

PSHE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE*	Me and my relationships	Valuing difference	Keeping myself safe	Rights and Responsibilities	Being my best	Growing and changing
Butterflies	<ul style="list-style-type: none"> • Marvellous me! • I'm special • People who are special to me 	<ul style="list-style-type: none"> • Me and my friends • Friends and family • Including everyone 	<ul style="list-style-type: none"> • People who help me and keep me safe • Safety Indoors and Outdoors • What's safe to go into my body 	<ul style="list-style-type: none"> • Looking after myself • Looking after others • Looking after my environment 	<ul style="list-style-type: none"> • What does my body need? • I can keep trying • I can do it! 	<ul style="list-style-type: none"> • Growing and changing in nature • When I was a baby • Girls, boys and families
Reception	<ul style="list-style-type: none"> • All about me • What makes me special • Me and my special people • Who can help me? • My feelings • My feelings (2) 	<ul style="list-style-type: none"> • I'm special, you're special • Same and different • Same and different families • Same and different homes • I am caring • I am a friend 	<ul style="list-style-type: none"> • What's safe to go onto my body • Keeping Myself Safe - What's safe to go into my body (including medicines) • Safe indoors and outdoors • Listening to my feelings • Keeping safe online • People who help to keep me safe 	<ul style="list-style-type: none"> • Looking after my special people • Looking after my friends • Being helpful at home and caring for our classroom • Caring for our world • Looking after money (1): recognising, spending, using • Looking after money (2): saving money and keeping it safe 	<ul style="list-style-type: none"> • Bouncing back when things go wrong • Yes, I can! • Healthy eating • My healthy mind • Move your body • A good night's sleep 	<ul style="list-style-type: none"> • Seasons • Life stages - plants, animals, humans • Life Stages: Human life stage - who will I be? • Where do babies come from? • Getting bigger • Me and my body - girls and boys
Year 1	<ul style="list-style-type: none"> • Why we have classroom rules • How are you listening? • Thinking about feelings • Our feelings • Feelings and bodies • Good friends 	<ul style="list-style-type: none"> • Same or different? • Unkind, tease or bully? • Harold's school rules • It's not fair! • Who are our special people? • Our special people balloons 	<ul style="list-style-type: none"> • Super sleep • Who can help? (1) • Good or bad touches? • Sharing pictures • What could Harold do? • Harold loses Geoffrey 	<ul style="list-style-type: none"> • Harold has a bad day • Around and about the school • Taking care of something • Harold's money • How should we look after our money? • Basic first aid 	<ul style="list-style-type: none"> • I can eat a rainbow • Eat well • Harold's wash and brush up • Catch it! Bin it! Kill it! • Harold learns to ride his bike • Pass on the praise! 	<ul style="list-style-type: none"> • Healthy me • Then and now • Taking care of a baby • Who can help? (2) • Surprises and secrets • Keeping privates private
Year 2	<ul style="list-style-type: none"> • Our ideal classroom (1) • How are you feeling today? • Let's all be happy! • Being a good friend • Types of bullying • Don't do that! 	<ul style="list-style-type: none"> • What makes us who we are? • My special people • How do we make others feel? • When someone is feeling left out • An act of kindness • Solve the problem 	<ul style="list-style-type: none"> • Harold's picnic • How safe would you feel? • What should Harold say? • I don't like that! • Fun or not? • Should I tell? 	<ul style="list-style-type: none"> • Getting on with others • When I feel like erupting • Feeling safe • Playing games • Harold saves for something special • How can we look after our environment? 	<ul style="list-style-type: none"> • You can do it! • My day • Harold's postcard - helping us to keep clean and healthy • Harold's bathroom • What does my body do? • Basic first aid 	<ul style="list-style-type: none"> • A helping hand • Sam moves away • Haven't you grown! • My body, your body • Respecting privacy • Some secrets should never be kept
Year 3	<ul style="list-style-type: none"> • As a rule • Looking after our special people • How can we solve this problem? 	<ul style="list-style-type: none"> • Respect and challenge • Family and friends • My community • Our friends and neighbours 	<ul style="list-style-type: none"> • Safe or unsafe? • Danger or risk? • The Risk robot • Super Searcher • Help or harm? 	<ul style="list-style-type: none"> • Helping each other to stay safe • Recount task • Our helpful volunteers • Can Harold afford it? 	<ul style="list-style-type: none"> • Derek cooks dinner! (healthy eating) • Poorly Harold • Body team work • For or against? 	<ul style="list-style-type: none"> • Relationship tree • Body space • None of your business! • Secret or surprise? • My changing body

