Brooklands School PSHE Scheme of Work – Long Term Plan

Entry level: Branching out	
Cycle 1 Autumn 1	Body: tattoos, hair dye, lip fillers, piercings, nails, fake tan,
Autumn 2	Vaping: Laws, health, availability and social aspect
Spring 1	Eating disorders: binge eaters, anorexia, self-harm.
Spring 2	Dating: Getting a partner and knowing how to talk to them.
Summer 1	Alcohol: spiking, safe amounts, social drinking.
Summer 2	Phones: What we send other people(nudes) Images, gifts, stickers. The impact of what we send
CYCLE 2 Autumn 1	Relationships: Are you ready to have a baby, consent, contraception. Risks, keeping safe.
Autumn 2	Medication and First aid: How to save a life, basic First Aid, defibrillator, minor injuries, advocating for themselves.
Spring 1	Phones: fake news- knowing what's real and not real, use of apps, use of AI.
Spring 2	Long term relationships: Consent, online dating, apps and how to cope with a decline of a relationship,
Summer 1	Travel: Going on holiday, making choices about where you would like to go
Summer 2	Safety: Keeping ourselves safe on train tracks, open water,
CYCLE 3 Autumn 1	Phones: Apps and tracking
Autumn 2	Driving: Knowing when you are ready to drive. How to apply for a provisional licence, booking a driving lesson.
Spring 1	Weight management: Where to get help in the community: How to access community leisure.
Spring 2	Clothes: sizing, making own choices and trying clothes on.
Summer 1	Drugs: Recreational and every day, mediational drugs
Summer 2	Make up: Male and female availability, why we wear it, how to apply.

Brooklands School PSHE Scheme of Work – Long Term Plan

Pre-entry: Roots.	
Cycle 1 Autumn 1	At home skills: Cleaning, vacuuming, dusting. Recycling
Autumn 2	Self-care and support: Strategies, how to move between the zones and regulation.
Spring 1	Financial literacy: Visiting banks, using cards and paying.
Spring 2	Independent living skills: Being safe in the home.
Summer 1	Health and wellness: Visits to local leisure facilities
Summer 2	Adult relationships: consent, positive and negative touch.
CYCLE 2 Autumn 1	Transport: Accessing local transport with support.
Autumn 2	Community: Volunteering
Spring 1	Social and recreational: Hobbies, opportunities and interests
Spring 2	Long term relationships: Exploring emotions, feelings, boundaries and different kinds of love (NSPCC)
Summer 1	Holidays: Where we would like to go on holiday, why and how to get there
Summer 2	Appreciating differences LGBTQ+
CYCLE 3 Autumn 1	Medication and first aid: Knowing where hurts and how to treat it.
Autumn 2	Trusted adults: knowing who trusted adults are and how to approach them.
Spring 1	Rights and responsibilities: Basic human rights such as water, food, keeping warm, love
Spring 2	Digital safety: Tailor towards pupil groups. (EHCP outcomes)
Summer 1	Personal care and maintaining personal appearance: Hand washing, hair brushing, clean clothes
Summer 2	Personal, private time: Appropriate places for masturbation.

Brooklands School PSHE Scheme of Work – Long Term Plan

Acorns (EYFS)	
CYCLE 1 Autumn 1	Self-regulation: Welcome and value praise for what they have done.
Autumn 2	Managing self: Toileting skills including hand washing
Spring 1	Building relationships: To form a special relationship with another child.
Spring 2	Self-regulation: Following simple instructions.
Summer 1	Managing self: To develop a full range of movements to promote independent dressing skills.
Summer 2	Building relationships: To take turns and share resources, sometimes with support from others.
CYCLE 2 Autumn 1	Self-regulation: Zones of regulation: explore green and red zones. (Stories)
Autumn 2	Managing self: Eats or explores a healthy range of foods.
Spring 1	Building relationships: Respond to the feelings and wishes of others.
Spring 2	Self-regulation: Begin to show an increasing ability to distract themselves when upset.
Summer 1	Managing self: Dressing skills, take of socks shoes and hats.
Summer 2	Building relationships: To be begin to accept the needs of others, can take turns and share resources, sometimes with support from others.
Cycle 3 Autumn 1	Self-regulation: Give focussed attention
Autumn 2	Managing self: Trying new activities and being brave.
Spring 1	Building relationships: To learn staff and peer names? Brooklands?
Spring 2	Self-regulation: Being part of a group and sharing.
Summer 1	Managing self: Exploring different parts of school.
Summer 2	Building relationships: To be interested in others play and start to join in.

