**Seghill First School long term plan for PSHE cycle A**

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 4** | New Beginnings (SEAL) | Getting on and Falling out (SEAL) | Going for Goals  (SEAL) | It’s Good to be Me (SEAL) | Relationships  (SEAL) | Changes  (SEAL) |
| **Year 3** | New Beginnings (SEAL) | Getting on and Falling out (SEAL) | Going for Goals  (SEAL) | It’s Good to be Me (SEAL) | Relationships  (SEAL) | Changes  (SEAL) |
| **Year 2** | New Beginnings (SEAL) | Getting on and Falling out (SEAL) | Road Safety | Looking after pets | Healthy Eating | Changes  (SEAL)  Fire safety |
| **Year 1** | New Beginnings (SEAL) | Getting on and Falling out (SEAL) | Road Safety | Looking after pets | Healthy Eating | Changes  (SEAL)  Fire safety |

**Seghill First School long term plan for PSHE cycle B**

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 4** | New Beginnings (SEAL) | Getting on and Falling out (SEAL) | Going for Goals  (SEAL) | It’s Good to be Me (SEAL) | Relationships  (SEAL) | Changes  (SEAL) |
| **Year 3** | New Beginnings (SEAL) | Getting on and Falling out (SEAL) | Going for Goals  (SEAL) | It’s Good to be Me (SEAL) | Relationships  (SEAL) | Changes  (SEAL) |
| **Year 2** | New Beginnings (SEAL) | Healthy Eating  Getting on and Falling out (SEAL) | Anti-bullying  (SEAL) | It’s Good to be Me  (SEAL) | Relationships  (SEAL) | Changes  (SEAL) |
| **Year 1** | New Beginnings (SEAL) | Healthy Eating  Getting on and Falling out (SEAL) | Anti-bullying  (SEAL) | It’s Good to be Me  (SEAL) | Relationships  (SEAL) | Changes  (SEAL) |