



# PSHE: Long Term Planning (Overview of Topics)

Key: SEAL HeartSmart DATE RSE PSHE/Citizenship



\*\*\*CIRCLES WORK SUGGESTIONS LINKED IN PLANNING WHERE APPROPRIATE; SOME HEARTSMART SESSIONS WORK WELL FOR CIRCLES WORK\*\*\*

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	Get HeartSmart! x6 lessons	Don't Forget to Let Love In! x6 lessons	Too Much Selfie Isn't Healthy! x6 lessons	Don't Hold on to What's Wrong! x6 lessons	Fake is a Mistake! x6 lessons	No Way Through Isn't True! x6 lessons
<b>Year 2</b>	Get HeartSmart! x6 lessons	Don't Forget to Let Love In! x6 lessons	Too Much Selfie Isn't Healthy! x6 lessons	Don't Hold on to What's Wrong! x6 lessons	Fake is a Mistake! x6 lessons	No Way Through Isn't True! x6 lessons
<b>Year 3</b>	New Beginnings (inc. School Councillor elections) x6 lessons  Get HeartSmart! x6 lessons	Getting On & Falling Out (inc. Friendship Week) X5 lessons  Don't Forget to Let Love In! x6 lessons	Going for Goals (inc. Safer Internet Day) X4 lessons  Too Much Selfie Isn't Healthy! x6 lessons	Smoking (DATE) X3 lessons  Don't Hold on to What's Wrong! x6 lessons	RSE X3 lessons  Fake is a Mistake! x6 lessons	Changes x6 lessons  No Way Through Isn't True! x6 lessons

Year 4	Laws & Lawmaking (inc. School Councillor elections) x7 lessons <b>Get HeartSmart!</b> x6 lessons	<b>Getting On &amp; Falling Out</b> (inc. Friendship Week) x4 lessons  <b>Don't Forget to Let Love In!</b> x6 lessons	I am Special (inc. Safer Internet Day) x4 lessons  <b>Too Much Selfie Isn't Healthy!</b> x6 lessons	<b>Alcohol (DATE)</b> x4 lessons  <b>Don't Hold on to What's Wrong!</b> x6 lessons	<b>RSE</b> x5 lessons  <b>Fake is a Mistake!</b> x6 lessons	Keeping Healthy, Staying Healthy x6 lessons  <b>No Way Through Isn't True!</b> x6 lessons
Year 5	<b>New Beginnings</b> (inc. School Councillor elections) x6 lessons <b>Get HeartSmart!</b> x6 lessons	Democracies (inc. Friendship Week) x6 lessons  <b>Don't Forget to Let Love In!</b> x6 lessons	<b>Going for Goals</b> (inc. Safer Internet Day) x4 lessons  <b>Too Much Selfie Isn't Healthy!</b> x6 lessons	<b>Drugs (DATE)</b> x6 lessons  <b>Don't Hold on to What's Wrong!</b> x6 lessons	<b>RSE</b> x5 lessons  <b>Fake is a Mistake!</b> x6 lessons	1 <sup>st</sup> Aid; Loss & Bereavement x6 lessons (& 2 extras)  <b>No Way Through Isn't True!</b> x6 lessons
Year 6	Looking After Myself (inc. School Councillor elections) x6 lessons <b>Get HeartSmart!</b> x6 lessons	<b>Getting On &amp; Falling Out</b> (inc. Friendship Week) x4 lessons  <b>Don't Forget to Let Love In!</b> x6 lessons	In the Media (inc. Safer Internet Day & Holocaust Memorial Day) x4 lessons  <b>Too Much Selfie Isn't Healthy!</b> x6 lessons	<b>DATE</b> x3 lessons  <b>Don't Hold on to What's Wrong!</b> x6 lessons	<b>RSE</b> x7 lessons  <b>Fake is a Mistake!</b> x6 lessons	<b>Moving On, Moving Up</b> x9 lessons  <b>No Way Through Isn't True!</b> x6 lessons