

# Patch... Primary Long-Term Plan

Patch 1 (Autumn 1)	Patch 2 (Autumn 2)	Patch 3 (Spring 1)	Patch 4 (Spring 2)	Patch 5 (Summer 1)	Patch 5 (Summer 2)
<b>Self- Awareness</b>	<b>Self-Care, Support &amp; Safety</b>	<b>Managing Feelings</b>	<b>Healthy Lifestyles /RHE</b>	<b>The World I Live in</b>	<b>Changing &amp; Growing/ RHE</b>
<b>Me, You &amp; Us</b>	<b>Staying Safe</b>	<b>Feelings</b>	<b>Relationships &amp; Healthy Me</b>	<b>My World</b>	<b>Growing &amp; Changing</b>
<ul style="list-style-type: none"> <li>• Introduction-Planning session</li> <li>• Me- Who am I?</li> <li>• Me- My feelings and being kind.</li> <li>• You- People who are special to us.</li> <li>• Us- Getting on with others.</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction-Planning session</li> <li>• Taking care of ourselves</li> <li>• Trust and public/private spaces</li> <li>• Road Safety week-20<sup>th</sup> November</li> <li>• Staying safe online</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction-Planning</li> <li>• Identifying and expressing feelings</li> <li>• Managing strong feelings</li> <li>• My voice is important! (I am Me!) Children's Mental Health week- 5<sup>th</sup>-9<sup>th</sup> February</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction-Planning session</li> <li>• Healthy eating/ healthy diet</li> <li>• Creating a balanced diet</li> <li>• My Physical Health</li> <li>• Feeling well</li> <li>• Mental health</li> <li>• Hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction-Planning session</li> <li>• Taking care of the environment (Earth Day 22<sup>nd</sup> April)</li> <li>• Respecting differences between people</li> <li>• Jobs people do</li> <li>• Rules and laws</li> <li>• Belonging to a community</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction-Planning session</li> <li>• Baby to adult</li> <li>• Changes at puberty</li> <li>• Dealing with touch</li> <li>• Different types of relationships</li> <li>• Friendships and transitions</li> </ul>
<b>RHE Focus</b>	<b>RHE Focus</b>	<b>RHE Focus</b>	<b>PSHE Focus</b>	<b>RHE Focus</b>	<b>PSHE Focus</b>
<ul style="list-style-type: none"> <li>• My body &amp; consent</li> </ul>	<ul style="list-style-type: none"> <li>• Online safety</li> </ul>	<ul style="list-style-type: none"> <li>• Peer pressure &amp; relationships</li> </ul>	<ul style="list-style-type: none"> <li>• My independence</li> </ul>	<ul style="list-style-type: none"> <li>• Public &amp; Private</li> </ul>	<ul style="list-style-type: none"> <li>• Self-confidence and awareness</li> </ul>

Each Patch topic includes weekly areas of learning that support our students to make progress on their PSHE outcomes. We have carefully selected outcomes that are then broken down into pre-formal, semi-formal and formal strands to suit each class and the differing needs and learning styles of the students. Although our PSHE topics are repeated each year, the outcomes differ, evolve, and sometimes repeat to support and encourage progress in each area. We feel it is important to cover specific **Relationship & Health** skills and learning throughout the year and these topics are covered on the last week of each half term.