



Long Term Plan for PHSE

Pathway	EYF	Experiencer (difference pathway)	Explorer	Enquirer	Investigator
Levels	Small Steps	P4 and below	P5-P8	P9-12	P12-18

Long Term Plan for KS1

Year 1 2023-2024	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	<u>Me myself and I</u> <u>Explorers</u> Explores their bodies, growth, looks at families and different aspects of a family, including some diverse modern families.	<u>Friendships</u> <u>Explorers</u> What are caring friendships, how should we treat our peers, what is nice and not nice, what makes a good listener	<u>Respectful Relationships</u> <u>Explorers</u> Explores the different people that they will come across and what role they have in their life, such as doctors, police, teachers etc.... Learns about secrets and when and where not to keep secrets	<u>Being safe</u> <u>Explorers</u> Explores the rules of the road and traffic safe, looks at what is safe to eat, what might cause harm, balance diet and different foods.	<u>On line safety</u> <u>Explorers</u> Looks at devices and who to make friends with on line, finds safe sites to play on.	
Considers	<u>Explorers</u> What families encourage, time together and what families do to support each other	<u>Explorers</u> Considers how to treat their friends, how would they like to be treated themselves.	<u>Explorers</u> How these people have different relationships to others and authority figures, learns about respect, manners and courtesy.	<u>Explorers</u> Thinks about what to do when crossing the road, where to cross, what is safe to eat.		
Key Words	Mother, father, diversity, support, loving	Trustworthy, conflict, listener, caring	Thank you, sorry, please, help			



Long Term Plan for KS2

Year 1 2023-2024	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	<u>Personal Hygiene</u>	<u>On-Line Safety</u>	<u>Who we are and how we grow</u>	<u>Rule of law</u>	<u>Healthy Eating</u>	<u>Review of learning</u>
	<p><u>Focus</u> How do we keep clean, way do we wash, sweat what is it? Teeth, cleaning and oral hygiene</p> <p><u>Explorers</u> Looks at germs, hand washing experiment (glitter paint), looks at the different soaps and hand wash</p> <p><u>Enquirers</u> As above and looks at sneezes, snot and colds</p> <p><u>Investigators</u></p>	<p><u>Focus</u> Who can see what we do? What can we post on line, passwords and personal details</p> <p><u>Explorers</u> Looks at different types of media, what information can you see and who else can see what we post.</p> <p><u>Enquiries</u> What makes a good password, what is social media, what are chat rooms, are all people who they say they are...</p>	<p><u>Focus</u> Different ages, what makes childhood, adolescence, young and old adults.</p> <p><u>Explorers</u> Looks at different ages, recognising different stages of growth, what happens at different ages.</p> <p><u>Enquirers</u> As above, what makes a good friend, what are different relationships, teacher/child relationship, Parents/child relationship</p> <p><u>Investigators</u></p>	<p><u>Focus</u> looking at rules, where we find them and what is expected, what happens when we break the rules.</p> <p><u>Explorers</u> School rules, what are they and how do we follow them?</p> <p><u>Enquirers</u> Community law, and school rules, how do they compare? What is the difference if you break the rules?</p> <p><u>Investigators</u></p>	<p><u>Focus</u> To include health eating week, look at health diet, what are food groups?</p> <p><u>Explorers</u> what makes good and bod food choices, 5 a day, how can food effect your weight</p> <p><u>Enquirers</u> Design a health lunch box, what food are high in sugar? Food groups.</p> <p><u>Investigators</u> As above, look at what is in different food groups, what are nutrients</p>	<p>Summer term- each week focus on one the other topic and review by either creating a poster, explore, design a quiz,</p>

	As above and looks at food and germs, cross contamination.	<u>Investigators</u> As above and includes I-Vengers	As above, looks at team relationships, teen relationships	Looks at life without rules, why we need rules and what might happen if there was no law		
Considers	<p><u>Explorers</u> Why we wash our hands, what could happen if we never washed</p> <p><u>Enquirers</u> Carries out the sneeze test, looks at germs and what causes colds</p> <p><u>Investigators</u> Looks at food and germs, why we wash our hands before eating, how germs can grow on food.</p>	<p><u>Explores</u> Why we use social media, what harm can we do?</p> <p><u>Enquirers</u> Why do we need to be careful, why should I not share everything with social media</p> <p><u>Investigators</u> Can harm be caused by sharing too much, what is phising, why do we not click on everything</p>	<p><u>Explorers</u> Who listens to you? Who supports you? Who can you tell?</p> <p><u>Enquirers</u> What can school do to help, why is kindness important, design your own friendship code</p> <p><u>Investigators</u> What is personal space, what makes a good leader, how does a good leader behave, leading by example.</p>	<p><u>Explorers</u> What are consequences, what happens when I do not do what is asked?</p> <p><u>Enquirers</u> The role of the police, are laws different for different countries?</p> <p><u>Investigators</u> Looks at life without law, old laws that make no sense and antique laws</p>	<p><u>Explorers</u> If I eat.... What will I look like, how will my health be effected?</p> <p><u>Enquirers</u> What dos 5 a day look like? The difference between fruit and veg, what makes my lunch box healthy/unhealthy?</p> <p><u>Investigators</u> Design your own health breakfast cereal.</p>	
Key Words	Illness, germs, infection, contagious	Friends, privacy, CEOP, Password, safety	Kind, happy, listening, supportive, understanding	Consequence, rule, follow, punishment, duty	Sugar content, healthy fruit, veg, carbohydrate, protein,	



