



SMSC
Subject Long Term Plan showing coverage across all year groups

	Autumn 1	Autumn 2	Spring	Summer 1	Summer 2
	<u>Being me in my world</u>	<u>Celebrating Difference</u>	<u>Dreams and Goals</u> <u>Healthy Me</u>	<u>Relationships</u>	<u>Changing Me</u>
EYFS	<u>Summary</u> Welcoming children, looking at how to manage and recognise feelings. Covering simple similarities and differences between one and other and learning how to work well with each other to create a...atmosphere.	<u>Summary</u> Children identify their similarities and celebrate their differences with one another using these learning points as a foundation for problem solving, using kind words and to give and receive compliments.	<u>Summary</u> Children identify their dreams and learn that their goals require us to overcome challenges we may face. Children are encouraged to have a positive attitude. <u>Summary</u> Children identify the healthy choice; they understand that a balanced diet is comprised of eating healthily and in moderation. In addition to this, the children have learned the importance of healthy relationships within this e.g. the importance of friendship and knowing what a stranger is.	<u>Summary</u> Children are taught how to make friends and solve friendship problems when they occur – this includes dynamics of friendship groups, how help others when they feel hurt and knowing what makes a good relationship.	<u>Summary</u> Children are taught to name parts of the body and how we can keep ourselves healthy. Children will understand that we grow from babies to adults. Children will also start to think about the transition from reception to year 1 and how they feel about this.
1	<u>Summary</u> Covering the rights and responsibilities as a child. What it means to be safe and looking how my actions can lead to consequences. <u>Links to prior learning</u> <i>Recognising feelings</i> <i>Working well with each other</i>	<u>Summary</u> Children identify their similarities and celebrate their differences with one another using these learning points as a foundation to identify what bullying is and as a means to make friends. <u>Links to prior learning</u> <i>Identify similarities</i> <i>Celebrate differences</i>	<u>Summary</u> Children identify their own dreams and set out goals required to meet them. Similarly, children build upon the idea of challenges with stretchy learning. <u>Links to prior learning</u> <i>Dreams</i> <i>Goals</i> <i>Challenge</i> <u>Summary</u> Children identify the importance of healthy eating and can differentiate between healthy and unhealthy eating – giving reasons for this. In addition to this, children understand how disease and germs are spread and cured. Children learn the importance of staying safe whilst crossing the road. <u>Links to prior learning</u> <i>Healthy eating</i> <i>Keeping clean</i>	<u>Summary</u> Children can identify family members and understand that some families look different. I understand the qualities of being a good friend – this includes physical contact and who can help in the school. <u>Links to prior learning</u> <i>Friendship</i> <i>Working through issues</i>	<u>Summary</u> Children understand that changes happen and understand that growing up is a natural processes that has happened to their bodies Children will be able to understand the changes that have happened to their bodies since a baby and that growing is a natural process. <u>Links to prior learning</u> <i>Healthy me</i> <i>Changing me EYFS</i>



