

## Silsden Primary School – PSHE - Long Term Plan (optional lessons)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>  <i>Theme and unit lesson resources</i>	<b>Me and My Relationships</b> <ul style="list-style-type: none"> <li>• Marvellous me!</li> <li>• I'm special</li> <li>• People who are special to me</li> </ul> Transition in to Nursery	<b>Valuing Difference</b> <ul style="list-style-type: none"> <li>• Me and my friends</li> <li>• Friends and family</li> <li>• Including everyone</li> </ul>	<b>Keeping Myself Safe</b> <ul style="list-style-type: none"> <li>• Safety indoors and outdoors</li> <li>• What's safe to go in my body</li> </ul>	<b>Rights and Responsibilities</b> <ul style="list-style-type: none"> <li>• Looking after myself</li> <li>• Looking after others</li> <li>• Looking after my environment</li> </ul>	<b>Being My Best</b> <ul style="list-style-type: none"> <li>• What does my body need?</li> <li>• I can keep trying</li> <li>• I can do it!</li> </ul>	<b>Growing and Changing</b> <ul style="list-style-type: none"> <li>• Growing and changing in nature</li> <li>• When I was a baby</li> <li>• Girls, boys and families</li> </ul> Transition to Reception
<b>Nursery Key vocabulary</b>	Special Friends Like choose	Family Kind Sharing different	Safe Tell Unsafe pavement	Germs Clean Helping Healthy snack	Exercise Sleep Water food	Same Different Body Privates
<b>Reception</b>  <i>Theme and unit lesson resources</i>	<b>Me and My Relationships</b> <ul style="list-style-type: none"> <li>• All about me</li> <li>• What makes me special</li> <li>• Me and my special people</li> <li>• Who can help me?</li> <li>• My feelings</li> <li>• My feelings 2</li> </ul> Transition in to Reception  Life Caravan Visit	<b>Valuing Difference</b> <ul style="list-style-type: none"> <li>• I'm special</li> <li>• Same and different</li> <li>• Same and different families</li> <li>• Same and different homes</li> <li>• I am caring</li> <li>• I am a friend</li> </ul>	<b>Keeping Myself Safe</b> <ul style="list-style-type: none"> <li>• What's safe to go onto my body</li> <li>• Keeping myself safe</li> <li>• Safe indoors and outdoors</li> <li>• Listening to my feelings</li> <li>• Keeping safe online</li> <li>• People who help to keep me safe</li> </ul>	<b>Rights and Responsibilities</b> <ul style="list-style-type: none"> <li>• Looking after my special people</li> <li>• Looking after my friends</li> <li>• Being helpful at home and caring for our classroom</li> <li>• Caring for our world</li> <li>• Looking after money 1</li> <li>• Looking after money 2</li> </ul>	<b>Being My Best</b> <ul style="list-style-type: none"> <li>• Bouncing back when things go wrong</li> <li>• Yes, I can!</li> <li>• Healthy eating</li> <li>• My healthy mind</li> <li>• Move your body</li> <li>• A good night's sleep</li> </ul>	<b>Growing and Changing</b> <ul style="list-style-type: none"> <li>• Seasons</li> <li>• Life stages – plants, animals, humans</li> <li>• Life stages; human life stage</li> <li>• Where do babies come from?</li> <li>• Getting bigger</li> <li>• Me and my body – girls and boys</li> </ul> Transition to Year One
<b>Reception Key vocabulary</b>	Special Friends Feelings favourite	Family Like Dislike home	Trust Adult Uncomfortable worried	Responsibility Rights Help each other Caring	Try again Routine Healthy Heart	Private parts Grow Child cycle
<b>Year 1</b>	<b>Me and My Relationships</b>	<b>Valuing Difference</b> Includes British Values focus	<b>Keeping Myself Safe</b> Includes aspects of Relationships Education	<b>Rights and Responsibilities</b>	<b>Being My Best</b> Includes keeping healthy/Growth mind-	<b>Growing and Changing</b> Includes RSE-related issue