Long Term Plan for KS3

Year 1 2023-2024	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	<p><u>Personal Hygiene</u></p> <p>Focus How do we keep clean, way do we wash, sweat what is it? Teeth, cleaning and oral hygiene</p> <p>Explorers Clothes, why do we wash them? What would we look like if we did not wash our clothes.</p> <p>Enquirers Fabric detergent, what temperature, what is an epidemic and what is a pandemic?</p>	<p><u>On-line Safety</u></p> <p>Focus Chat rooms and who can we friend, what can we share and how do we keep you safe?</p> <p>Explorers Recap safe passwords, and chat rooms, explore different platforms</p> <p>Enquirers I-Vengers Internet safety Look at are people who they say they are?</p> <p>Investigators</p>	<p><u>Personal Development</u></p> <p>Focus The body how it changes, puberty and child birth.</p> <p>Explorers Looks at differences in the body, birth, childhood, adolescence.</p> <p>Enquirers Looks at when the body changes and what changes happen at what times, how does that effect how we feel.</p> <p>Investigators</p>	<p><u>Health Relationships</u></p> <p>Focus Explores what is a good teenage relationships, what is health and unhealthy.</p> <p>Explorer Good girlfriend/boyfriend, boy friend, what you should/should not say, boundaries, the pants rule (NSPCC)</p> <p>Enquirers</p>	<p><u>Healthy Eating</u></p> <p>Focus Health diet, food groups, the reasons we need vitamins and minerals.</p> <p>Explorers Find out what are vitalism and minerals, why do we need them (the cornflake experiment)</p> <p>Enquirers The food pyramid, and the good food plate, how much of what we are eating.</p>	<p><u>Review of learning</u></p> <p>Summer term- each week focus on one the other topic and review by either creating a poster, explore, design a quiz,</p>

	<p><u>Investigators</u> Illness, how it spreads, what is in the air, blood and saliva Vaccinations how do they help us?</p>	<p>If you wouldn't share it with your mum don't share it. Who can I report things to?</p>	<p>Explores periods, wet dreams masturbation and mood swings.</p>	<p>Personal space, appropriate touch, different types of abuse</p> <p><u>Investigators-</u> as above Different types of abuse, what is acceptable, what is not, consent</p>	<p><u>Investigators</u> As above, with the reasons that you have need the for minerals and mineral deficiency.</p>	
Considers	<p><u>Explorers</u> What clothes they wear for what, (PE kits, swimming kit etc...)What temperature does to the germs.</p> <p><u>Enquirers</u> As above to include, contagion, and spread of illness. What is lockdown and why did we do it?</p> <p><u>Investigators</u> Explains why we locked down the country, how are vaccinations made and what good do they do?</p>	<p><u>Explorers</u> What might the dangers be, how would I be effected and what might happen is I share information with strangers.</p> <p><u>Enquirers</u> How can we make others aware of what to share and what not to, think about the different ways to share, what makes a good password</p> <p><u>Investigators</u> Make an awareness campaign for others on dangers and what can happen when you share your private information.</p>	<p><u>Explorers-</u> what changes they have been through, what might happen next?</p> <p><u>Enquirers-</u> as above plus Records what changes the body goes through, how does our thinking and mind change? Why are our mood effected.</p> <p><u>Investigators</u> Will be able to detail the changes of the body will know what happens and why</p>	<p><u>Explorers</u> What good looks like, what bad looks like, why should I keep my pants safe?</p> <p><u>Enquirers</u> Different types of abuse, mental health and where can we get support and what does that look like.</p> <p><u>Investigators</u> How can re recognise the different types of abuse, what, what support can be given.</p>	<p><u>Explorers</u> What do we need to eat? How much</p> <p><u>Enquirers</u> Supersize vs Super skinny Vitamin and mineral deficiency, (rickets etc..)</p> <p><u>Investigators</u> What can different diets look like and how can they effect our health. What diseases can be caused by having an unhealthy diet.</p>	
Key Words	<p>Pandemic, epidemic, vaccine, spread, illness</p>	<p>Password, data foot print, GDPR, personal data, Fraud, CEOp</p>	<p>Adolescence, pregnancy, birth, change puberty body image</p>	<p>Emotional, financial, mental health,</p>	<p>Fat, diabetes, high cholesterol, obesity</p>	



