

PSHE Long Term Plan Cycle A

No Outsiders scheme runs alongside Coram SCARF PSHE sessions.

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|  | **Autumn:** | | **Spring:** | | **Summer:** | | |
| **Me and my Relationships** | **Valuing Difference** | **Keeping Myself Safe** | **Rights and Responsibilities** | **Being my Best** | | **Growing and Changing** |
| **EYFS** | No Outsiders - You Choose by Nick Sharratt & Pippa Goodheart  What makes me special  People close to me  Getting help | No Outsiders - Red Rockets & Rainbow Jelly by Sue Heap & Nick Sharratt  Similarities and difference  Celebrating difference  Showing kindness | No Outsiders – Blue Chameleon by Emily Gravett  Keeping my body safe  Safe secrets and touches  People who help to keep us safe | Looking after things: friends, environment, money | No Outsiders - The Family Book by Todd Parr  Keeping by body healthy – food, exercise, sleep  Growth Mindset | | No Outsiders - Mommy, Mama and Me by Leslea Newman & Carol Thompson  Cycles  Life stages  Girls and boys – similarities and difference |
| **Year 1** | No Outsiders – Elmer by David McKee  Feelings  Getting help  Classroom rules  Special people  Being a good friend | No Outsiders – Ten Little Pirates by Mike Brownlow & Simon Rickerty  Recognising, valuing and celebrating difference  Developing respect and accepting others  Bullying and getting help | No Outsiders – That’s not how you do it by Ariane Hoffmann-Maniyar  How our feelings can keep us safe – including online safety  Safe and unsafe touches  Medicine Safety  Sleep | No Outsiders – Max the Champion by Sean Stockdale, Alexandra Strick & Ros Asquith  Taking care of things: Myself My money My environment | Growth Mindset Healthy eating Hygiene and health Cooperation | | Getting help  Becoming independent  My body parts  Taking care of self and others |
| **Year 2** | No Outsiders – The Great Big Book of Families by Mary Hoffman and Ros Asquith  Bullying and teasing  Our school rules about bullying  Being a good friend  Feelings/self-regulation | No Outsiders – What the Jackdaw Saw by Julia Donaldson &Nick Sharratt    Being kind and helping others  Celebrating difference  People who help us  Listening Skills | No Outsiders – The Odd Egg by Emily Gravett  Safe and unsafe secrets  Appropriate touch  Medicine safety | No Outsiders – Blown Away by Rob Biddulph  Cooperation  Self-regulation  Online safety  Looking after money – saving and spending | | No Outsiders – The First  Slodge by Jeanne Willis  Growth Mindset  Looking after my body  Hygiene and health  Exercise and sleep | No Outsiders- Just Because by Rebecca Elliot  Life cycles  Dealing with loss  Being supportive  Growing and changing  Privacy |

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| **Year 3 & 4** | No Outsiders – Dogs don’t do ballet by Anna Kemp & Sarah Ogilvie  Healthy relationships  Listening to feelings  Bullying  Assertive skills | No Outsiders – King and King by Linda de Hann & Stern Nijland  Recognising and celebrating difference (including religions and cultural difference)  Understanding and challenging stereotypes | No Outsiders – The Way Back Home by Oliver Jeffers  Managing risk  Understanding the norms of drug use (cigarette and alcohol use)  Influences  Online safety | Making a difference (different ways of helping others or the environment)  Media influence  Decisions about spending money | No Outsiders – The Flower by John Night  Having choices and making decisions about my health  Taking care of my environment  My skills and interests | No Outsiders – Red: A Crayons Story by Michael Hall  Managing difficult feelings  Relationships including marriage  Year 3 RSE – Male and female differences, types of relationships, personal space.  Year 4 RSE - growing and changing, what s puberty? Puberty changes and reproductions. |
| **Year 5** | No Outsiders – Where the Poppies Grow Now by Hilary Robinson & Martin Impey  Feelings  Friendship skills, including compromise  Assertive skills  Cooperation  Recognising emotional needs | No Outsiders –Rose Blanche by Ian McEwan & Roberto Innocenti  Recognising and celebrating difference, including religions and cultural  Influence and pressure of social media | No Outsiders – How to Heal a Broken Wing by Bob Graham  Managing risk, including online safety  Norms around use of legal drugs (tobacco, alcohol)  Decision-making skills | Rights and responsibilities  Rights and responsibilities relating to my health  Making a difference  Decisions about lending, borrowing and spending | No Outsiders – The Cow Who Climbed a Tree by Gemma Merino  Growing independence and taking responsibility  Keeping myself healthy  Media awareness and safety  My community | No Outsiders – And Tango Makes Three by Justin Richardson & Peter Parnell  Managing difficult feelings  Managing change  How my feelings help keeping safe  Getting help |
| **Year 6** | No Outsiders – My Princess Boy by Cheryl Kilodavis & Suzanne DeSimone  Assertiveness  Cooperation  Safe/unsafe touches  Positive relationships | No Outsiders – Leaf by Sandra Dieckmann  Recognising and celebrating difference  Recognising and reflecting on prejudice-based bullying  Understanding Bystander behaviour  Gender stereotyping | No Outsiders – The Island by Arman Greder  Understanding 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  Understanding democracy | No Outsiders – Dreams of Freedom by Amnesty International  Aspirations and goal setting  Managing risk  Looking after my mental health | No Outsiders – The Thing by Simon Puttock & Daniel Egneus  Coping with changes  Keeping safe  Body Image  Sex education  Self-esteem |