



**Key Stage 2
 PSHE & SEAL Long term plan**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Self-care, support and safety	Self-awareness	Managing feelings	Changing and Growing	Healthy lifestyles	The world we live in
<ul style="list-style-type: none"> - Taking care of ourselves - Keeping safe - Trust - Keeping safe online - Public and private 	<ul style="list-style-type: none"> - Things we are good at - Kind and unkind behaviours - Playing and working together - People who are special to us - Getting on with others 	<ul style="list-style-type: none"> - Identifying and expressing feelings - Managing strong feelings 	<ul style="list-style-type: none"> - Baby to adult - Changes at puberty - Dealing with touch - Different types of relationships <p>** Report any concerns of inappropriate behaviours/sexual exploitation through safeguarding procedures **</p>	<ul style="list-style-type: none"> - Healthy eating - Taking care of physical health - Keeping well 	<ul style="list-style-type: none"> - Respecting differences between people - Jobs people do - Rules and law - Taking care of the environment - Belonging to a community - Money <p>** Cross curricular with My Money lessons**</p>
SEAL Value: Enthusiastic	SEAL Value: Friendship	SEAL Value: Try my best with my goals	SEAL Value: Pride	SEAL Value: Co-operate	SEAL Value: Perseverance