

## Long term plans for Lower School PSHE lessons



Term	PSHE Theme	Topics to be covered in the half term
Autumn 1	<b>Health and wellbeing</b> SEND links- Healthy lifestyles	Introduction to Healthy living Mindfulness Nutrition Exercise Rest Healthy Eating
Autumn 2	<b>Health and wellbeing</b> SEND links- Healthy lifestyles and Self care and safety	Introduction to Addiction Drugs + Dangerous Substances Smoking + Energy Drinks
Spring 1	<b>Living in the wider world</b> SEND links- Self Awareness and The World I live in	Aspiration Self Esteem Being a Resilient Student Caring for the environment
Spring 2	<b>Living in the wider world</b> SEND links- The World I live in	Online Safety Stereotyping Diversity Racism
Summer 1	<b>Relationships and Sexual Health Education</b> SEND links- Managing feelings, and Changing and Growing	Keeping good friends Toxic friendship Mental Health, Depression Anger Management Positive Friendships Bullying types Bullying Online: Cyberbullying and Trolling Body changes at puberty
Summer 2	<b>Relationships and Sexual Health Education</b> SEND links- Self care and support, and Changing and Growing	Family Marriage + Civil Partnerships Love, Positive + Safe Relationships lessons Personal Identity Introduction to Extremism + Radicalisation Transition and change