

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 GoodheartWhat makes me special People close to me Getting help  | No Outsiders - Red Rockets & Rainbow Jelly by Sue Heap & Nick SharrattSimilarities and difference Celebrating difference Showing kindness  | No Outsiders – Blue Chameleon by Emily GravettKeeping 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 ParrKeeping by body healthy – food, exercise, sleep Growth Mindset  | No Outsiders - Mommy, Mama and Me by Leslea Newman & Carol ThompsonCycles Life stages Girls and boys – similarities and difference |
| **Year 1** | No Outsiders – Elmer by David McKeeFeelings Getting help Classroom rules Special people Being a good friend  | No Outsiders – Ten Little Pirates by Mike Brownlow & Simon RickertyRecognising, 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-ManiyarHow 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 AsquithTaking care of things: Myself My money My environment | Growth Mindset Healthy eating Hygiene and health Cooperation  | Getting helpBecoming 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 AsquithBullying 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 GravettSafe and unsafe secrets Appropriate touch Medicine safety  | No Outsiders – Blown Away by Rob BiddulphCooperation Self-regulation Online safety Looking after money – saving and spending  | No Outsiders – The FirstSlodge by Jeanne WillisGrowth Mindset Looking after my body Hygiene and health Exercise and sleep  | No Outsiders- Just Because by Rebecca ElliotLife 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 OgilvieHealthy relationships Listening to feelings BullyingAssertive skills  | No Outsiders – King and King by Linda de Hann & Stern NijlandRecognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes  | No Outsiders – The Way Back Home by Oliver JeffersManaging 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 HallManaging difficult feelingsRelationships including marriageYear 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 ImpeyFeelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs           | No Outsiders –Rose Blanche by Ian McEwan & Roberto InnocentiRecognising and celebrating difference, including religions and cultural Influence and pressure of social media  | No Outsiders – How to Heal a Broken Wing by Bob GrahamManaging 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 MerinoGrowing independence and taking responsibility Keeping myself healthy Media awareness and safety My community  | No Outsiders – And Tango Makes Three by Justin Richardson & Peter ParnellManaging difficult feelings Managing change How my feelings help keeping safe Getting help         |
| **Year 6** | No Outsiders – My Princess Boy by Cheryl Kilodavis & Suzanne DeSimoneAssertiveness Cooperation Safe/unsafe touches Positive relationships   | No Outsiders – Leaf by Sandra DieckmannRecognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping  | No Outsiders – The Island by Arman GrederUnderstanding 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 moneyUnderstanding 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 EgneusCoping with changes Keeping safe Body Image Sex education Self-esteem |