

|       |                                  |   | Long term plan PSHE/MINDMATE Lawns Park Primary School. |   |   |   |  |  |  |   |
|-------|----------------------------------|---|---|---|---|---|--|--|--|---|
|       | Theme                            | Lawns Park Thread   | Topic   | Mindmate Theme                            | Year One  | Year Two  | Year Three   | Year Four  | Year Five  | Year Six  |
| Aut 1 | Physical and Emotional wellbeing | <b>Pride</b><br>True Lawns Parker attributes              | Physical Health and Wellbeing                           | <b>Life changes</b>                       | Fun Times<br><br>Making new friends   | What keeps me Healthy?<br><br>Loss                      | What Helps me Choose?<br><br>New routines                              | What is important to Me?<br>Positive and negative effects on emotional wellbeing and mental health | In the Media<br><br>Aspirations to manage change positively                          | Healthy Minds<br><br>Moving on                        |
| Aut 2 | Personal Safety                  | <b>Safety</b><br><br>School rules                         | Keeping Safe and Managing Risk<br>Safeguarding          | <b>Being the same, being different</b>    | Feeling Safe<br><br>Celebrating differences                                 | Indoors and Outdoors<br>Beginning to understand empathy | Bullying – see it, say it, stop it<br>Different opinions               | Playing Safe<br>Know actions affect themselves and others  | When things go wrong<br>Stigma   | Keeping safe out and about<br>Body image/Social media |
| Spr1  | Economic Wellbeing               | <b>Learning</b><br><br>Positive learning behaviours.      | Careers, financial capability and economic wellbeing.   | <b>Solving problems/ Making it better</b> | My Money<br><br>Setting goals and targets                                   | Not giving up/perseverance                              | Saving, Spending and budgeting<br>Dealing with difficult situations    | Coping with difficult situations   | Borrowing and earning money<br>Talking it through restorative justice                | Winning What does it take?                            |
| Spr 2 | Making Good choices              | <b>Perseverance</b><br><br>The benefits of not giving up. | Drug, Alcohol and tobacco education safeguarding        | <b>Feeling good and being me</b>          | What do we put into and onto our bodies?<br>Recognise feelings              | Medicines and Me<br><br>Celebrate strengths             | Tobacco is a Drug<br><br>Goals and aspirations                         | Making Choices<br><br>Feelings Intensity   | Different Influences<br><br>Self belief  | Weighing Up Risk<br><br>Self integrity                |
| Sum 1 | Community Cohesion               | <b>Success</b><br><br>Team Lawns Park                     | Identity, society and equality.                         | <b>Friends and Family</b>                 | Me and Others<br>Recognise how others show feelings and know how to respond | Impact of behavior on others                            | Celebrating Difference<br>Unkind behaviours                            | Democracy<br>Celebrating Skills to maintain and keep positive relationships                        | Stereotypes, discrimination and prejudice<br>Unhealthy friendships and relationships | Human Rights<br>friendship                            |
| Sum 2 | Emotional Intelligence           | <b>Learning</b><br><br>Growth Mindset.                    | Mental Health and Wellbeing<br>Safeguarding<br><br>RSE  | <b>Strong emotions</b>                    | RSE<br><br>Feelings<br>Fair and unfair.<br>Right and wrong                  | RSE<br>Friendship<br><br>Comfortable and                | RSE<br>Families, growing and changing.<br><br>Strengths and Challenges | RSE<br>Body Changes<br>Safeguarding<br><br>Resisting pressure                                      | RSE<br>Menstruation and other physical changes                                       | RSE<br>Reproduction and relationships<br>Happiness    |

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|  |  |  |  |  |  | uncomfortable feelings | Strong emotions/anger |  | Dealing with Feelings<br>Strong emotions and mental health |  |
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