

PSHE – Long Term Plan

Nursery to Year 6 - 2021-2022

PSHE is 'Personal, Social, Health and Economic Education'.

Through PSHE lessons children will be equipped with the knowledge, understanding, skills and strategies required to live healthy, safe, productive, capable, responsible and balanced lives – both now and in the future.

Our PSHE topics include:

- Rules and responsibilities
 - Healthy relationships
 - Keeping safe
- Caring for the environment
 - healthy lifestyles
 - money
- Feelings and emotions
- Growing and changing
- Valuing difference

Through these lessons, driven by the support of SCARF resources, we aim for children to develop the qualities and attributes needed to thrive as individuals, family members and positive members of society.

SCARF provides a whole-school approach to building these essential foundations – crucial for children to achieve their best, academically and socially.

It is based on teaching children about Health and Wellbeing (including growing and changing, having a healthy lifestyle, keeping safe) and Relationships (healthy relationships, valuing differences, feelings and emotions).

Autumn Term – LTP 2021-22: Rules and Responsibilities, Healthy Relationships Valuing Difference

Rights and Responsibilities									
Autumn 1	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Week 7	Week 8	Week 9
Nursery	Looking after myself		Looking after others		Looking after my environment				
Reception	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			
Y1	Harold's wash and brush up	Around and about the school	Taking care of something	Harold's money	How should we look after our money?	Basic first aid			
Y2	Getting on with others	When I feel like erupting	Feeling safe	How can we look after our environment?	Harold saves for something special	Harold goes camping	Playing games		
Y3	Our helpful volunteers	Helping each other stay safe	Recount task	Harold's environment project	Can Harold afford it?	Earning money			
Y4	Who helps us stay healthy and safe?	It's your right	How do we make a difference?	In the news!	Safety in numbers	Logo quiz	Harold's expenses	Why pay taxes?	
Y5	What's the story?	Fact or opinion?	Rights, responsibilities and duties	Mo makes a difference	Spending wisely	Lend us a fiver!	Local councils		
Y6	Democracy in Britain 1 - Elections	Democracy in Britain – 2 – How (most) laws are made	Two sides to every story	Fakebook friends	What's it worth?	Jobs and taxes	Action stations!	Project Pitch (part 1 and 2)	Happy shoppers

NB: Year 6 – these should be taught as part of transition into Y6 in the first week – as part of voting for house captains / head children etc...

Autumn Term – LTP 2021-22: Rules and Responsibilities, Healthy Relationships Valuing Difference

Valuing Difference

Autumn 2	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6
Nursery	Valuing Difference – Me and My Friends		Valuing Difference – Friends and Family		Valuing Difference – Including Everyone	
Reception	I'm special, you're special	Same and different	Same and different families	Same and different homes	Imam caring (formally – kind and caring 1)	I am a friend (formally kind and caring 2)
Y1	Same or different?	Unkind, tease or bully?	Harold's school rules	Who are our special people?	It's not fair!	
Y2	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
Y3	Family and Friends	My community	Respect and Challenge	Our friends and neighbours	Let's celebrate our differences	Zeb
Y4	Can you sort it?	Islands	Friend or acquaintance?	What would I do?	The people we share our world with	That is such a stereotype!
Y5	Qualities of friendship	Kind conversations	Happy being me	The land of the Red People	Is it true?	It could happen to anyone
Y6	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

Spring Term – LTP 2021-22: Keeping Safe, Healthy Lifestyles, Money

Keeping Myself Safe									
Spring 1	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Week 7	Week 8	Week 9
Nursery	People who help keep me safe		Safety indoors and outdoors		What's safe to go into my body				
Reception	What's safe to go into my body	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			
Y1	Healthy me	Super sleep	Who can help? (1)	Harold loses Geoffrey	What could Harold do?	Good or bad touches?	Sharing Pictures		
Y2	Harold's picnic	How safe would you feel?	What should Harold say?	I don't like that!	Fun or not?	Should I tell?	Some secrets should never be kept		
Y3	Safe or unsafe?	Danger or risk?	The Risk robot	Alcohol and cigarettes: the facts	Super searcher	None of your business!	Raisin challenge (1)	Help or Harm?	
Y4	Danger, Risk or Hazard?	Picture wise	How dare you!	Medicines: check the label	Know the norms	Keeping ourselves safe	Raisin challenge (2)		
Y5	'Thinking' about habits	Jay's dilemma	Spot bullying	Ella's diary dilemma	Decision dilemmas	Play, like, share	Drugs: true or false?	Smoking: what is normal?	Would you risk it?
Y6	Think before you click!	Traffic lights	To share or not too share?	Rat park	What sort of drug is...?	Drugs: It's the law!	Alcohol: what is normal?	Joe's story (part 1)	Joe's story (part 2)

