

PSHE and wellbeing long-term plan (including DfE statutory requirements for Relationships Education and Health Education)

Crosby Year/Term	1 Me and my Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Responsibilities	5 Being my Best	6 Growing and Changing
EYFS Reception	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages
Y1 2022-2023	Feelings Getting help Classroom rules	Recognising, valuing and celebrating difference Developing tolerance and respect	How our feelings can keep us safe Keeping healthy Medicine Safety	Taking care of things: My self My money My environment	Growth Mindset Keeping by body healthy	Getting help Becoming independent My body parts
Y2 2023-2024	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation	Growth Mindset Looking after my body	Life cycles Dealing with loss Being supportive
Y3 2022-2023	Cooperation Friendship	Recognising and respecting diversity Being respectful and tolerant	Managing risk Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped	Keeping myself healthy Celebrating and developing my skills	Relationships Menstruation Keeping safe
Y4 2023-2024	Recognising feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment	Body changes during puberty Managing difficult feelings Relationships including marriage
Y5 2022-2023	Feelings Friendship skills, including compromise Assertive skills	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including staying safe online Norms around use of legal drugs (tobacco, alcohol)	Rights and responsibilities Rights and responsibilities relating to my health Decisions about lending, borrowing and spending	Growing independence and taking responsibility Media awareness and safety	Managing difficult feelings Managing change Getting help
Y6 2023-2024	Assertiveness Cooperation Safe/unsafe touches	Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour	Emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money	Aspirations and goal setting Managing risk	Keeping safe Body Image Self esteem

Crosby MTP	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Whole School Unit	1 Me and my Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Responsibilities	5 Being my Best	6 Growing and Changing
EYFS-Reception	<u>All about me</u> <u>What makes me special!</u> <u>Me and my special people</u> <u>Who can help me?</u> <u>My feelings</u> <u>My feelings (2)</u>	<u>I'm special, you're special</u> <u>Same and different</u> <u>Same and different families</u> <u>Same and different homes</u> <u>Kind and caring (1)</u> <u>Kind and caring (2)</u>	<u>What's safe to go onto my body</u> <u>Keeping Myself Safe - What's safe to go into my body (including medicines)</u> <u>Safe indoors and outdoors</u> <u>Listening to my feelings (1)</u> <u>Keeping safe online</u> <u>People who help to keep me safe</u>	<u>Looking after my special people</u> <u>Looking after my friends</u> <u>Being helpful at home and caring for our classroom</u> <u>Caring for our world</u> <u>Looking after money (1): recognising, spending, using</u> <u>Looking after money (2): saving money and keeping it safe</u>	<u>Bouncing back when things go wrong</u> <u>Yes, I can!</u> <u>Healthy eating (1)</u> <u>Healthy eating (2)</u> <u>Move your body</u> <u>A good night's sleep</u>	<u>Seasons</u> <u>Life stages - plants, animals, humans</u> <u>Life Stages: Human life stage - who will I be?</u> <u>Where do babies come from?</u> <u>Getting bigger</u> <u>Me and my body - girls and boys</u>
Year 1	<u>Why we have classroom rules</u> <u>Thinking about feelings</u> <u>Our feelings</u> <u>Feelings and bodies</u> <u>Our special people balloons</u> <u>Good friends</u> <u>How are you listening?</u>	<u>Same or different?</u> <u>Unkind, tease or bully?</u> <u>Harold's school rules</u> <u>Who are our special people?</u> <u>It's not fair!</u>	<u>Healthy me</u> <u>Super sleep</u> <u>Who can help? (1)</u> <u>Harold loses Geoffrey</u> <u>What could Harold do?</u> <u>Good or bad touches?</u> <u>Sharing pictures</u>	<u>Harold's wash and brush up</u> <u>Around and about the school</u> <u>Taking care of something</u> <u>Harold's money</u> <u>How should we look after our money?</u> <u>Basic first aid</u>	<u>I can eat a rainbow</u> <u>Eat well</u> <u>Catch it! Bin it! Kill it!</u> <u>Harold learns to ride his bike</u> <u>Pass on the praise!</u> <u>Harold has a bad day</u>	<u>Inside my wonderful body!</u> <u>Taking care of a baby</u> <u>Then and now</u> <u>Who can help? (2)</u> <u>Surprises and secrets</u> <u>Keeping privates private</u>
Year 2	<u>Our ideal classroom (1)</u> <u>Our ideal classroom (2)</u> <u>How are you feeling today?</u> <u>Bullying or teasing?</u> <u>Don't do that!</u> <u>Types of bullying</u> <u>Being a good friend</u> <u>Let's all be happy!</u>	<u>What makes us who we are?</u> <u>How do we make others feel?</u> <u>My special people</u> <u>When someone is feeling left out</u> <u>An act of kindness</u> <u>Solve the problem</u>	<u>Harold's picnic</u> <u>How safe would you feel?</u> <u>What should Harold say?</u> <u>I don't like that!</u> <u>Fun or not?</u> <u>Should I tell?</u> <u>Some secrets should never be kept</u>	<u>Getting on with others</u> <u>When I feel like erupting</u> <u>Feeling safe</u> <u>How can we look after our environment?</u> <u>Harold saves for something special</u> <u>Harold goes camping</u> <u>Playing games</u>	<u>You can do it!</u> <u>My day</u> <u>Harold's postcard - helping us to keep clean and healthy</u> <u>Harold's bathroom</u> <u>My body needs...</u> <u>What does my body do?</u>	<u>A helping hand</u> <u>Sam moves away</u> <u>Haven't you grown!</u> <u>My body, your body</u> <u>Respecting privacy</u> <u>Basic first aid</u>