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		<ul style="list-style-type: none"> Friends are special Thunks Dan's dare 	<ul style="list-style-type: none"> Let's celebrate our differences Zeb 	<ul style="list-style-type: none"> Alcohol and cigarettes: the facts 	<ul style="list-style-type: none"> Earning money Harold's environment project 	<ul style="list-style-type: none"> I am fantastic! Top talents 	<ul style="list-style-type: none"> Basic first aid
	Year 4	<ul style="list-style-type: none"> Human machines Ok or not ok? (part 1) Ok or not ok? (part 2) An email from Harold! Different feelings Under pressure 	<ul style="list-style-type: none"> Can you sort it? What would I do? The people we share our world with That is such a stereotype! Friend or acquaintance? Islands 	<ul style="list-style-type: none"> Danger, risk or hazard? How dare you! Keeping ourselves safe Raisin challenge (2) Picture wise Medicines: check the label 	<ul style="list-style-type: none"> Who helps us stay healthy and safe? It's your right How do we make a difference? In the news! Safety in numbers Why pay taxes? 	<ul style="list-style-type: none"> What makes me ME! Making choices SCARF hotel Harold's Seven Rs My school community (1) Basic first aid 	<ul style="list-style-type: none"> Moving house My feelings are all over the place! All change! Preparing for changes at puberty (formerly Period positive/preparing for periods) Secret or surprise? Together
	Year 5	<ul style="list-style-type: none"> Collaboration Challenge! Give and take How good a friend are you? Relationship cake recipe Our emotional needs Being assertive 	<ul style="list-style-type: none"> Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true? Stop, start, stereotypes 	<ul style="list-style-type: none"> Spot bullying Play, like, share Decision dilemmas Ella's diary dilemma Vaping: healthy or unhealthy? Would you risk it? 	<ul style="list-style-type: none"> What's the story? Fact or opinion? Mo makes a difference Rights, respect and duties Spending wisely Lend us a fiver! 	<ul style="list-style-type: none"> It all adds up! Different skills My school community (2) Independence and responsibility Star qualities? Basic first aid, including Sepsis Awareness 	<ul style="list-style-type: none"> How are they feeling? Taking notice of our feelings Dear Ash Growing up and changing bodies Changing bodies and feelings Help! I'm a teenager - get me out of here!
	Year 6	<ul style="list-style-type: none"> Working together Solve the friendship problem Behave yourself Assertiveness skills (formerly Behave yourself - 2) Don't force me Acting appropriately 	<ul style="list-style-type: none"> OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? - challenging gender stereotypes 	<ul style="list-style-type: none"> Think before you click! To share or not to share? Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal? 	<ul style="list-style-type: none"> Two sides to every story Fakebook friends What's it worth? Happy shoppers - caring for the environment Democracy in Britain 1 - Elections 	<ul style="list-style-type: none"> This will be your life! Our recommendations What's the risk? (1) What's the risk? (2) Basic first aid, including Sepsis Awareness Five Ways to Wellbeing project 	<ul style="list-style-type: none"> I look great! Media manipulation Pressure online Helpful or unhelpful? Managing change Is this normal? Making babies
No Outsiders	Reception	<p>No Outsiders lesson 1 – To say what I think</p> <p>'You Choose' Nick Sharratt and Pippa Goodheart</p>	<p>No Outsiders lesson 2 – To understand that it's ok to like different things</p> <p>'Red Rockets and Rainbow Jelly' Nick Sharratt and Sue Heap</p>	<p>No Outsiders lesson 3 – To make friends with someone different</p> <p>'Blue Chameleon' Emily Gravett</p>	<p>No Outsiders lesson 4 – To understand that all families are different</p> <p>The Family Book' Todd Parr</p>	<p>No Outsiders lesson 5 – To celebrate my family</p> <p>'Mommy, Mama and Me' Leslea Newman and Carol Thompson</p>	

