



St Joseph's Catholic Primary School

Year F1 and F2
PSHE Long Term Planning

Topic	What is covered
<u>Being Me In My World</u>	<ul style="list-style-type: none"> • Self-identity • Understanding feelings • Being in a classroom • Being gentle • Rights and responsibilities
<u>Celebrating Difference</u>	<ul style="list-style-type: none"> • Identifying talents • Being special • Families • Where we live • Making friends • Standing up for yourself
<u>Dreams and Goals</u>	<ul style="list-style-type: none"> • Challenges Perseverance • Goal-setting Overcoming obstacles • Seeking help • Jobs • Achieving goals
<u>Healthy Me</u>	<ul style="list-style-type: none"> • Exercising bodies • Physical activity • Healthy food • Sleep • Keeping clean • Safety
<u>Relationships</u>	<ul style="list-style-type: none"> • Family life • Friendships • Breaking friendships • Falling out • Dealing with bullying • Being a good friend
<u>Changing Me</u>	<ul style="list-style-type: none"> • Bodies • Respecting my body • Growing up • Growth and change • Fun and fears Celebrations