Spring Term – LTP 2021-22: Keeping Safe, Healthy Lifestyles, Money

Me and My Relationships

Spring 2	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Week 7	Week 8	Week 9
Nursery	Marvellous Me!		I'm special		People who are special to me				
Reception	All about me	What makes me special	Me and my Special People	Who can help me?	My feelings	My feelings (2)			
Y1	Why we have classroom rules	Thinking about feelings	Our feelings	Feelings and bodies	Our special people balloons	Good friends	How are you listening?		
Y2	Our ideal classroom (1)	Our ideal classroom (2)	How are you feeling today?	Bullying or teasing?	Don't do that!	Types of bullying	Being a good friend	Let's all be happy!	
Y3	As a rule	My special pet	Tangram team challenge	Looking after our special people	How can we solve this problem?	Dan's dare	Thunks	Friends are special	
Y4	An email from Harold!	Ok or not Ok? (part 1)	Ok or not Ok? (part 2)	Human machines	Different feelings	When feelings change	Under pressure		
Y5	Collaboration Challenge!	Give and take	How good a friend are you?	Relationship cake recipe	Being assertive	Our emotional needs	Communication		
Y6	Working together	Let's negotiate	Solve the friendship problem	Assertiveness skills (formally Behave yourself 2)	Behave yourself	Dan's Day	Don't force me	Acting appropriately	It's a puzzle

Summer Term – LTP 2021-2022: Caring for the environment, Feelings and Emotions, Growing and Changing

Being my Best							
Summer 1	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Week 7
Nursery	What does my body need?		I can keep trying		I can do it!		
Reception	Bouncing back when things go wrong	Yes I can!	Healthy eating	My healthy mind	Move your body	A good night's sleep	
Y1	I can eat a rainbow	Eat well	Catch it! Bin it! Kill it!	Harold learns to ride his bike	Pass on the praise	Harold has a bad day	
Y2	You can do it!	My Day	Harold's postcard – helping us to keep clean and healthy	Harold's bathroom	My body needs...	What does my body do?	
Y3	Derek cooks dinner!(healthy eating)	Poorly Harold	For or Against?	I am fantastic!	Getting on with your nerves!	Body team work	Top talents
Y4	What makes me ME!	Making choices	SCARF hotel	Harold's Seven Rs	My School Community (1)	Basic First Aid	
Y5	Getting fit	It all adds up	Different skills	My school community (2)	Independence and responsibility	Star qualities?	Basic first aid, including Sepsis Awareness
Y6	Five ways to Wellbeing project	This will be your life!	Our recommendations	What's the risk? (1)	What's the risk? (2)	Basic first aid including Sepsis Awareness	

Summer Term – LTP 2021-2022: Caring for the environment, Feelings and Emotions, Growing and Changing

Growing and Changing								
Summer 2	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Week 7	Week 8
Nursery	Growing and changing in Nature		When I was a baby		Girls, boys and families			
Reception	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		
Y1	Inside my wonderful body!	Taking care of a baby	Then and Now	Who can help? (2)	Surprises and Secrets	Keeping privates private		
Y2	A helping hand	Sam moves away	Haven't you grown!	My body, your body	Respecting privacy	Basic first aid		
Y3	Relationship tree	Body space	Secret or surprise?	My changing body	Basic First Aid			
Y4	Moving house	My feelings are all over the place!	All change!	Preparing for changes at puberty (formally period positive / preparing for periods)	Secret of surprise?	Together		
Y5	How are they feeling?	Taking notice of our feelings	Dear Hetty	Changing bodies and feelings	Growing up and changing bodies	Help! I'm a teenager – get me out of here!	Dear Ash	Stop, start, stereotypes
Y6	Helpful or unhelpful? Managing change	I look great!	Media manipulation	Pressure online	Is this normal?	Dear Ash	Making babies	What is HIV?