Long Term Plan for KS4

Year 1 2023-2024	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	<u>Home Safety</u>	<u>British Values</u>	<u>Justice.</u>	<u>Personal Safety- alcohol and drugs</u>	<u>Healthy Relationships</u>	Review of summer learning
	<p><u>Focus</u> Explore home safety, accident, dangers, fire safety and hazards around the home</p> <p><u>Explorers</u> Looks at recognising the dangers in the home, and garden.</p> <p><u>Enquirers</u>- looks at how to remove dangers and fire escape routes and poisons</p> <p><u>Investigators</u></p>	<p><u>Focus</u> Explore the values and history of Britain, begins to look at what is meant by democracy and dictatorship.</p> <p><u>Explorers</u> Looks at different types of leaders and rulers, explores the crown and the royal families, looks at other countries with royal families.</p> <p><u>Enquirers</u> Compares different types of leadership styles, identifies</p>	<p><u>Focus</u> explores laws old and new, different types of justice and the role of the church in papal law. Explores what a trial is and the theory innocent until proven guilty.</p> <p><u>Explorers</u> Looks at the law and rules, makes up own set of rules and consequences of having broken the rules. Looks at current punishment and time in prison.</p>	<p><u>Focus</u> explores what effect alcohol and drug have on your body, explores what is enough and what is dangerous.</p> <p><u>Explorers</u> Recognises different alcohols and drugs looks at the effect of too much and what happens to the body.</p> <p><u>Enquirers</u> started to understand the effect of alcohol on the body and</p>	<p><u>Focus</u> Explores health and unhealthy relationships. Contraception, consent, age of consent, the laws and STI's.</p> <p><u>Explorers</u> Recognises different relationships, their bodies and different roles in their lives</p> <p><u>Enquirers</u> Explores sexual relationships, what is health and unhealthy, to</p>	<p>Summer term- each week focus on one the other topic and review by either creating a poster, explore, design a quiz,</p>

	Looks at hazards of the different chemical found around the home, explores how to remove the dangers, fire escapes and poisonings	different leaders past and present. Looks at the impact of different types of leadership, takes part in a class vote. Investigators Take part in a vote and to look at the difference between an elected parliament and a dictatorship.	Enquirers Carries out a mock trial and explores justice of peers, looks at different laws and old laws that no longer exists. Explores old punishments and new ones. Investigators Investigates why capital punishment was banned and what life in prison means, makes own set of rules and looks at the consequences for not following the rules.	what happens when you drink too much, explores the laws and age limits required for alcohol purchase and underage drinking. Investigators Looks at the reasons for drink driving and what could happen if your caught, the laws and limits. Looks at what addiction is and how it can effect unborn babies. Finds outs about drugs, both illegal and prescription medication and the different action to take.	include teenage relationships. Will understand there are different types of contraception. The need for contraception and STI's Investigators Will know the age of sex, what is acceptable in teen relationships and what is not. Will look at the different gender types and what that means to them.	
Considers	Explorers Identifies dangers in the home, to include fire safety and looking at dangers that could be found in the kitchen and the bathroom Enquirers Considers what to do in case of emergency, and who to call. What accidents happen in the home and what can be done to stop these from happening. Investigators To know who to ring in an emergency, to support writing their own fire escape route. Considers poisons and the fact that these can come in the form of household medications how to store household chemicals.	Explorers Looks at the different leaders to be able to recognise the different leaders by photo. Explores what leaders they can find in life, such as school and the home. Enquirers Finds and recognises different countries with democracy's and looks different systems of parliament. Thinks about difference of opinion and looks at tolerance. Investigators Considers the different styles of living and the right of free speech, what role the that government has and how new laws are formed.	Explorers What should happen when the law is broken, what life would like without rules. Enquirers Finds out about the different roles In the court system, follows a trail through and decides if the sentence matches the crime. Investigators Explores and compares two different trials and looks at the different roles in the justice system. Looks at the role of the magistrate and what jury service is like.	Explorers What might happen if you drink too much, looks at health and what the government Enquirers Considers life without drink drive laws and what part the emergency services play. Thinks about the punishment of drink drive laws and if they are fair. Investigators Will explore sentences and if they are suitable for purpose, looks at different laws and their suitability	Explorers Thinks about different types of relationships and the boundaries within these relationships. Enquirers Considers what problems could happen in relationships and knows where to seek help from, thinks about different facts of having sex and of that choice is right for them. Investigators As above but will be able to talk about the pro's and con's of contraception, will understand the law and when sexing and upskirting	
Key Words	Fire, route, escape, danger, hazard	Democracy, tolerance, vote, leadership, dictator	Justice, magistrate, trial, peers, consequence, law capital punishment	Alcohol, addition, drugs, Ask Frank		

Red = Health and Safety Consideration