

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

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

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		'My Princess Boy' Cheryl Kilodavis and Suzanne DeSimone	'Leaf' Sandra Diekmann	'The Island' Armin Greder	'Dreams of Freedom' Amnesty International	'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.