

# Cambridgeshire Primary Personal Development Programme

## Teaching Guidance



## Long Term Planning



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## Introduction To Long Term Plans

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Schools using the Primary Personal Development Programme are generally advised to begin the planning process by using the Entitlement Frameworks. The bold font on the Entitlement Frameworks denotes where content links to statutory Relationships Education and Health Education, with the code after the framework question demonstrating which aspect of statutory Relationships Education and Health Education the learning addresses (e.g. *BS means the Being Safe element of Relationships Education*). Framework questions not shown in bold, but with a code after them provide contributory rather than main links to that aspect of the statutory guidance. Some aspects of the Primary Personal Development Programme go beyond the statutory Relationships and Health Education requirements, but many schools will wish to continue teaching these aspects of learning as part of their broad and balanced PSHE Curriculum. One such example is road safety, not a statutory requirement to teach, but nevertheless one many schools will wish to continue teaching as part of the Managing Safety and Risk units of work.

The school staff, or PSHE coordinator should use the Entitlement Frameworks 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.

It is worthwhile the PSHE coordinator liaising with the Computing coordinator in relation to the Digital Lifestyles strand of work. For some schools there will be a need to allocate this as a discrete topic within the PSHE long term plan, whilst for others the majority of this may already be addressed via Computing lessons and themed weeks such as Internet Safety, therefore to avoid duplication in a crowded timetable they may wish to make adaptations to the provision elsewhere and opt not to allocate a half term within the PSHE Curriculum plan to this topic.

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. These Long Term plans are not designed to be used 'off the peg.' Rather, the expectation is that they are adapted and adjusted to suit individual school's needs.

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 unit code, (e.g. FF12).

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

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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

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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

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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 BBF	Family and Friends (incl. anti-bullying) FFF  My Emotions MEF	Me and My World MMF	My Body and Growing Up BGF	Keeping Safe (incl. Drug Education) KSF	Healthy Lifestyles HLF
Year 1 & 2	Beginning and Belonging BB12 BB34 BB56	Family and Friends FF12 FF34 FF56  Anti-bullying AB12 AB34 AB56	Working Together WT12 WT34 WT56  Financial Capability FC12 FC34 FC56	Relationships & Sex Education RS1 RS2 RS3 RS4 RS5 RS6	Managing Safety and Risk MSR12 MSR34 MSR56	Healthy Lifestyles HL12 HL34 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 BBF	Family and Friends (incl. anti-bullying) FFF  My Emotions MMR3 MEF	Identities & Diversity IDF	My Body and Growing Up BGF	Keeping Safe (incl. Drug Education) KSF	Healthy Lifestyles HLF
Year 1 & 2	Rights, Rules and Responsibilities RR12 RR34 RR56	My Emotions ME12 ME34 ME56  Anti-bullying AB12 AB34 AB56	Diversity and Communities DC12 DC34 DC56	Drug Education DE12 DE34 DE56	Personal Safety PS12 PS34 PS56  Relationships & Sex Education RS5 RS6	Digital Lifestyles   Managing Change MC12 MC34 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
<b>Foundation</b>	<b>Beginning and Belonging</b> BBF	<b>Family and Friends</b> (incl. anti-bullying) FF <b>My Emotions</b> MEF	<b>Identities &amp; Diversity</b> IDF <b>Me and My World</b> MWF	<b>My Body and Growing Up</b> BGF	<b>Keeping Safe</b> (incl. Drug Education) KSF	<b>Healthy Lifestyles</b> HLF
<b>Year 1</b>	<b>Beginning and Belonging</b> BB12	<b>Family and Friends</b> FF12 <b>Anti-bullying</b> AB12	<b>Diversity and Communities</b> DC12	<b>Relationships &amp; Sex Education</b> RS1 <b>Drug Education</b> DE12	<b>Personal Safety</b> PS12	<b>Healthy Lifestyles</b> HL12
<b>Year 2</b>	<b>Rights, Rules and Responsibilities</b> RR12	<b>My Emotions</b> ME12 <b>Anti-bullying</b> AB12	<b>Working Together</b> WT12 <b>Financial Capability</b> FC12	<b>Relationships &amp; Sex Education</b> RS2	<b>Managing Safety and Risk</b> MSR12	<b>Digital Lifestyles</b> <b>Managing Change</b> MC12
<b>Year 3</b>	<b>Beginning and Belonging</b> BB34	<b>Family and Friends</b> FF34 <b>Anti-bullying</b> AB34	<b>Diversity and Communities</b> DC34	<b>Relationships &amp; Sex Education</b> RS3 <b>Drug Education</b> DE34	<b>Personal Safety</b> PS34	<b>Healthy Lifestyles</b> HL34
<b>Year 4</b>	<b>Rights, Rules and Responsibilities</b> RR34	<b>My Emotions</b> ME34 <b>Anti-bullying</b> AB34	<b>Working Together</b> WT34 <b>Financial Capability</b> FC34	<b>Relationships &amp; Sex Education</b> RS4	<b>Managing Safety and Risk</b> MSR34	<b>Digital Lifestyles</b> <b>Managing Change</b> MC34
<b>Year 5</b>	<b>Beginning and Belonging</b> BB56	<b>Family and Friends</b> FF56 <b>Anti-bullying</b> AB56	<b>Diversity and Communities</b> DC56	<b>Relationships &amp; Sex Education</b> RS5 <b>Drug Education</b> DE56	<b>Personal Safety</b> PS56	<b>Healthy Lifestyles</b> HL56
<b>Year 6</b>	<b>Rights, Rules and Responsibilities</b> RR56	<b>My Emotions</b> ME56 <b>Anti-bullying</b> AB56	<b>Working Together</b> WT56 <b>Financial Capability</b> FC56	<b>Relationships &amp; Sex Education</b> RS6	<b>Managing Safety and Risk</b> MSR56	<b>Digital Lifestyles</b> <b>Managing Change</b> MC56



## 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 BBF	My Body and Growing Up BGF	Family and Friends (incl. anti-bullying) FFF	Keeping Safe (incl. Drug Education) KSF	Identities & Diversity IDF  Me and My World MWF	My Emotions MEF  Healthy Lifestyles HLF
Year 1	Beginning and Belonging BB12	My Emotions ME12	Diversity and Communities DC12	Managing Safety and Risk MSR12	Relationships & Sex Education RS1  Healthy Lifestyles HL12	Digital Lifestyles  Working Together WT12
Year 2	Rights, Rules and Responsibilities RR12	Family and Friends- FF12	Personal Safety PS12	Anti-bullying AB12	Relationships & Sex Education RS2  Drug Education DE12	Financial Capability FC12  Managing Change MC12
Year 3	Beginning and Belonging BB34	Anti-bullying AB34	Personal Safety PS34	Relationships & Sex Education RS3  Managing Safety and Risk MSR34	Diversity and Communities DC34	Healthy Lifestyles HL34  Managing Change MC34
Year 4	Rights, Rules and Responsibilities RR34	Drug Education DE34	Digital Lifestyles  Working Together WT34	Relationships & Sex Education RS4  Financial Capability FC34	Family and Friends FF34	My Emotions ME34
Year 5	Beginning and Belonging BB56	Working Together WT56  Anti-bullying AB56	Relationships & Sex Education RS5  Financial Capability FC56	My Emotions ME56	Drug Education DE56	Managing Safety and Risk MSR56
Year 6	Rights, Rules and Responsibilities RR56  Digital Lifestyles	Personal Safety PS56	Family and Friends FF56	Diversity and Communities DC56	Healthy Lifestyles HL56	Relationships & Sex Education RS6  Managing Change MC56