

Cambridgeshire Primary Personal Development Programme

Teaching Guidance



Long Term Planning



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Introduction To Long Term Plans

Schools using the Primary Personal Development Programme are generally advised to begin the planning process by using the Entitlement Frameworks. The school staff, or PSHE coordinator, use these to make decisions about opportunities for delivery of the content, through discrete PSHE sessions and through cross-curricular activities. The PSHE coordinator may then wish to create a long term plan, which shows how the whole school will be covering the children's entitlement from the frameworks. The long term plan is then used to inform the electronic planning process on the Personal Development Planner.

From our experience of working with schools and PSHE coordinators in Cambridgeshire, we have found that there tend to be 3 main models of long term plan. All of these include the children's full entitlement, i.e. everything that appears on the frameworks. We have gathered examples of these and put together sample plans here, which you may wish to adopt, with adjustments to suit your individual school. The colours in the titles reflect the strands of the Personal Development Programme, (e.g. blue for Myself and My Relationships), and the codes reflect the cell of the framework, (e.g. MMR6), as well as the unit code, (e.g. FF12).

Long Term Plan A - Two year rolling programme, whole school same theme

In this plan, the whole school delivers the same themes at the same time, and covers the entire programme over the course of two years. The SEAL programme is cross referenced, so that the school could continue to deliver SEAL (and other) assemblies and whole school strategies at appropriate times throughout the year, making links with the current teaching themes.

Benefits:

- The whole school approach to a theme enables the school to work together when introducing and working on new vocabulary and concepts.
- The coordinator can more easily monitor provision and support other members of staff.
- Resources and activities, including outside visitors, can be focussed more effectively.
- If the school has mixed age classes, this approach can ensure progression and appropriate provision for children's ages and stages.

Challenges:

- It is more difficult to link PSHE teaching with individual class topics.
- All teachers plan and deliver the whole two year programme, and therefore need to become familiar with all the topics in the programme.

Long Term Plan B - Single year plan, alternate year groups

In this plan, Years 1, 3 and 5 are delivering the same themes, and Years 2, 4 and 6 are also working on parallel themes. The entire programme is covered over two years. Although children will be receiving different teaching, the plan is grouped mainly into strands, or similar themes, and therefore assemblies could still be coordinated to fit with broad teaching areas.

Benefits:

- Teachers only need to become familiar with some aspects of the programme.
- Some of the benefits in Long Term Plan A still apply, although to a lesser extent.

Challenges:

- It is more difficult to link PSHE teaching with individual class topics.
- It is more difficult to deliver SEAL (and other) assemblies which link with the teaching topics.

Long Term Plan C - Single year plan, random themes

In this plan, teachers have selected units to deliver which fit with their teaching across the curriculum and which have links to particular topics they will be covering with their class or year group. They collaborate with teachers in adjacent year groups and classes to ensure that the content on the Entitlement Frameworks is covered. This means that every year group is covering different themes at different times.

Benefits:

- Teachers can plan their PSHE to be delivered alongside and with relevant topics they are covering in class.
- Links between PSHE and other areas of learning are more immediate and therefore more evident to children.

Challenges:

- It is more difficult to develop a whole school approach to delivering PSHE, and to plan themed assemblies to support children's learning.
- It is more complicated for the coordinator to monitor provision and progression.

Long Term Plan A - Two year rolling programme, whole school same theme

YEAR A	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
SEAL	New Beginnings	Getting On and Falling Out	Going for Goals	Good to be Me		
Foundation	Beginning and Belonging MMR1 BBF	Family and Friends (incl. anti-bullying) MMR2 FFF My Emotions MMR3 MEF	Me and My World Cit2 MWF	My Body and Growing Up HSL1 BGF	Keeping Safe (incl. Drug Education) HSL 2 KSF	Healthy Lifestyles HSL3 HLF
Year 1 & 2	Beginning and Belonging MMR4 BB12 MMR9 BB34 MMR14 BB56	Family and Friends MMR6 FF12 MMR11 FF34 MMR16 FF56 Anti-bullying MMR 7 AB12 MMR12 AB34 MMR17 AB56	Working Together Cit3 WT12 Cit6 WT34 Cit9 WT56 Financial Capability EW1 FC12 EW2 FC34 EW3 FC56	Sex & Relationships Education HSL6 SR1 HSL10 SR2 HSL13 SR3 HSL17 SR4 HSL20 SR5 HSL24 SR6	Managing Risk HSL4 MR12 HSL11 MR34 HSL18 MR56 Safety Contexts HSL5 SC12 HSL12 SC34 HSL19 SC56	Healthy Lifestyles HSL7 HL12 HSL14 HL34 HSL21 HL56
Year 3 & 4						
Year 5 & 6						
YEAR B	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
SEAL	New Beginnings	Say No to Bullying	Relationships			Changes
Foundation	Beginning and Belonging MMR1 BBF	Family and Friends (incl. anti-bullying) MMR2 FFF My Emotions MMR3 MEF	Identities & Diversity Cit1 IDF	My Body and Growing Up HSL1 BGF	Keeping Safe (incl. Drug Education) HSL 2 KSF	Healthy Lifestyles HSL3 HLF
Year 1 & 2	Rights, Rules and Responsibilities Cit5 RR12 Cit8 RR34 Cit11 RR56	My Emotions MMR5 ME12 MMR10 ME34 MMR15 ME56 Anti-bullying MMR7 AB12 MMR12 AB34 MMR17 AB56	Diversity and Communities Cit4 DC12 Cit7 DC34 Cit10 DC56	Drug Education HSL8 DE12 HSL15 DE34 HSL22 DE56	Personal Safety HSL9 PS12 HSL16 PS34 HSL23 PS56 Sex & Relationships Education HSL20 SR5 HSL24 SR6	Managing Change MMR8 MC12 MMR13 MC34 MMR18 MC56
Year 3 & 4						
Year 5 & 6						