Year 3	<u>As a rule</u> <u>My special pet</u> <u>Tangram team challenge</u> <u>Looking after our special people</u> <u>How can we solve this problem?</u> <u>Dan's dare</u> <u>Thunks</u> <u>Friends are special</u>	<u>Family and friends</u> <u>My community</u> <u>Respect and challenge</u> <u>Our friends and neighbours</u> <u>Let's celebrate our differences</u> <u>Zeb</u>	<u>Safe or unsafe?</u> <u>Danger or risk?</u> <u>The Risk Robot</u> <u>Alcohol and cigarettes: the facts</u> <u>Super Searcher</u> <u>None of your business!</u> <u>Raisin challenge (1)</u> <u>Help or harm?</u>	<u>Our helpful volunteers</u> <u>Helping each other to stay safe</u> <u>Recount task</u> <u>Harold's environment project</u> <u>Can Harold afford it?</u> <u>Earning money</u>	<u>Derek cooks dinner! (healthy eating)</u> <u>Poorly Harold</u> <u>For or against?</u> <u>I am fantastic!</u> <u>Getting on with your nerves!</u> <u>Body team work</u> <u>Top talents</u>	<u>Relationship Tree</u> <u>Body space</u> <u>Secret or surprise?</u> <u>My changing body</u> <u>Basic first aid</u>
Year 4	<u>An email from Harold!</u> <u>Ok or not ok? (part 1)</u> <u>Ok or not ok? (part 2)</u> <u>Human machines</u> <u>Different feelings</u> <u>When feelings change</u> <u>Under pressure</u>	<u>Can you sort it?</u> <u>Islands</u> <u>Friend or acquaintance?</u> <u>What would I do?</u> <u>The people we share our world with</u> <u>That is such a stereotype!</u>	<u>Danger, risk or hazard?</u> <u>Picture Wise</u> <u>How dare you!</u> <u>Medicines: check the label</u> <u>Know the norms</u> <u>Keeping ourselves safe</u> <u>Raisin challenge (2)</u>	<u>Who helps us stay healthy and safe?</u> <u>It's your right</u> <u>How do we make a difference?</u> <u>In the news!</u> <u>Safety in numbers</u> <u>Logo quiz</u> <u>Harold's expenses</u> <u>Why pay taxes?</u>	<u>What makes me ME!</u> <u>Making choices</u> <u>SCARF Hotel</u> <u>Harold's Seven Rs</u> <u>My school community (1)</u> <u>Basic first aid</u>	<u>Moving house</u> <u>My feelings are all over the place!</u> <u>All change!</u> <u>Preparing for periods (formerly Period positive)</u> <u>Secret or surprise?</u> <u>Together</u>
Year 5	<u>Collaboration Challenge!</u> <u>Give and take</u> <u>How good a friend are you?</u> <u>Relationship cake recipe</u>	<u>Qualities of friendship</u> <u>Kind conversations</u> <u>Happy being me</u> <u>The land of the Red People</u> <u>Is it true?</u> <u>It could happen to anyone</u>	<u>'Thinking' about habits</u> <u>Jay's dilemma</u> <u>Spot bullying</u> <u>Ella's diary dilemma</u> <u>Decision dilemmas</u> <u>Play, like, share</u>	<u>What's the story?</u> <u>Fact or opinion?</u> <u>Rights, responsibilities, and duties</u> <u>Mo makes a difference</u> <u>Spending wisely</u>	<u>Getting fit</u> <u>It all adds up!</u> <u>Different skills</u> <u>My school community (2)</u> <u>Independence and responsibility</u>	<u>How are they feeling?</u> <u>Taking notice of our feelings</u> <u>Dear Hetty</u> <u>Changing bodies and feelings</u> <u>Growing up and changing bodies</u> <u>It could happen to anyone</u>

