



Widnes Academy PSHE Long Term Plan - 2019 – 2020

Year Group and Key Questions for Year	Exploring Ourselves - Identity	Exploring Ourselves - Happiness	Exploring Society - Journeys	Exploring Society - Home	Exploring the Natural World - Habitats	Exploring the Natural World - Waste
Reception	Fairness-Behaviour	Fairness-Sharing	Relationships-relationships at school	Relationships-relationships at home and in the community	Choices- Keeping healthy	Choices- Being independent
<p>All year groups follow same set of planning with different activities for</p> <p>Key Stage 1 – Year 1/ 2</p> <p>Key Stage 2 – Year 3/ 4 and 5 / 6</p>	<p>Questions explored:</p> <ul style="list-style-type: none"> • What parts make up who we are? What are some of the biggest influences on our identities? • What is 'culture' and what does it mean to our identity? • Why do people often change when they are using an online identity? • How are we influenced when making choices about who we are in particular situations? • What are some of characteristics and qualities that people may have? • What are my unique characteristics and qualities and how can I learn to celebrate them? 	<p>Questions explored:</p> <ul style="list-style-type: none"> • What is happiness? • What are the 'bare necessities' we all need to feel happy? • What is the difference between happiness and success? • Can you measure happiness? • Why do we find it tricky to talk about some of our more negative emotions? • What can we do to support our own emotional health and that of the people around us? 	<p>Questions explored:</p> <ul style="list-style-type: none"> • What do the terms refugee, immigrant and asylum seeker mean? • How does labelling people often make us fear or misjudge them? • Why are many people having to leave their homes? • What influence does our passport have on our freedom? • What do we all need to feel safe? • What is it like to live in a refugee camp? • What does it mean to feel at home? • How can we make new people feel welcome in our communities? 	<p>Questions explored:</p> <ul style="list-style-type: none"> • What is home? • What makes a place a home rather than a house? • What are some of the common ways that people make their houses feel like home? • What does a home mean to you? • What does it feel like to be homesick? • What are some of the causes of homelessness? • What are some of the biggest challenges of living without a home? • What can we do to help people feel at home in our communities? 	<p>Questions explored:</p> <ul style="list-style-type: none"> • Who lives in the Amazon Rainforest? • What are some of their habits and habitats? • What are some of the threats to the rainforest? • What impact does human activity have on inhabitants of an area? • Who are the people living in the forest? • What can we learn from indigenous communities about how to live more harmoniously with nature? • What actions can we take in our local communities to protect natural spaces? 	<p>Questions explored:</p> <ul style="list-style-type: none"> • Where does our rubbish go when we throw it away (because there is no such place as 'away')? • Why are we all producing so much rubbish? • Why is there no waste in nature? • What is the impact on the natural world of human rubbish? • How does so much plastic pollution end up in the ocean? • Whose responsibility is it to deal with our rubbish? • How can we reduce the amount of rubbish we throw away? • What does 'Zero-waste' mean?
<p>Overview of weekly sessions</p>	<p>WEEK 1 The story of me</p> <p>WEEK 2 My best self</p> <p>WEEK 3 Making choices</p> <p>WEEK 4 Love the skin I'm in</p>	<p>WEEK 1 What is happiness?</p> <p>WEEK 2 Mind your head</p> <p>WEEK 3 Measuring happiness</p> <p>WEEK 4 Positive thinking</p>	<p>WEEK 1 Seeking Safety</p> <p>WEEK 2 The Power of Words</p> <p>WEEK 3 Freedom to Move</p> <p>WEEK 4 New Beginnings</p>	<p>WEEK 1 The culture of home</p> <p>WEEK 2 Feeling at home</p> <p>WEEK 3 Living without a home</p> <p>WEEK 4 Needing to belong</p>	<p>WEEK 1 Who else lives here?</p> <p>WEEK 2 Changing lands</p> <p>WEEK 3 Sharing space</p> <p>WEEK 4 Sustainable dwellings</p>	<p>WEEK 1 What is all this stuff?</p> <p>WEEK 2 Where is 'away'?</p> <p>WEEK 3 How long 'til it's gone?</p> <p>WEEK 4 Waste-free living</p>