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Year 1	No Outsiders lesson 1 – To like the way I am 'Elmer' David McKee	No Outsiders lesson 2 – To play with boys and girls 'Ten Little Pirates' Mike Brownlow and Simon Rickerty	No Outsiders lesson 3 – To recognise that people are different ages 'That's Not How You Do It' Ariane Hoffman Maniyan	No Outsiders lesson 4 – To understand that our bodies work in different ways 'Max the Champion' Stockdale, Strick and Asquith	No Outsiders lesson 5 – To understand that we share the world with lots of people 'My World, Your World' Melanie Walsh	
Year 2	No Outsiders lesson 1 – To understand what diversity is 'The Great Big Book of Families' Mary Hoffman and Ros Asquith	No Outsiders lesson 2 – To understand how we share the world 'The First Slodge' Jeanne Willis	No Outsiders lesson 3 - To understand what makes someone feel proud 'The Odd Egg' Emily Gravett	No Outsiders lesson 4 – To communicate in different ways 'What the Jackdaw Saw' Julia Donaldson and Nick Sharratt	No Outsiders lesson 5 – To be able to work with everyone in my class 'Blown Away' Rob Biddulph	
Year 3	No Outsiders lesson 1 – To understand how difference can affect someone 'Oliver' Birgitta Sif	No Outsiders lesson 2 – To understand what Discrimination means 'This is our house' Michael Rosen	No Outsiders lesson 3 – To consider responses to racist behaviour 'Mixed' Arree Chung	No Outsiders lesson 4 – To use strategies to help someone who feels different 'The Hueys and the New Jumper' Oliver Jeffers	No Outsiders lesson 5 – To be welcoming 'Beegu' Alexis Deacon	
Year 4	No Outsiders lesson 1 – To know when to be assertive 'Dogs Don't do Ballet' Anna Kemp and Sarah Ogilvie	No Outsiders lesson 2 – To understand why people choose to get married 'King and King' Linda De Han and Stern Nijland	No Outsiders lesson 3 - To overcome language as a barrier 'The Way Back Home' Oliver Jeffers	No Outsiders lesson 4 – To ask questions 'The Flower' John Light	No Outsiders lesson 5 – To help someone accept someone different Along Came A Different' Tom McLaughlin	No Outsiders additional lesson – To be who you want to be 'Red – A Crayon's Story' Michael Hall
Year 5	No Outsiders lesson 1 – To learn from our past 'Where the poppies now grow' Hilary Robinson and martin Impey	No Outsiders lesson 2 – To justify my actions 'Rose Blanche' Ian McEwan and Roberto Innocenti	No Outsiders lesson 3 - To recognise when someone needs help 'How to Heal a broken wing' Bob Graham	No Outsiders lesson 4 – To exchange dialogue 'The Cow Who Climbed a Tree' Gemma Merino	No Outsiders lesson 5 – To accept people who are different from me 'And Tango makes three' Justin Richardson and Peter Parnell	

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	Year 6	No Outsiders lesson 1 – To promote diversity 'My Princess Boy' Cheryl Kilodavis and Suzanne DeSimone	No Outsiders lesson 2 – To overcome fears of difference 'Leaf' Sandra Diekmann	No Outsiders lesson 3 - To challenge the causes of Racism 'The Island' Armin Greder	No Outsiders additional lesson – To consider how my life may change as I grow up 'Love you Forever' Robert Munsch	No Outsiders lesson 4 – To recognise my freedom 'Dreams of Freedom' Amnesty International	No Outsiders lesson 5 – to welcome difference and stand up to discrimination 'The Thing' Simon Puttock and Daniel Egneus

* Teachers are free to choose the order in which the units are covered, though it is recommended that **Me and My Relationships** is a good place to start.