Brooklands School PSHE Scheme of Work – Long Term Plan

Willow, Ash, Cherry (age/stage fit?) KS1	
CYCLE 1 Autumn 1	Self-awareness: Kind and unkind behaviours
Autumn 2	Self-care, support and safety: Keeping safe, physical safety. Teach pupils the provision we have such as school nurses, first aiders and 999
Spring 1	Managing feelings: Facial expressions and body language
Spring 2	Changing and growing: body parts, public and private
Summer 1	Healthy lifestyles: Taking care of our physical health
Summer 2	The world I live in: Jobs people do
CYCLE 2 Autumn 1	Self-awareness: Playing and working together
Autumn 2	Self-care, support and safety: digital communication, different ways we communicate
Spring 1	Managing feelings: Communication to express feelings
Spring 2	Changing and growing: How we have changed since being a baby
Summer 1	Healthy lifestyles: Keeping well
Summer 2	The world I live in: Rules at home and school. Crossing the road, road safety.
Cycle 3 Autumn 1	Self-awareness: Things we are good at.
Autumn 2	Self-care, support and safety: Taking care of ourselves, some basic first aid. Where is the first aid kit in school?
Spring 1	Managing feelings: Identifying and expressing feelings. Zones of regulation.
Spring 2	Changing and growing: baby to adult, human lifecycle including death.
Summer 1	Healthy lifestyles: healthy eating
Summer 2	The world I live in: Respecting differences between people

Brooklands School PSHE Scheme of Work – Long Term Plan

Sycamore, Pine, KS2	
CYCLE 1 Autumn 1	Self-awareness: Getting on with others.
Autumn 2	Self-care, support and safety: Online safety, public and private.
Spring 1	Managing feelings: Recognise ways we can help ourselves to feel better if we are sad or upset
Spring 2	Changing and growing: Our bodies belong to us and we have a right to feel safe.
Summer 1	Healthy lifestyles: Personal hygiene
Summer 2	The world I live in: Belonging to a community, road safety.
CYCLE 2 Autumn 1	Self-awareness: Money
Autumn 2	Self-care, support and safety: Social media, age restrictions and why.
Spring 1	Managing feelings: Explain why no one has the right to make us do things we don't want to do.
Spring 2	Changing and growing: Recognising bodies change as they become adults. Menstruation. (Puberty)
Summer 1	Healthy lifestyles: Being unwell and identifying symptoms
Summer 2	The world I live in: Rules and law.
Cycle 3 Autumn 1	Self-awareness: People who are special to us.
Autumn 2	Self-care, support and safety: Trust
Spring 1	Managing feelings: Managing strong feelings
Spring 2	Changing and growing: Recognise body parts including genitals
Summer 1	Healthy lifestyles: Balanced diet
Summer 2	The world I live in: Taking care of the environment

Brooklands School PSHE Scheme of Work – Long Term Plan

Aspen, Holly KS3	
CYCLE 1 Autumn 1	Self-awareness: Skills for learning
Autumn 2	Self-care, support and safety: Feeling frightened and worried
Spring 1	Managing feelings: Strong feelings
Spring 2	Changing and growing: Friendship
Summer 1	Healthy lifestyles: Mental wellbeing
Summer 2	The world I live in: Is everything we see online real and true?
CYCLE 2 Autumn 1	Self-awareness: Prejudice and discrimination
Autumn 2	Managing feelings: Romantic feelings
Spring 1	Self-care, support and safety: Keeping safe online, social media and how people use it.
Spring 2	Changing and growing: Healthy and unhealthy relationship behaviours
Summer 1	Healthy lifestyles: Body image
Summer 2	The world I live in: Taking care of their environment, house plants, pets and gardens, road safety
Cycle 3 Autumn 1	Self-awareness: Personal strengths
Autumn 2	Self-care, support and safety: Feeling unwell, basic first aid.
Spring 1	Managing feelings: Self esteem and unkind comments
Spring 2	Changing and growing: Puberty
Summer 1	Healthy lifestyles: Dental health
Summer 2	The world I live in: Diversity, similarities and differences between young people