Widnes Academy PSHE Long Term Plan - 2020 – 2021

<p>Year Group and Key Questions</p> <p>Two year rolling programme – 2nd year</p>	<p>Exploring the Natural World - Changing Climates</p>	<p>Exploring the Natural World - Food</p>	<p>Exploring Ourselves - Social Media</p>	<p>Exploring Society - Love and Relationships</p>	<p>Exploring Society - Equality and Justice</p> <p>Exploring Ourselves - Switched to Awe and Wonder Due to ThoughtBox release issues</p>	<p>Exploring Ourselves - Global Cultures</p> <p>Exploring Society - Switched to Love and Relationships Due to ThoughtBox release issues</p>
<p>Reception</p>	<p>Fairness-Behaviour</p>	<p>Fairness-Sharing</p>	<p>Relationships-relationships at school</p>	<p>Relationships-relationships at home and in the community</p>	<p>Choices- Keeping healthy</p>	<p>Choices- Being independent</p>
<p>Aims and Objectives for each unit of work –</p> <p>All year groups follow same set of planning with different activities for</p> <p>Key Stage 1 – Year 1/ 2</p> <p>Key Stage 2 – Year 3/ 4 and 5 / 6</p>	<p><u>Aims and Objectives</u> Lessons will engage with the concept of climate change, taking young people through a gentle journey to understand some of the causes and effects of changing climates both now and over the course of human history. Pupils will travel through ‘deep time’ to understand how humans are shaping our environment. Lessons will focus on empathy building, engaging with the emotions and effects of climate change on both human and non-human communities. Lessons will explore and invite positive and empowered actions for pupils moving forward in their own lives and communities.</p>	<p><u>Aims and Objectives</u> Lessons will engage with our food habits and food systems, zooming out to look at some of the social constructs around eating as well as exploring the food that we consume. Pupils will be invited to explore the food choices around them, understanding some of the links between land, culture and food. Discussions and activities will develop empathy to those involved in the food chain and production process, exploring some of the ‘ethics’ of our food production and consumption and looking ahead to ways to sustainably feed a growing population on a finite planet.</p>	<p><u>Aims and Objectives</u> Lessons will engage with the concept of social media, exploring some of the ways that we have developed communications across the world over time. Pupils will learn about and explore some of the different ways that social media has impacted our life, thinking about the benefits as well as some of the challenges. Lessons will explore practices to develop healthy relationships with social media, helping to explore the need for human contact and understanding some of the problems and pressures that social media can introduce. Pupils will explore positive practices for healthy communications</p>	<p><u>Aims and Objectives</u> Lessons will engage with the meaning of a relationship, helping pupils to reflect on the different relationships in their lives and how they make them feel. They will explore some of the practices of building healthy relationships and how to respond to conflict and friction in the relationships in our lives. Pupils will explore ideas surrounding love and friendship, looking at the importance of healthy relationships and connections in our lives to help us to feel well and feel part of – and connected to – the different communities in our lives.</p>	<p><u>Aims and Objectives</u> Lessons will examine the concept of equality and justice, helping pupils to understand the meaning of these ideas in their own lives as well as in the wider world. Pupils will think about the concept of ‘fairness’ and how it feels when things are not fair. Lessons will explore some of the examples of inequality in our communities and societies and understand how these can affect the wider communities, including exploring and discussing equality for the natural world. They will work together on strategies to invite just and fair ideas within their own contexts, learning the skills and practices to support these ideas moving forward.</p>	<p><u>Aims and Objectives</u> Lessons will examine some of the ways in which our identities are shaped by our cultures, thinking about where culture comes from and how it is linked to land, tradition and storytelling. Pupils will explore some of the cultural diversity across the world, learning to appreciate and engage with difference and reflecting on how cultural traditions and practices can make us feel. Lessons will share stories from across different traditions and help young people to feel empowered within their own cultural stories whilst also connecting with and celebrating our rich and diverse global cultures.</p>

in their own lives and communities.

Questions:

What makes us feel awe?
What are our big questions in life?
Why do we like to find answers?
What makes something sacred?
Why is feeling awe important?
Why and how is wonder good for me?
How can I bring more awe and wonder into my life?

Aims and objectives:

Lessons will encourage pupils to engage with their sense of curiosity, inviting and exploring the feeling of awe and wonder in our everyday lives.
Pupils will reflect on the sensations of awe whilst exploring some of the triggers for this feeling, focusing in particular on our emotional responses to the world around us. They will learn to ask big questions and feel engaged and confident with the idea of the 'unknown', learning to embrace the mystery and magic of life as something to cherish and treasure. Lessons will invite practices for recognising and appreciating wonder in the everyday as well as the wider world.

