



KELFORD SCHOOL – LONG TERM PLAN – PSD					
Key:	Autumn 1	Autumn 2	Spring	Summer 1	Summer 2
TOPIC	Who we are and Where we belong	Time travellers	Animal Kingdom	Our beautiful planet	Lights camera action
Cycle 1	The World I live in	Self care, support and safety	Growing and changing	Healthy lifestyles	Self Awareness
TOPIC	Changes	Power to the people	Out of this world	We are the champions	The Carnival
Cycle 2	Growing and changing	The World I Live In	Self care, support and safety	Healthy Lifestyles	Managing feelings
TOPIC	Evolution and revolution	Celebrate the world	Shaping the world	From Field to Fork – planting and planning	From Field to Fork/Glorious galleries.
Cycle 3	Growing and Changing	Self Awareness	Self care, support and safety	Healthy Lifestyles	Managing feelings
KS4	Aut 1	Aut 2	Spring	Summer 1	Summer 2
Year 10	The world I live in	Managing feelings	Growing and Changing	Self Awareness	Healthy lifestyles
Year 11	The world I live in	Self care, support and safety	Self Awareness	Growing and changing	Healthy lifestyles



PSD - Cycle 1	Who we are and Where we belong	Time travellers	Our Beautiful planet	Animal Kingdom	Lights camera action
Phase 1 (Year 1-3)	<p>The world I live in Curiosity about myself</p> <p>Curiosity about friends and family</p>	<p>Self care, support and safety Seeking comforts and forming attachments</p>	<p>Healthy Lifestyles Exploring strategies to support mental wellbeing</p>	<p>Growing and changing My physical characteristics, my body and my abilities</p>	<p>Self Awareness Develop self expression</p>
Phase 2 (Year 4-6)	<p>The world I live in Identify what makes me, me Identify the groups I belong to Develop interactions with others</p>	<p>Self care, support and safety Explore my environment safely Explore interactions with others</p>	<p>Healthy Lifestyles Responding to experiences that effect my mental wellbeing</p>	<p>Growing and changing Identifying how I am growing and changing</p>	<p>Self Awareness Develop self expression, emotional awareness and listening skills</p>
Phase 3 (Year 7-9)	<p>The world I live in How I interact with others How I respond to others How I show respect to others</p>	<p>Self care, support and safety Keeping safe Trust</p>	<p>Healthy Lifestyles Linking physical and mental wellbeing Seeking support</p>	<p>Growing and changing Identify the stages of growing and changing Puberty</p>	<p>Self Awareness Socially acceptable behaviour, self regulation and co-regulation.</p>



PSD - Cycle 2	Changes	Power to the people	Out of this world	We are the champions	The Carnival
Phase 1 (Year 1-3)	<p>Growing and changing</p> <p>My physical characteristics, my body and my relationships</p>	<p>Self care, support and safety</p> <p>Seeking comforts and forming attachments Develop an awareness of others</p>	<p>Self Awareness</p> <p>Develop self expression and self confidence</p>	<p>Healthy Lifestyles</p> <p>Explore Physical activity</p>	<p>Managing feelings</p> <p>Communication basic emotions</p>
Phase 2 (Year 4-6)	<p>Growing and changing</p> <p>Body changes Knowing what help looks like</p>	<p>Self care, support and safety</p> <p>Explore my environment safely Develop interactions with others</p>	<p>Self Awareness</p> <p>Develop emotional awareness and socially acceptable behaviour.</p>	<p>Healthy Lifestyles</p> <p>Explore keeping my body healthy</p>	<p>Managing feelings</p> <p>Recognising more complex emotions</p>
Phase 3 (Year 7-9)	<p>Growing and changing</p> <p>Identify the changes between males and females</p>	<p>Self care, support and safety</p> <p>Keeping safe Understanding trust</p>	<p>Self Awareness</p> <p>Peer pressure, self regulation and seeking help</p>	<p>Healthy Lifestyles</p> <p>Making healthy lifestyle choices</p>	<p>Managing feelings</p> <p>How activities affect my emotions</p>



PSD - Cycle 3	Evolution and revolution	Celebrate the world	Spring - Shaping the world	From Field to Fork	From field to fork/ Glorious Galleries
Phase 1 (Year 1-3)	<p>Growing and changing</p> <p>Differences between self and others</p>	<p>The world I live in</p> <p>Curiosity about myself, my friends and family and my world</p>	<p>Self care, support and safety</p> <p>Seeking comforts and forming attachments Develop an awareness of others and their attachments</p>	<p>Healthy Lifestyles</p> <p>Explore foods</p>	<p>Managing feelings</p> <p>Sharing my emotions</p>
Phase 2 (Year 4-6)	<p>Growing and changing</p> <p>Body changes Understanding the importance of consent</p>	<p>The world I live in</p> <p>Develop interactions with others within my school and wider community</p>	<p>Self care, support and safety</p> <p>Explore my wider environment safely Use my interactions to influence others</p>	<p>Healthy Lifestyles</p> <p>Explore healthy, varied diets</p>	<p>Managing feelings</p> <p>Exploring strategies to manage my complex emotions</p>
Phase 3 (Year 7-9)	<p>Growing and changing</p> <p>Types of touch Types of relationships</p>	<p>The world I live in</p> <p>Recognise differences and develop interactions and responses to others</p>	<p>Self care, support and safety</p> <p>Keeping safe First Aid Public and private</p>	<p>Healthy Lifestyles</p> <p>Explore the effects of healthy lifestyle choices</p>	<p>Managing feelings</p> <p>Supporting others to manage their emotions</p>



PSD – KS4					
Phase 1 (Year 10)	<p>The world I live in Earning and managing money</p>	<p>Managing feelings Mental health issues Seeking help</p>	<p>Growing and changing Sexual relationships Reproduction – how babies are made</p>	<p>Self awareness Behaving appropriately in different relationships</p>	<p>Healthy lifestyles Describe how the choices I make affect my lifestyle</p>
Phase 2 (Year 11)	<p>The World I live in Laws of my country Rights as a citizenship</p>	<p>Self care, support and safety Risks and hazards First Aid</p>	<p>Self awareness Hopes and aspirations</p>	<p>Growing and changing Reproduction – the effects of unprotected sex Sexual Health</p>	<p>Healthy lifestyles Exploring strategies to support mental and physical wellbeing</p>