	<u>Being assertive</u> <u>Our emotional needs</u> <u>Communication</u>		<u>Drugs: true or false?</u> <u>Smoking: what is normal?</u> <u>Would you risk it?</u>	<u>Lend us a fiver!</u> <u>Local councils</u>	<u>Star qualities?</u> <u>Basic first aid</u>	<u>Help! I'm a teenager - get me out of here!</u> <u>Dear Ash</u> <u>Stop, start, stereotypes</u>
Year 6	<u>Working together</u> <u>Let's negotiate</u> <u>Solve the friendship problem</u> <u>Assertiveness skills (formerly Behave yourself - 2)</u> <u>Behave yourself</u> <u>Dan's day</u> <u>Don't force me</u> <u>Acting appropriately</u> <u>It's a puzzle</u>	<u>OK to be different</u> <u>We have more in common than not</u> <u>Respecting differences</u> <u>Tolerance and respect for others</u> <u>Advertising friendships!</u> <u>Boys will be boys? - challenging gender stereotypes</u>	<u>Think before you click!</u> <u>Traffic lights</u> <u>To share or not to share?</u> <u>Rat Park</u> <u>What sort of drug is...?</u> <u>Drugs: it's the law!</u> <u>Alcohol: what is normal?</u> <u>Joe's story (part 1)</u> <u>Joe's story (part 2)</u>	<u>Two sides to every story</u> <u>Fakebook friends</u> <u>What's it worth?</u> <u>Jobs and taxes</u> <u>Action stations!</u> <u>Project Pitch (parts 1 & 2)</u> <u>Happy shoppers</u> <u>Democracy in Britain 1 - Elections</u> <u>Democracy in Britain 2 - How (most) laws are made</u>	<u>Five Ways to Wellbeing project</u> <u>This will be your life!</u> <u>Our recommendations</u> <u>What's the risk? (1)</u> <u>What's the risk? (2)</u> <u>Basic first aid</u>	<u>Helpful or unhelpful? Managing change</u> <u>I look great!</u> <u>Media manipulation</u> <u>Pressure online</u> <u>Is this normal?</u> <u>Dear Ash</u> <u>Making babies</u> <u>What is HIV?</u>

Medium Term Planning

*For learning outcomes matched to each lesson visit the My Scarf section on the Coram Life Education website, then click on the learning outcomes tab.