<p>Overview of weekly sessions</p>	<p><u>LESSON 1 IMMERSE Our Changing Climate</u> Explore different climate zones across the world and begin to understand what climate change could mean</p> <p><u>LESSON 2 UNDERSTAND Cause and Effect</u> Connect the dots between modern human activities and fossil fuels and some of the impacts on the planet</p> <p><u>LESSON 3 PERSPECTIVES The Ripple Effects</u> Empathising with the impact of climate change in different communities, contexts and environments.</p> <p><u>LESSON 4 EMPOWER Be the Change</u> Connecting with global changemakers and exploring ways to create campaigns to inspire & empower people</p>	<p><u>LESSON 1 (IMMERSE) You are what you eat</u></p> <p><u>LESSON 2 (UNDERSTAND) Food culture</u></p> <p><u>LESSON 3 (EXPLORE) Eating ethics</u></p> <p><u>LESSON 4 (EMPOWER) Your food future</u></p>	<p><u>LESSON 1 (IMMERSE) What is social media?</u></p> <p><u>LESSON 2 (UNDERSTAND) Our social behaviours</u></p> <p><u>LESSON 3 (EXPLORE) Making connections</u></p> <p><u>LESSON 4 (EMPOWER) Healthy communications</u></p>	<p><u>LESSON 1 (IMMERSE) What is a relationship?</u></p> <p><u>LESSON 2 (UNDERSTAND) Building relationships</u></p> <p><u>LESSON 3 (EXPLORE) Conflict and care</u></p> <p><u>LESSON 4 (EMPOWER) Being connected</u></p>	<p><u>LESSON 1 (IMMERSE) What is equality?</u></p> <p><u>LESSON 2 (UNDERSTAND) It's not fair</u></p> <p><u>LESSON 3 (EXPLORE) Natural justice</u></p> <p><u>LESSON 4 (EMPOWER) A fair world</u></p> <p>Lesson 1 – feeling inspired</p> <p>Lesson 2 – I wonder why?</p> <p>Lesson 3 – What makes you wonder</p> <p>Lesson 4 – Be amazed</p>	<p><u>LESSON 1 (IMMERSE) What is culture?</u></p> <p><u>LESSON 2 (UNDERSTAND) Diversity and difference</u></p> <p><u>LESSON 3 (EXPLORE) Sharing stories</u></p> <p><u>LESSON 4 (EMPOWER) A celebration of culture</u></p>
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Widnes Academy PSHE Long Term Plan - 2021 – 2022

Year Group and Key Questions Three year rolling programme – 3rd year	Exploring Ourselves - Global Cultures	Exploring Ourselves - Faith	Exploring Society – Kindness Currently being updated – 11.10	Exploring Society – Journeys (Belonging)	Exploring the Natural World – Clothes	Exploring the Natural World – Water
Reception	Fairness-Behaviour	Fairness-Sharing	Relationships-relationships at school	Relationships-relationships at home and in the community	Choices- Keeping healthy	Choices- Being independent
Aims and Objectives for each unit of work – All year groups follow same set of planning with different activities for Key Stage 1 – Year 1/ 2 Key Stage 2 – Year 3/ 4 and 5 / 6	<p>Lessons will examine some of the ways in which our identities are shaped by our cultures, thinking about where culture comes from and how it is linked to land, tradition and storytelling. Pupils will explore some of the cultural diversity across the world, learning to appreciate and engage with difference and reflecting on how cultural traditions and practices can make us feel. Lessons will share stories from across different traditions and help young people to feel empowered within their own cultural stories whilst also connecting with and celebrating our rich and diverse global cultures.</p>	<p>Lessons will explore the concept of faith and belief, helping young people to understand what faith means to different people and why many of us shape our lives around belief systems. Pupils will think about some of the different faith stories, exploring and appreciating cultural diversity and how faith can be linked to land and tradition. They will embrace the differences in our belief systems and explore why and how faith and belief can help us to navigate our lives as humans in an infinite universe.</p>	<p>Lessons will examine and explore the ideas and impact of kindness. Pupils will first explore some of the feelings of kindness – both giving and receiving – and understand what kindness can offer to our own lives and those of others around us. Lessons will look at the concept of volunteering, introducing altruism and compassion as values and actions to understand and engage with, whilst helping pupils to appreciate and value the impact of kindness to themselves and to others in their own lives. They will engage with positive ideas and behaviours to foster a culture of kindness in their communities.</p>	<p>Pupils will practise skills of critical thinking & questioning, deep listening and empathy building. Lessons will encourage students to engage in a series of reflective, discursive and creative exercises, exploring the stories of people who have been forced to leave their homes across the world in order to find safety. Pupils will explore and connect with stories of migrants, looking at the language and emotions that are used when talking about refugees and immigrants, and the impact of words on our perceptions. They will learn about some of the differences between people’s privileges and opportunities to move freely around the world depending upon their passport, as well as learning about why</p>	<p>Lessons will explore our relationship with clothes, thinking about where clothes come from, who makes them, who decides what looks good and what happens to our clothes when we throw them away.</p> <p>Pupils will think about the production line for clothes, exploring stories and engaging in empathic and creative exercises to think more critically about our choices surrounding the clothes that we wear. They will be invited to think about how clothes shape and support our identities, the role of our cultures in our clothes choices and how to feel more conscious of our clothes shopping in the future.</p>	<p>Lessons will explore the value and resonance of water in our lives, examining the crucial role that water plays in our bodies and across our natural systems, whilst exploring some of the threats that pollution, and climate change are causing to our water systems.</p> <p>Discussions will engage with stories from different cultures and contexts experiencing extremes of water (such as drought and floods), exploring our relationship with water in our local areas. Lessons will encourage reflective and empowered responses to how we use and consume water in our daily lives and how we can relate more consciously and sustainably both now and in the future.</p>