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2	<p><u>Summary</u> Teaching children to recognise their hope and fears; rights and responsibilities and how they perceive rewards and consequences.</p> <p><u>Links to prior learning</u> <i>Covering the rights and responsibilities as a member of the school</i> <i>Recognising feelings</i> <i>Working well with each other</i></p>	<p><u>Summary</u> Children learn that assumptions made about girls and boys can cast a stereotype onto them. In addition to this, children learn that differences are not always understood and/or celebrated - this can lead to bullying.</p> <p><u>Links to prior learning</u> <i>Identify similarities</i> <i>Celebrate differences</i> <i>A foundation for problem solving</i> <i>Using kind words</i> <i>Giving and receiving compliments.</i></p>	<p><u>Summary</u> Children identify their goals to success and begin to set out the steps required to meet these goals. Following this, the children work collaboratively to overcome the challenges faced by the individual.</p> <p><u>Links to prior learning</u> <i>Dreams</i> <i>Goals</i> <i>Challenge</i> <i>Stretchy learning</i></p> <p><u>Summary</u> Children know what to do to keep their body healthy – eating healthily and when necessary taking medicine safely.</p> <p>Children learn the importance of staying safe using medicines.</p> <p><u>Links to prior learning</u> <i>Healthy eating</i> <i>Keeping clean</i> <i>The importance of medicine</i></p>	<p><u>Summary</u> Children understand that family members and friends are not all the same and that this can cause conflict. The scheme teaches children how to resolves these. In addition to these, children will be taught to consider factors like secrets, trust and appreciation with regards to friendship.</p> <p><u>Links to prior learning</u> <i>Friendship</i> <i>Working through issues</i> <i>Qualities of friendship</i> <i>Helping one another</i></p>	<p><u>Summary</u> Children will learn to recognise changes and life cycles in natures. This will be used to inform their understanding of growth from young to old.</p> <p><u>Links to prior learning</u> <i>Healthy me</i> <i>Changing me Year 1</i></p>
3	<p><u>Summary</u> Children are taught what it means to be self-aware and the factors that contribute to this: achievements, personal goals and choices.</p> <p><u>Links to prior learning</u> <i>Covering the rights and responsibilities as a member of the school</i> <i>Recognising feelings</i> <i>Working well with each other</i> <i>Behaviour and choice</i></p>	<p><u>Summary</u> Children learn that differences as not restricted to a person and that a person's family and situation might also be different including conflicts within family.</p> <p><u>Links to prior learning</u> <i>Identify similarities</i> <i>Celebrate differences</i> <i>A foundation for problem solving</i> <i>Using kind words</i> <i>Giving and receiving compliments</i></p>	<p><u>Summary</u> Children identify why their dreams are important to them and recognise that their motivations and enthusiasm is key to overcoming various challenges.</p> <p><u>Links to prior learning</u> <i>Dreams</i> <i>Goals</i> <i>Challenge</i> <i>Stretchy learning</i></p> <p><u>Summary</u> Children move from knowing the importance of eating healthily to the importance of exercise and the role this plays. Children learn about the role drugs play upon our body and how they feel regarding this.</p> <p>Children learn the importance of staying safe using medicines and some household products.</p>	<p><u>Summary</u> Children are taught to identify the roles and responsibilities of each family member - male and female. Following this, children will put into practice the skills of friendship and the strategies. This will ready them for being global citizen.</p> <p><u>Links to prior learning</u> <i>Friendship</i> <i>Working through issues</i> <i>Qualities of friendship</i> <i>Helping one another</i> <i>Trust</i> <i>Appreciation</i></p>	<p><u>Summary</u> Children will be taught how babies grow and the changes that go on within and outside of the body. Children will also understand that in animals and humans lots of changes happen between conceptions and growing up, and that usually it is the female who has the baby.</p> <p><u>Links to prior learning</u> <i>Healthy me</i> <i>Changing me- year 2</i></p>



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			<u>Links to prior learning</u> Healthy eating Keeping clean The importance of medicine Safety		
4	<u>Summary</u> Children are taught to recognise their place within society: their class, school, local community or (briefly) as part of the United Kingdom. <u>Links to prior learning</u> Covering the rights and responsibilities as a member of the school Recognising feelings Working well with each other Recognising that behaviour is a choice	<u>Summary</u> Children are taught to recognise that assumptions, based on what someone may look like, can be made due to the influences that surround us. Similarly, children identify the relationship between making assumptions and bullying before identifying that assumptions, like first impressions, change. <u>Links to prior learning</u> Covering the rights and responsibilities as a member of the school Recognising feelings Working well with each other Recognising that behaviour is a choice Conflict Relationships	<u>Summary</u> Children identify and can verbalise some of their hopes and dreams and begin to appreciate not all will come true. Similarly, with this realisation, children are taught skills of reflection and to look back on the positives and negatives of experiences. <u>Links to prior learning</u> Dreams Goals Overcoming challenge Stretchy learning Motivation Enthusiasm <u>Summary</u> Children recap relationships with friends and introduce group dynamics. Additionally, children learn the effects of smoking and alcohol upon the body and make decisions regarding how they feel morally. <u>Links to prior learning</u> Healthy eating Keeping clean The importance of medicine Safety Drugs	<u>Summary</u> Children are taught to identify their role within relationships and includes other factors like love, loss and memories. In addition to the above, the children will learn the rights of animals and form their views on this. <u>Links to prior learning</u> Friendship Working through issues Qualities of friendship Helping one another Trust Appreciation Strategies necessary for forming opinions	<u>Summary</u> Children will be taught how characteristics are passed down to the next generation and that our bodies go through changes. Children will also explore how the circle of change works and how to apply these changes in their own lives. <u>Links to prior learning</u> Healthy me Changing me –year 3
5	<u>Summary</u> Children are taught to recognise their rights and responsibilities within society: a British Citizen. <u>Links to prior learning</u> Covering the rights and responsibilities as a member of the school Recognising feelings Working well with each other Recognising that behaviour is a choice Community in school	<u>Summary</u> Children are taught that differences, including cultural and racial differences, can cause conflict and that bullying has many forms including direct and indirect bullying. <u>Links to prior learning</u> Covering the rights and responsibilities as a member of the school Recognising feelings Working well with each other Recognising that behaviour is a choice Conflict Relationships Assumptions Bullying	<u>Summary</u> Children identify the practicalities of careers and that the future holds many opportunities. Similarly, children learn that these opportunities are not always offered to others (other cultures) and that they must take advantage of those offered up. <u>Links to prior learning</u> Dreams Goals <u>Summary</u> Children learn the effects of smoking and alcohol upon specific areas of the body: liver, lungs, heart etc. In addition to this, the children will learn how to	<u>Summary</u> Children are self-aware of their own characteristics and personal qualities, recognise how friendships change and understand how it might feel to be attracted to another person. This will lead into safe communication. <u>Links to prior learning</u> Friendship Working through issues Qualities of friendship Helping one another Trust Appreciation Strategies necessary for forming opinions	<u>Summary</u> Children will be taught how to describe how boys' and girls' bodies change during puberty. They will also be able to express how they feel about the changes that will happen to them during puberty. <u>Links to prior learning</u> Healthy me Changing me- year 4



