

PSHE Rolling Programme - Cycle A

Year 1 and 2 will follow year 1; Year 3 and 4 will follow year 3; Year 5 and 6 will follow year 5

Autumn A

Autumn A		
<u>Year 1 and 2</u>	<p style="text-align: center;"><u>Me and My Relationships</u></p> <p>Why We Have Classroom Rules? How Are You Listening? (attentive listening skills) Our Feelings (feelings and how they make us behave) Thinking About Our Feelings (feelings, body language and facial expression) Feelings and Bodies (hurt feelings) Good Friends (friendship) Our Special People Balloons (groups and communities)</p>	<p style="text-align: center;"><u>Growing and Changing</u></p> <p>Keeping Privates Private (link to protective behaviours) Surprises and Secrets (difference between nice surprise and a secret: can be linked to protective behaviours) Inside My Beautiful Body (internal organs) Taking Care of a Baby Then and Now (changes from a baby) Who Can Help? (teasing and bullying) PROTECTIVE BEHAVIOURS</p>
<u>Year 3 and 4</u>	<p style="text-align: center;"><u>Me and My Relationships</u></p> <p>As a Rule (why we have rules) How Can We Solve This Problem? (resolving conflict) Friends Are Special (friendship) Looking After Our Special People (special relationships) Thunks (sharing viewpoints) Dan's Dare Tangram Team Challenge (collaboration) My Special Pet (feelings of loss)</p>	<p style="text-align: center;"><u>Growing and Changing</u></p> <p>My Changing Body (babies are made when an egg meets a sperm) Body Space (personal space) Secret or Surprise (safe and unsafe secrets) Relationship Tree (positive relationships) Basic First Aid (basic concepts and how to contact emergency services) PROTECTIVE BEHAVIOURS</p>
<u>Year 5 and 6</u>	<p style="text-align: center;"><u>Me and My Relationships</u></p> <p>How Good A Friend Are You? (qualities of friendship) Relationship Cake Recipe (unhealthy relationships) Our Emotional Needs Give and Take (negotiation and compromise) Being Assertive (passive and aggressive) Collaboration Challenge Communication (misinterpreting online communication)</p>	<p style="text-align: center;"><u>Growing and Changing</u></p> <p>Changing Bodies and Feelings (external sexual organs) Growing Up and Changing Bodies (puberty and menstruation) Help! I'm a Teenager-get me out of Here. (the feelings our body has) How Are They Feeling? Taking Notice of Our Feelings (acceptable and unacceptable touches) Dear Hetty (separation and feelings) Dear Ash (safe/unsafe secrets) Stop, Start, Stereotypes (bullying because of gender, gender identity) PROTECTIVE BEHAVIOURS</p>

Spring A

<p>Year 1 and 2</p>	<p><u>Being My Best</u></p> <p>Catch it! Bin it! Kill it! (link to current pandemic) Eat Well I Can Eat a Rainbow Harold learns to Ride his Bike (learning a new skill: resilience) Pass on the Praise (listening skills: positive relationships) Harold Has a Bad Day (How behaviour affects others)</p>	<p><u>Keeping Myself Safe</u></p> <p>Good or Bad Touches? (Keeping privates private) Who Can Help? (when you are feeling unsafe) Healthy Me (importance of exercise) Super Sleep Harold Loses Geoffrey (feelings of loss) What Could Harold Do? (medicines and safety)</p>
<p>Year 3 and 4</p>	<p><u>Being My Best</u></p> <p>Poorly Harold (infectious diseases. Can be linked to current pandemic) Body team Work (internal body parts) Derek Cooks Dinner (Healthy Eating) Getting On With Your Nerves (How the brain sends messages: teamwork) Top Talents (recognising skills and talents) I am Fantastic (achievements and goals) For or Against? (viewpoints: health and well-being)</p>	<p><u>Keeping Myself Safe</u></p> <p>Super Searcher (internet safety) Safe or Unsafe (identify safe and unsafe situations) The Risk Robot (identify risk in given situations) Raisin Challenge (taking risks: CHECK ALLERGIES) Danger or Risk? (defining the terms) None of Your Business (Safety, consent, internet safety) Alcohol and Cigarettes (risks and effects of alcohol and cigarettes) Help or Harm? (How medicines can be helpful or harmful)</p>
<p>Year 5 and 6</p>	<p><u>Being My Best</u></p> <p>Getting Fit (harmful effects of smoking/drinking: healthy lifestyle) Basic First Aid Star Qualities? (celebrities and the media) Different Skills (recognise own skills/talents) Independence and Responsibility (identify people who make us feel safe) It All Adds Up (How the body works) My School Community (school community and how it can be improved)</p>	<p><u>Keeping Myself Safe</u></p> <p>Spot Bullying (internet safety) Play, Like, Share (Internet safety: sharing personal information) Would You Risk it? (risk taking/dares) Ella's Diary Dilemma (dares) Thinking About Habits (habits and how it is hard to break them) Jay's Dilemma (positive and negative risks) Decision Dilemmas (facing risky situations) Drugs: True or False? (Know that all medicines are drugs but not all drugs are medicines) Smoking: What is Normal?)</p>

