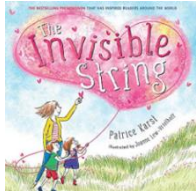


LKS2 PSHE Medium Term Plan

<h1 style="margin: 0;">Autumn B</h1> <h2 style="margin: 0;">2023 - 2024</h2>					
Week Beginning	Theme Statutory headings	Statutory objective	Learning objective Vocabulary	Resources	End point knowledge What should children know at the end of the lesson? This content will be taken forward as retrieval practice.
Lesson 1	Respectful relationships	In school, they can be expected to be treated with respect by others and that in turn, they should show due respect to others, including those of authority.	<u>L.O. To understand that in school they can expect to be treated with respect.</u> Ready, respectful, safe, trusted adult, rights, authority.	The invisible string  Explore the meaning of the string, how does it link to us? (We are all one team, there is a string linking us together) Class teacher to create class rules and display them in classroom, include manners.	Know and understand the school rules. Be able to articulate how they should behave in and around school.
Lesson 2	Respectful relationships	The conventions of courtesy and manners.		Do unto others	Know what manners are and how they should be used.

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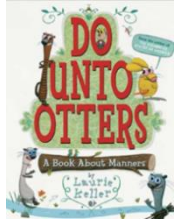
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			<p><u>L.O. To understand the importance of courtesy and manners in wider society</u></p> <p><i>(Link to afterschool clubs)</i></p> <p>Manners, respect, please, thank you.</p>	 <p>Read and link to behaviour in school – during lessons, break time and afterschool clubs.</p> <p>Manners scenarios in TEAMS folder.</p>	<p>Understand that manners are part of showing respect.</p> <p>Understand when the correct vocabulary should be used.</p>
Lesson 3	Respectful relationships	The importance of self-respect and how this links to their own happiness.	<p><u>L.O. To understand what self-respect is and how it looks</u></p> <p>Respect, happiness, self-respect, self-esteem.</p>	<p>Discuss what self-respect and self-esteem are. What does it look like it you respect yourself?</p> <p>Premier League Primary Stars Self-esteem (plprimarystars.com)</p> <p>Explore 2 characters (Nelson and Lisa from the Simpsons). How can we tell Lisa has a lot of self-respect?</p>	<p>Understand what self-respect is.</p> <p>Know what contributes towards self-happiness.</p>
Lesson 4	Respectful relationships	The importance of permission-seeking and giving in relationships with friends, peers and adults.	<p><u>L.O. To understand the importance of permission-seeking when touching</u></p> <p>Permission, appropriate, inappropriate, personal space.</p>	<p>Recap on PANTS lesson. Where is it appropriate to touch someone?</p> <p>Separate children into 2 groups, group 1 stand still. Group 2 step forward each time a sound is made. When group 1 feel group 2 are too close, they ask them to stop. Discuss</p>	<p>Understand what personal space is and know that it is different for different people.</p> <p>Know what touch is appropriate and inappropriate.</p>

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				<p>the need for personal space and that some people feel uncomfortable when people are in their space.</p> <p>Provide children with scenarios. What is wrong? Explore children's opinions about the scenarios and what they consider to be the best approach.</p>	
Lesson 5	Internet safety and harms	For most people the internet is an integral part of life and has many benefits.	<p><u>L.O. To consider the impact of the internet</u></p> <p>Internet, pros, integral, mental health, benefits.</p>	<p>Use the digital revolution to explore the impact the internet has had.</p> <p>History KS1 / KS2 - The digital revolution - BBC Teach</p> <p>Encourage children to think about what life would be like without the internet.</p> <p>What is the impact on our mental and physical health? (Hot potato)</p>	<p>Know that the internet is an integral part of life</p> <p>For some people, the internet is extremely beneficial</p> <p>Know how the internet can impact on mental and physical health.</p>
Lesson 6	Internet safety and harms	The risks of excessive time spent on electronic devices.	<p><u>L.O. To consider the risks associated with excessive time on electronic devices</u></p> <p><i>(Link to their lives)</i></p> <p>Benefits, risks, electronic devices, sleep, routines.</p>	<p>Youtube – Hey times up, Gran Youtube – Turn it off. Let's play!</p> <p>Lesson plan in PSHE folder on teams. (Turn it off. Let's play)</p>	<p>Understand the impact of spending too much time on ipads, games and phones.</p> <p>Evaluate their own time on electronic devices.</p>
Lesson 7	Internet safety and harms	Why some online gaming is age restricted.	<p><u>L.O. To understand why some online gaming is age restricted</u></p>	<p>Kapow lesson plan in folder.</p>	<p>Understand why some games are not appropriate.</p>