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			<p>apply emergency first aid and begin to explore concepts like healthy body image and body image e.g. being thin doesn't mean you are healthy.</p> <p><u>Links to prior learning</u> <i>Healthy eating</i> <i>Overcoming challenge</i> <i>Stretchy learning</i> <i>Motivation</i> <i>Enthusiasm</i> <i>Reflection</i> <i>Experiences Keeping clean</i> <i>The importance of medicine</i> <i>Safety</i> <i>Drugs</i> <i>Relationships with friends</i> <i>Moral decisions</i></p>	<p><i>Change</i> <i>Being self-aware</i></p>	
6	<p><u>Summary</u> Children are taught to recognise their rights and responsibilities within society: a Global Citizen.</p> <p><u>Links to prior learning</u> <i>Covering the rights and responsibilities as a member of the school</i> <i>Recognising feelings</i> <i>Working well with each other</i> <i>Recognising that behaviour is a choice</i> <i>Community in school and Britain</i></p>	<p><u>Summary</u> Children are taught that normal is a perception and that disability can affect this. Similarly, children are taught that another person or people can have power over another person: this topic includes bullying behaviours.</p> <p><u>Links to prior learning</u> <i>Covering the rights and responsibilities as a member of the school</i> <i>Recognising feelings</i> <i>Working well with each other</i> <i>Recognising that behaviour is a choice</i> <i>Conflict</i> <i>Relationships</i> <i>Assumptions</i> <i>Bullying both direct and indirect.</i></p>	<p><u>Summary</u> Children identify their strengths and learn that to make effective and realistic challenges for themselves they must be self-aware. Children identify problems in the world that concern them, similarly, they suggest ways around solving these problems and communicate them to a friend.</p> <p><u>Links to prior learning</u> <i>Dreams</i> <i>Goals</i> <i>Overcoming challenge</i> <i>Stretchy learning</i> <i>Motivation</i> <i>Enthusiasm</i> <i>Reflection</i> <i>Experiences</i> <i>Other cultures – world understanding</i></p> <p><u>Summary</u> Children understand the impact of food on the body e.g. creating energy, giving comfort and altering mood. This in turn leads into the impact of drugs on the different areas of the body and how these should be used sensibly and in moderation.</p> <p>In this topic, the second half addresses emergency first aid but also addresses stress and emotional health.</p>	<p><u>Summary</u> Children will create a relationship web to show the significant people within their life and learn express feelings of love and loss when a significant person dies. In addition to the above, the children learn to stay safe whilst using technology.</p> <p><u>Links to prior learning</u> <i>Friendship</i> <i>Working through issues</i> <i>Qualities of friendship</i> <i>Helping one another</i> <i>Trust</i> <i>Appreciation</i> <i>Strategies necessary for forming opinions</i> <i>Change</i> <i>Being self-aware</i> <i>Being safe using technology</i></p>	<p><u>Summary</u> Children will be taught to identify when change occurs and reflect upon changes, they see in themselves.</p> <p><u>Links to prior learning</u> <i>Healthy me</i> <i>Changing me- year 5</i></p>



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			<u>Links to prior learning</u> <i>Dreams</i> <i>Goals</i> <i>Overcoming challenge</i> <i>Stretchy learning</i> <i>Motivation</i> <i>Enthusiasm</i> <i>Reflection</i> <i>Experiences</i> <i>Other cultures – world understanding</i>		
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