

**PSHE Middle School – Long Term Plan**

<b><u>Term</u></b>	<b><u>Topic</u></b>	<b><u>Lesson objectives</u></b>	<b><u>Exposure</u></b>	<b><u>Engagement</u></b>	<b><u>Participation</u></b>
Autumn 1	Mental wellbeing	<ul style="list-style-type: none"> <li>• That mental wellbeing is a normal part of daily life, in the same way as physical health</li> <li>• The different emotions e.g. happiness, sadness, anger, fear, surprise, nervousness. These are emotions that all people experience in relation to different experiences and situations</li> <li>• How to recognise and talk about their emotions. Using a range of appropriate words to talk about their own and others’ feelings</li> <li>• How to judge whether what they are feeling and how they are behaving is appropriate and proportionate</li> <li>• The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness</li> <li>• Simple self-care techniques e.g. rest, time spent with friends and family and the benefits of hobbies and interests</li> <li>• How isolation and loneliness can affect children and that is very important for children to discuss their feelings with an adult and seek support if required</li> <li>• That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing</li> <li>• Where and how to seek support including whom in school they should speak to if they are worried about their own or someone else’s mental wellbeing or ability to control their emotions</li> </ul>			

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		<ul style="list-style-type: none"> <li>• It is common for people to experience mental ill health</li> </ul>			
Autumn 2	Internet safety and harms	<ul style="list-style-type: none"> <li>• Why the internet is an integral part of life</li> <li>• The benefits of capping the time spent online and the risks of excessive time spent on electronic devices</li> <li>• The impact of positive and negative content online on their own and others’ mental and physical wellbeing</li> <li>• The effect their online actions have on others</li> <li>• How to recognise and display respectful behaviour online</li> <li>• The importance of keeping personal information private</li> <li>• Why some games and social media is age restricted</li> <li>• Recognising that the internet can be a negative place where online abuse, trolling, bullying and harassment can happen which affects mental health</li> <li>• Where and how to report concerns and get support with issues online</li> </ul>			
Spring 1	Physical health and Fitness / Healthy Eating	<ul style="list-style-type: none"> <li>• The mental and physical benefits on an active lifestyle</li> <li>• The importance of building regular exercise into daily and weekly routines</li> <li>• How to implement exercise into their week e.g. walking/cycling to school, daily mile and other forms of exercise</li> <li>• The risks associated with an inactive lifestyle (including obesity)</li> </ul>			

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		<ul style="list-style-type: none"> <li>• How and who to speak to in school if they want some advice on health</li> <li>• What constitutes a healthy diet (calories and nutritional content)</li> <li>• How to plan and prepare a range of healthy meals</li> <li>• The risks of an unhealthy diet e.g. obesity and tooth decay</li> <li>• The impact of alcohol on diet and health</li> </ul>			
Spring 2	Health and Prevention	<ul style="list-style-type: none"> <li>• How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body</li> <li>• What is safe and unsafe exposure to the sun</li> <li>• How to reduce the risk of sun damage, including skin cancer</li> <li>• The importance of good quality sleep for good health and that a lack of sleep can affect weight, mood and the ability to learn</li> <li>• What is good dental health – the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist</li> <li>• What demonstrates good personal hygiene</li> <li>• What are Germs including bacteria, viruses, how they are spread and treated and the importance of handwashing</li> <li>• The facts and science relating to allergies, immunisation and vaccination</li> </ul>			
Summer 1	Drugs, Alcohol and Tobacco	<ul style="list-style-type: none"> <li>• The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking</li> </ul>			
Summer 2	Basic First Aid	<ul style="list-style-type: none"> <li>• How to call emergency services</li> <li>• Concepts of basic first aid e.g. dealing with common injuries, including head injuries</li> </ul>			

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