Long Term Plan B - Single year plan, alternate year groups

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Foundation	Beginning and Belonging MMR1 BBF	Family and Friends (incl. anti-bullying) MMR2 FFF My Emotions MMR3 MEF	Identities & Diversity Cit1 IDF Me and My World Cit2 MWF	My Body and Growing Up HSL1 BGF	Keeping Safe (incl. Drug Education) HSL2 KSF	Healthy Lifestyles HSL3 HLF
Year 1	Beginning and Belonging MMR4 BB12	Family and Friends MMR6 FF12 Anti-bullying MMR7 AB12	Diversity and Communities Cit4 DC12	Sex & Relationships Education HSL6 SR1 Drug Education HSL8 DE12	Personal Safety HSL9 PS12	Managing Change MMR8 MC12
Year 2	Rights, Rules and Responsibilities Cit5 RR12	My Emotions MMR5 ME12 Anti-bullying MMR7 AB12	Working Together Cit3 WT12 Financial Capability EW1 FC12	Sex & Relationships Education HSL10 SR2 Drug Education HSL8 DE12	Managing Risk HSL4 MR12 Safety Contexts HSL5 SC12	Healthy Lifestyles HSL7 HL12
Year 3	Beginning and Belonging MMR9 BB34	Family and Friends MMR11 FF34 Anti-bullying MMR12 AB34	Diversity and Communities Cit7 DC34	Sex & Relationships Education HSL13 SR3 Drug Education HSL15 DE34	Personal Safety HSL16 PS34	Managing Change MMR13 MC34
Year 4	Rights, Rules and Responsibilities Cit8 RR34	My Emotions MMR10 ME34 Anti-bullying MMR12 AB34	Working Together Cit6 WT34 Financial Capability EW2 FC34	Sex & Relationships Education HSL17 SR4 Drug Education HSL15 DE34	Managing Risk HSL11 MR34 Safety Contexts HSL12 SC34	Healthy Lifestyles HSL14 HL34
Year 5	Beginning and Belonging MMR14 BB56	Family and Friends MMR16 FF56 Anti-bullying MMR17 AB56	Diversity and Communities Cit10 DC56	Sex & Relationships Education HSL20 SR5 Drug Education HSL22 DE56	Personal Safety HSL23 PS56	Managing Change MMR18 MC56
Year 6	Rights, Rules and Responsibilities Cit11 RR56	My Emotions MMR15 ME56 Anti-bullying MMR17 AB56	Working Together Cit9 WT56 Financial Capability EW3 FC56	Sex & Relationships Education HSL24 SR6 Drug Education HSL22 DE56	Managing Risk HSL18 MR56 Safety Contexts HSL19 SC56	Healthy Lifestyles HSL21 HL56

Long Term Plan C - Single year plan, random themes

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Foundation	Beginning and Belonging MMR1 BBF	My Body and Growing Up HSL1 BGF	Family and Friends (incl. anti-bullying) MMR2 FFF	Keeping Safe (incl. Drug Education) HSL2 KSF	Identities & Diversity Cit1 IDF Me and My World Cit2 MWF	My Emotions MMR3 MEF Healthy Lifestyles HSL3 HLF
Year 1	Beginning and Belonging MMR4 BB12	My Emotions MMR5 ME12	Diversity and Communities Cit4 DC12	Managing Risk HSL4 MR12 Safety Contexts HSL5 SC12	Sex & Relationships Education HSL6 SR1 Healthy Lifestyles HSL7 HL12	Working Together Cit3 WT12
Year 2	Rights, Rules and Responsibilities Cit5 RR12	Family and Friends MMR6 FF12	Personal Safety HSL9 PS12	Anti-bullying MMR7 AB12	Sex & Relationships Education HSL10 SR2 Drug Education HSL8 DE12	Financial Capability EW1 FC12 Managing Change MMR8 MC12
Year 3	Beginning and Belonging MMR9 BB34	Anti-bullying MMR12 AB34	Personal Safety HSL16 PS34	Sex & Relationships Education HSL13 SR3 Managing Risk HSL11 MR34	Diversity and Communities Cit7 DC34	Healthy Lifestyles HSL14 HL34 Managing Change MMR13 MC34
Year 4	Rights, Rules and Responsibilities Cit8 RR34	Drug Education HSL15 DE34 Safety Contexts HSL12 SC34	Working Together Cit6 WT34	Sex & Relationships Education HSL17 SR4 Financial Capability EW2 FC34	Family and Friends MMR11 FF34	My Emotions MMR10 ME34
Year 5	Beginning and Belonging MMR14 BB56	Working Together Cit9 WT56 Anti-bullying MMR17 AB56	Sex & Relationships Education HSL20 SR5 Financial Capability EW3 FC56	My Emotions MMR15 ME56	Drug Education HSL22 DE56	Managing Risk HSL18 MR56 Safety Contexts HSL19 SC56
Year 6	Rights, Rules and Responsibilities Cit11 RR56	Personal Safety HSL23 PS56	Family and Friends MMR16 FF56	Diversity and Communities Cit10 DC56	Healthy Lifestyles HSL21 HL56	Sex & Relationships Education HSL24 SR6 Managing Change MMR18 MC56