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			Age restrictions, gaming, appropriate, inappropriate.	<p>Begin by showing some images and ask children to write an age on their boards.</p> <p>Discuss age restrictions. Why do some games have age restrictions?</p> <p><u>Key questions</u></p> <ul style="list-style-type: none"> • Have you seen these icons and images before? • What is the purpose of these icons and images? • How do we know if games/films are suitable for us? 	Know what age restrictions mean.
Lesson 8	Caring friendships	The characteristics of friendships.	<p><u>L.O. To understand the characteristics of friendships</u></p> <p>Mutual respect, truthfulness, trustworthiness, generosity, characteristics of friendship.</p>	<p>Look at the relationship between Marlon and Dory.</p>  <p>How are they displaying friendship?</p> <p>The Girl and the Dinosaur – What did the girl get from building the dinosaur?</p> 	<p>Understand the characteristics of friendship.</p> <p>Be able to evaluate own friendships.</p>

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Half term

<p>Lesson 1</p>	<p>Mental wellbeing</p>	<p>How to judge whether what they are feeling and how they are behaving is appropriate.</p>	<p><u>L.O. To consider reactions to our feelings.</u></p> <p>Feelings, reaction, emotions, appropriate, inappropriate.</p>	<p>Ravi's Roar</p>  <p>Consider the way Ravi dealt with his emotions. Activity – Domino effect. Example in TEAMS folder.</p>	<p>Understand that it is normal to experience a range of emotions.</p> <p>Know who can help.</p> <p>Consider own reactions to certain situations.</p>
<p>Lesson 2</p> <p>Anti-bullying week</p>	<p>Caring friendships</p>	<p>Different types of bullying, including cyber bullying.</p>	<p><u>L.O. To understand the different types of bullying and its impact.</u></p> <p>Bullying, impact, cyber bullying.</p>	<p>Dealing with bullying</p>  <p>Anti-bullying week resources – Anti-Bullying Week Anti-Bullying Alliance</p>	<p>Understand what bullying is.</p> <p>Identify key trusted adults.</p> <p>Consider the impact of bullying on others.</p>
<p>Lesson 3</p>	<p>Mental wellbeing</p>	<p>There is a normal range of emotions</p>	<p><u>L.O. To understand a range of emotions</u></p>	<p>Ruby's worry – What feelings did Ruby have? Have you ever experienced them?</p>	<p>Understand that a range of emotions is normal.</p>

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			<p>Emotions, anger, frustration, loneliness, sadness, surprised.</p>	 <p>Archie's advice: Dealing with feelings Discovery Education</p> <p>Link to everyday feelings at school or at home.</p>	<p>Know and understand a range of emotions.</p> <p>Identify trusted adults and coping techniques to deal with a range of emotions.</p>
Lesson 4	Mental wellbeing	Simple self-care techniques, including the impact of relaxations	<p><u>L.O. To understand how relaxation can help my mental wellbeing</u></p> <p>Self-care, wellbeing, relaxation.</p>	<p>Llamaste and friends</p>  <p>Children to explore relaxation and ways to help their wellbeing.</p> <p>Discuss what children do.</p> <p>Children could have a go at Cosmic Kids yoga (found on youtube)</p>	<p>Understand the benefits of relaxation.</p> <p>Know how relaxation can support with mental wellbeing.</p>
Lesson 5	Basic first aid	Concepts of basic first aid	<p><u>L.O. To understand the concepts of basic first aid in relation to bites.</u></p>	<p>Key Stage 2 First Aid Lesson Plans St John Ambulance (sja.org.uk)</p>	<p>Know and understand basic first aid in relation to bites.</p>

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			First aid, allergy, reaction.	Use St. John's Ambulance lesson plans.	
Lesson 6	Basic first aid	How to make a clear and efficient call to emergency services if necessary?	<u>L.O. To understand what an emergency is.</u> <i>(Link to their lives)</i> Emergency, ambulance, police, fire services.	KS2 Emergencies & Calling For Help Lesson Plan St John Ambulance (sia.org.uk) Discuss emergencies that may happen in the children's lives.	Understand the importance of emergency calls Know when emergency calls should be made.
Life Skills Assessment					

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