My Happy Mind: Engage Other: Communities	Other: Relationships
Year 4	My Happy Mind: Meet your Brain Other: Healthy lifestyles	My Happy Mind: Celebrate Other: Keeping safe	My Happy Mind: Appreciate Other: Economic wellbeing: money	My Happy Mind: Relate Other: Economic wellbeing: aspirations, work and careers	My Happy Mind: Engage Other: Shared responsibilities	Other: Safe relationships
Year 5	My Happy Mind: Meet your Brain Other: Keeping safe	My Happy Mind: Celebrate Other: Media literacy and digital resilience	My Happy Mind: Appreciate Other: Safe relationships	My Happy Mind: Relate Other: Ourselves: growing and changing	My Happy Mind: Engage Other: Drugs, alcohol and tobacco	Other: Relationships
Year 6	My Happy Mind: Meet your Brain Other: Media literacy and digital resilience	My Happy Mind: Celebrate Other: Keeping safe	My Happy Mind: Appreciate Other: Relationships – families and close positive relationships	My Happy Mind: Relate Other: Mental health	My Happy Mind: Engage Other: Ourselves: growing and changing	Other: Preparing for transition and change