Summer A

<u>Year 1 and 2</u>	<u>Valuing Difference</u>	<u>Rights and Responsibilities</u>
	<p>It's Not Fair (fair/unfair, kind/unkind) Unkind, Tease or Bully (difference between unkindness, teasing and bullying) Same or Different (differences and similarities between people) Harold's School Rules (how they keep us safe) Who Are Our Special People? (support networks)</p>	<p>Harold's Wash and Brush up (hygiene routines) Basic First Aid Taking care of Something (responsibility of looking after something) Around and About the School (what do you like about the school?) How Should We Look After Our Money? (Keeping Money Safe) Harold's Money (What is money spent on?)</p>
<u>Year 3 and 4</u>	<u>Valuing Difference</u>	<u>Rights and Responsibilities</u>
	<p>Zeb (bullying and prejudice) Let's Celebrate Our Differences (name calling and bullying) Family and Friends (different types of families) Our Friends and Neighbours (British Values, tolerance, origins of people living in UK) My Community (communities and support networks) Respect and Challenge (British Values, listening skills)</p>	<p>Helping Each Other to Stay Safe (people who help us to stay safe and healthy) Our Helpful Volunteers Can Harold Afford it? (understanding people need to save to pay for things) Earning Money (incomes) Harold's Environmental Project (looking after the school environment) Recount Task (understanding fact and opinion)</p>
<u>Year 5 and 6</u>	<u>Valuing Difference</u>	<u>Rights and Responsibilities</u>
	<p>The Land of the Red People (British Values, community, racism) Happy Being Me (discrimination and injustice) Kind Conversations (listening skills, respect) Qualities of Friendship (positive relationships) Is it True? (internet safety, gender, bullying, LGBT) It Could Happen to Anyone (positive and negative behaviour)</p>	<p>What's the Story? (Media and health: Link to pandemic) Fact or Opinion? Rights, Responsibilities and Duties (differences between these terms) Mo Makes a Difference (Terms voluntary, community and pressure groups) Spending Wisely (costs of producing an item to sell) Lend Us a Fiver (Terms loan, credit, debt and interest) Local Councils (Councillors and responsibility)</p>

PSHE Rolling Programme - Cycle B

Cycle B: Year 1 and 2 will follow year 2; Year 3 and 4 will follow year 4; Year 5 and 6 will follow year 6

Autumn B

<p align="center">Year 1 and 2</p>	<p align="center"><u>Me and My Relationships</u> <u>Includes feelings, emotions, conflict, resolution and friendships</u></p> <p>Our ideal classroom: Rules and Responsibilities How are you feeling today? Describing feelings Bullying and teasing Don't do that: strategies for bullying Types of bullying including e-safety Being a good friend Let's all be happy: dealing with feelings</p>	<p align="center"><u>Valuing Difference</u> <u>Includes a British Values focus</u></p> <p>What makes us who we are? How do we make others feel? My special people When someone is feeling left out An act of kindness Solve the problem, strategies for dealing with common situations</p>
	<p align="center">Year 3 and 4</p>	<p align="center"><u>Me and My Relationships</u> <u>Includes feelings, emotions, conflict, resolution and friendships</u></p> <p>An email from Harold: good and not so good feelings Okay or not okay? Human machines: teamwork and collaboration Different feelings When feelings change? Body language and facial expressions Under pressure: strategies to being bullied</p>
<p align="center">Year 5 and 6</p>		<p align="center"><u>Me and My Relationships</u> <u>Includes feelings, emotions, conflict, resolution and friendships</u></p> <p>Working together Let's negotiate Solve the friendship problem Assertiveness Behave yourself: assertive strategies for dealing with situations Dan's day Don't force me: how people show commitment Behaving appropriately It's a puzzle: staying safe online</p>