Brooklands School PSHE Scheme of Work – Long Term Plan

Hazel/Hawthorn (age/stage?) KS3	
CYCLE 1 Autumn 1	Self-awareness: Employability skills. (Keeping safe, road safety)
Autumn 2	Self-care, support and safety: public and private, self-examination
Spring 1	Managing feelings: Simple ways to feel happy, loneliness.
Spring 2	Changing and growing: Intimate relationships, consent
Summer 1	Healthy lifestyles: Body image
Summer 2	The world I live in: managing finances
CYCLE 2 Autumn 1	Self-awareness: Stereotypes
Autumn 2	Self-care, support and safety: Identify when being bullied online, hate crimes.
Spring 1	Managing feelings: Romantic feelings and sexual attraction, intimate relationships
Spring 2	Changing and growing: Long term relationships, contraception and parenthood.
Summer 1	Healthy lifestyles: Drugs, alcohol and tobacco including medicinal drugs
Summer 2	The world I live in: Rights and responsibilities
Cycle 3 Autumn 1	Self-awareness: Positive and negative ways we talk about people
Autumn 2	Self-care, support and safety: Immunisations and vaccinations
Spring 1	Managing feelings: The things we say could affect others. Hate crime.
Spring 2	Changing and growing: Intimate relationships, consent, **puberty (only if needed)**
Summer 1	Healthy lifestyles: Mental health, coping strategies
Summer 2	The world I live in: Preparing for adulthood, employment and volunteering. (Keeping safe)

Brooklands School PSHE Scheme of Work – Long Term Plan

Birch KS4	
CYCLE 1 Autumn 1	Self-awareness: Dealing with exam pressure
Autumn 2	Self-care, support and safety: What is FGM, how can we help, understanding that it is never that persons fault.
Spring 1	Managing feelings: Risky behaviour, linking risky behaviour to strong emotions and doing something we wouldn't normally do. (Self harm?)
Spring 2	Changing and growing: Healthy Friendships, ending negative friendships. Link with grooming and county lines.
Summer 1	Healthy lifestyles: Motivating ourselves to exercise. (Link with mental health)
Summer 2	The world I live in: Spending money in shops and online. The difference between essential and luxury items
CYCLE 2 Autumn 1	Self-awareness: Prejudice and discrimination, stereotypes and how they can cause harm.
Autumn 2	Self-care, support and safety: Gambling, online safety.
Spring 1	Managing feelings: Loneliness, suicide
Spring 2	Changing and growing: Pornography, accessing help if concerned.
Summer 1	Healthy lifestyles: Being put under pressure to try substances such as smoking and drinking. Strategies to resist this pressure.
Summer 2	The world I live in: Living independently, living in care, who we can talk to especially if we are worried.
Cycle 3 Autumn 1	Self-awareness: Personal strengths and self esteem
Autumn	Self-care, support and safety: Feeling unwell, organisations that can provide reliable support and advice.
Spring 1	Managing feelings: Trust worthy and reliable sources of support such as childline, Compass Phoenix. Online and domestic abuse.
Spring 2	Changing and growing: Puberty, Gender and sexuality, sex. (Need to make parents aware under 16)
Summer 1	Healthy lifestyles: Strategies for managing pressure.
Summer 2	The world I live in: Human rights and the law protects these rights.

Things to think about moving forward:

Consent, touch policy, Growing up In North Yorkshire Questionnaire, mindful of missed teaching due to start of new curriculum still, think timetabling of sessions during the day to allow de-sensitising after specific topics.

New classes with new pupils may have missed out on certain topics- may need the gaps plugging.

Key priorities:

- Online safety risks have increase
- Need more help supporting healthy lifestyles.
- There is still a negative attitude towards different social groups.
- Are we safeguarding our children through our curriculum?

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Section	KS1-KS2	KS3-KS4
Self awareness	1. Things we are good at 2. Kind and unkind behaviours 3. Playing and Working together 4. People who are special to us. 5. Getting on with others.	1. Personal strengths 2. Skills for learning 3. Prejudice and discrimination 4. Managing pressure
Self care, support and safety	1. Taking care of ourselves	
Managing feelings		
Changing and growing		
Healthy lifestyles		
The world I live in		