				some people have to leave their homes and countries, and what some of the challenges in their lives might be when trying to find safety in a new place.		
Overview of weekly sessions	LESSON 1 (IMMERSE) What is culture? LESSON 2 (UNDERSTAND) Diversity and difference LESSON 3 (EXPLORE) Sharing stories LESSON 4 (EMPOWER) A celebration of culture	LESSON 1 (IMMERSE) Why do we believe? LESSON 2 (UNDERSTAND) Stories we tell ourselves LESSON 3 (EXPLORE) Our different beliefs FAITH LESSON 4 (EMPOWER) Us in the universe	LESSON 1 (IMMERSE) Being kind LESSON 2 (UNDERSTAND) The feeling of giving LESSON 3 (EXPLORE) A helping hand LESSON 4 (EMPOWER) The infectiousness of kindness	LESSON 1 (IMMERSE) Being together LESSON 2 (UNDERSTAND) Needing to belong LESSON 3 (EXPLORE) Gang culture LESSON 4 (EMPOWER) Connecting together	LESSON 1 (IMMERSE) Fashion culture LESSON 2 (UNDERSTAND) What is fashion? LESSON 3 (EXPLORE) Unravelling ethics LESSON 4 (EMPOWER) A fashion revolution	LESSON 1 (IMMERSE) The value of water LESSON 2 (UNDERSTAND) Dirty waters LESSON 3 (EXPLORE) Too much, too little LESSON 4 (EMPOWER) Watery futures
Ideas/ Questions you will explore	LESSON 1 IMMERSE What is Culture? Exploring the meaning of culture, how it shapes our lives and some of the different cultures and traditions from around the world. LESSON 2 UNDERSTAND Being Human Exploring the core elements that connect us all, thinking about where culture comes from and how it is connected to land, language and identity. LESSON 3 PERSPECTIVES Diversity & Difference Connecting with the impact of cultural stereotyping, discussing some of the threats to unique cultures around the world and valuing diversity. LESSON 4 EMPOWER A Cultural Celebration Reflecting on the value and significance of unique cultures, and finding ways to celebrate and respect diversity and difference across the world.	LESSON 1 IMMERSE Finding Meaning. Exploring some of the different beliefs, faiths and spiritual practices that exist and why we may believe in something bigger than ourselves. LESSON 2 UNDERSTAND The Feeling of Awe. Exploring some of the shared feelings we encounter in different spaces – whether natural or human-made) and how these connect to faith, spirituality and being a small being in a large universe. LESSON 3 PERSPECTIVES Stories of Belief. Travelling the world through different stories and experiences of faith and spirituality from young people from a wide range of cultures and experiences. LESSON 4 EMPOWER Meeting together. Looking at where, why and how we connect through faith and spirituality, both physically and emotionally,		What do the terms refugee, immigrant and asylum seeker mean? How does labelling people often make us fear or misjudge them? Why are many people having to leave their homes? What influence does our passport have on our freedom? What do we all need to feel safe? What is it like to live in a refugee camp? What does it mean to feel at home? How can we make new people feel welcome in our communities?	Why do we wear what we wear? Who or what influences our clothing choice? What is fashion and who decides what looks good? Where do clothes come from? How are clothes made and who makes them? What is the impact of fast fashion? How can we make more positive clothing choices for the wellbeing of people and planet?	LESSON 1 IMMERSE The Value of Water. Exploring and engaging with how much we need and rely upon water across the world and its essential value and meaning in our lives and bodies. LESSON 2 UNDERSTAND Too Much, Too Little. Looking at examples of flooding and drought and the impact of these extreme water situations on people and planet. LESSON 3 PERSPECTIVES Dirty Waters. Engaging with some of the reasons water becomes polluted and contaminated and exploring some of the ripple effects of dirty waters on the natural world. LESSON 4 EMPOWER Watery Futures Reflecting on the value and significance of water to our lives and eco-systems and looking at developing positive, respectful relationships with water.

		and how diversity of belief is part of a healthy society.				
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