Becoming Better Learners

Spring B

Becoming Better Learners

<u>Year 1 and 2</u>	<p style="text-align: center;"><u>Keeping Myself Safe</u> <u>Includes aspects of SRE</u></p> <p>Harold's picnic: medicines How safe would you feel? What would Harold say? I don't like that! Good and bad touches Fun or not? Should I tell? Safe and unsafe secrets Some secrets should never be kept</p>	<p style="text-align: center;"><u>Rights and Responsibilities</u> <u>Includes money and living in the wider world/environment</u></p> <p>Getting on with others When I feel like erupting: strategies for dealing with impulsive behaviour Feeling safe How can we look after our environment? Harold saves for something special Harold goes camping: spending on essential and non-essential items</p>
<u>Year 3 and 4</u>	<p style="text-align: center;"><u>Keeping Myself Safe</u> <u>Includes aspects of relationships education</u></p> <p>Danger, risk or hazard? Picture wise: safe and unsafe images online How dare you! Medicines: check the label Know the norms: risks of smoking and drinking Keeping myself safe: managing risk Raisin challenge: risks of behaving in an unhealthy or risky way</p>	<p style="text-align: center;"><u>Rights and Responsibilities</u> <u>Includes money and living in the wider world/environment</u></p> <p>Who helps us stay healthy and safe? Being responsibility It's your right: rights and responsibilities How do we make a difference? Rules and democracy In the news: influences Safety in numbers Logo quiz: how organisations take care of the environment Harold's expenses: income and expenditure Why pay tax?</p>
<u>Year 5 and 6</u>	<p style="text-align: center;"><u>Keeping Myself Safe</u> <u>Includes aspects of relationships education</u></p> <p>Think before you click: staying safe online Traffic lights To share or not to share Rat park: addiction What sort of drug is...? Drugs: It's the law Alcohol: What is normal? Joe's story: Emotional needs Don't force me: how people show commitment Behaving appropriately It's a puzzle: staying safe online</p>	<p style="text-align: center;"><u>Rights and Responsibilities</u> <u>Includes money and living in the wider world/environment</u></p> <p>Two sides to every story Fakebook friends: Social media What's it worth? Jobs and taxes Action stations: voluntary, community and pressure (action) group Happy shoppers: sustainability Democracy in Britain: Elections Democracy in Britain: How most laws are made Project Pitch</p>

Summer B

<p><u>Year 1 and 2</u></p>	<p><u>Being my Best</u> <u>Includes keeping healthy, growth mindset, goal setting and achievement</u></p> <p>You can do it! Positive mindset My day: making choices Harold's postcard: keeping clean and healthy Harold's bathroom: dental hygiene My body needs...the importance of exercise and sleep What does my body do? Naming internal body parts.</p>	<p><u>Growing and Changing</u> <u>Includes RSE related issues</u></p> <p>A helping hand: positive feedback Sam moves house: feelings of loss Haven't you grown? Different stages of growth My body, your body: private parts are private Respecting privacy: Private belongings Basic first aid</p>
<p><u>Year 3 and 4</u></p>	<p><u>Being my Best</u> <u>Includes keeping healthy, growth mindset, goal setting and achievement</u></p> <p>What makes me ME! Making choices. SCARF hotel: healthy eating, sleep and exercise Harold's 7 Rs (recycling) My school community Basic first aid</p>	<p><u>Growing and Changing</u> <u>Includes RSE related issues</u></p> <p>Moving house My feelings are all over the place: onset of puberty All change: male and female body parts revision Period positive Secret or surprise? Safe and unsafe secrets/surprises Marriage: commitment and different types of marriage</p>
<p><u>Year 5 and 6</u></p>	<p><u>Being my Best</u> <u>Includes keeping healthy, growth mindset, goal setting and achievement</u></p> <p>Five ways to wellbeing This will be your life: aspirations What's the risk? Basic first aid Our recommendations: explore a topical wellbeing health story in the news</p>	<p><u>Growing and Changing</u> <u>Includes RSE related issues</u></p> <p>Helpful or unhelpful: managing change I look great: social media photo shop Media manipulation: reinforcing gender stereotypes Pressure online Is this normal? The challenges of puberty Dear Ash: safe and unsafe secrets Making babies</p>

Becoming Better Learners