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<i>Theme and unit lesson resources</i>	<p>Includes feelings/emotions/conflict resolution/friendship</p> <ul style="list-style-type: none"> <li>• Why we have classroom rules</li> <li>• Thinking about feelings</li> <li>• <b>Our feelings</b></li> <li>• <b>Feelings and bodies</b></li> <li>• Our special people balloons</li> <li>• Good friends</li> <li>• How are you listening</li> </ul> <p>Life Caravan Visit</p>	<ul style="list-style-type: none"> <li>• Same or Different?</li> <li>• Unkind, tease or bully?</li> <li>• Harold's school rules</li> <li>• Who are our special people?</li> <li>• It's not Fair!</li> </ul>	<p>Healthy me</p> <ul style="list-style-type: none"> <li>• <b>Super sleep</b></li> <li>• Who can help? (1)</li> <li>• Harold loses Geoffrey</li> <li>• What could Harold do?</li> <li>• Good or bad touches(<i>underwear rule</i>)</li> </ul>	<p>Includes money/living in the wider world /environment</p> <ul style="list-style-type: none"> <li>• Harold wash and brush up</li> <li>• Around and about the school</li> <li>• Taking care of something</li> <li>• Harold's money</li> <li>• How should we look after our money?</li> </ul>	<p>set/goal, setting /achievement</p> <ul style="list-style-type: none"> <li>• <b>I can eat a rainbow</b></li> <li>• Eat well</li> <li>• Catch it! Bin it! Kill it!</li> <li>• Harold Learns to ride a bike</li> <li>• Pass on the praise</li> <li>• Harold has a bad day</li> </ul>	<ul style="list-style-type: none"> <li>• Inside my wonderful body!</li> <li>• <b>Taking care of a baby</b></li> <li>• Then and now</li> <li>• Who can help? (2)</li> <li>• Surprises and secrets</li> <li>• Keeping privates private</li> <li>• <b>Basic First Aid</b></li> </ul>
<b>Year 1 Key vocabulary</b>	<p>Family Friendship Feelings Behaviour Help Hurt Listening Responsibility</p>	<p>Environment Responsibility Routine Money Saving Safe Accident Emergency</p>	<p>Sleep Exercise Healthy Harmful Emotions Medicine Responsibility Loss</p>	<p>Same Different Respect Teasing Bullying Fair Unfair Rules</p>	<p>Learning Practise Mistakes Behaviour Promise Confidence Healthy Unhealthy</p>	<p>Love Caring Privates Hygiene Surprise Secret Change First Aid</p>
<i>Theme and unit lesson resources</i>	<p><b>Me and My Relationships</b></p> <p>Includes feelings/emotions/conflict resolution/friendships</p> <ul style="list-style-type: none"> <li>• <b>Our ideal classroom (1)</b></li> <li>• <b>Our ideal classroom (2)</b></li> <li>• How are you feeling today?</li> <li>• Bullying or teasing?</li> <li>• Don't do that!</li> <li>• <b>Types of bullying</b></li> <li>• Being a good friend</li> <li>• Let's all be happy!</li> </ul> <p>Life Caravan Visit</p>	<p><b>Valuing Difference</b></p> <p>Includes British Values focus</p> <ul style="list-style-type: none"> <li>• What makes us who we are?</li> <li>• How do we make others feel?</li> <li>• My special people</li> <li>• When someone is feeling left out</li> <li>• An act of kindness</li> <li>• <b>Solve the problem</b></li> </ul>	<p><b>Keeping Myself Safe</b></p> <p>Includes aspects of Relationships Education</p> <ul style="list-style-type: none"> <li>• Harold's picnic</li> <li>• How safe would you feel?</li> <li>• <b>What should Harold say?</b></li> <li>• I don't like that! / Fun or not?</li> <li>• Should I tell?</li> <li>• Some secrets should never be kept</li> </ul>	<p><b>Rights and Responsibilities</b></p> <p>Includes money/living in the wider world/environment</p> <ul style="list-style-type: none"> <li>• Getting on with others</li> <li>• <b>When I feel like erupting</b></li> <li>• Feeling Safe</li> <li>• How can we look after our environment?</li> <li>• Harold saves for something special</li> </ul>	<p><b>Being My Best</b></p> <p>Includes keeping healthy/Growth mind-set/goal setting/achievement</p> <ul style="list-style-type: none"> <li>• <b>You can do it!</b></li> <li>• My day</li> <li>• Harold's postcard - helping us to keep clean and healthy</li> <li>• Harold's bathroom</li> <li>• My body needs...</li> <li>• <b>What does my body do?</b></li> </ul>	<p><b>Growing and Changing</b></p> <p>Includes RSE-related issue</p> <ul style="list-style-type: none"> <li>• A Helping Hand</li> <li>• Sam moves house</li> <li>• Haven't you grown!</li> <li>• My body, your body</li> <li>• Respecting Privacy</li> <li>• <b>Basic First Aid</b></li> </ul>

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				<ul style="list-style-type: none"> <li>Harold goes camping</li> </ul>		
<b>Year 2 Key vocabulary</b>	Bullying Regular Friendship Don't do that Help Safe Caring Teasing	Respect Behaviour Calm Aggressive Unkind Listening Being listened to Unique	Safe Uncomfortable Private Parts Medicine Secret Someone you trust Unsafe	Responsibility Help Erupt Safe Unsafe Feelings Spending Saving	Encourage Hygiene Challenge Healthy Unhealthy Choices Rest	Consent Privacy Genitals Permission Unique Nervous Frightened Safe Support
<b>Year 3</b>  <i>Theme and unit lesson resources</i>	<b>Me and My Relationships</b> Includes feelings/emotions/conflict resolution/friendship <ul style="list-style-type: none"> <li>As a rule</li> <li>My special pet</li> <li>Tangram team challenge</li> <li>Looking after our special people</li> <li>How can we solve this problem?</li> <li>Dan's dare</li> <li>Thunks</li> <li>Friends are special</li> </ul> Life Caravan Visit	<b>Valuing Difference</b> Includes British Values focus <ul style="list-style-type: none"> <li>Family and friends</li> <li>My community</li> <li>Respect and challenge</li> <li>Our friends and neighbours</li> <li>Let's celebrate our differences</li> <li>Zeb</li> </ul>	<b>Keeping Myself Safe</b> Includes aspects of safe internet use, drugs and Relationship Education <ul style="list-style-type: none"> <li>Safe or unsafe?</li> <li>Danger or risk?</li> <li>The Risk Robot</li> <li>Alcohol and cigarettes: the facts</li> <li>Super Searcher</li> <li>None of your business!</li> <li>Raisin challenge (1)</li> <li>Help or harm?</li> </ul>	<b>Rights and Responsibilities</b> Includes money/living in the wider world/environment <ul style="list-style-type: none"> <li>Our helpful volunteers</li> <li>Helping each other to stay safe</li> <li>Recount task</li> <li>Harold's environment project</li> <li>Can Harold afford it?</li> <li>Earning money</li> </ul>	<b>Being My Best</b> Includes keeping healthy/Growth mind-set/goal setting/achievement <ul style="list-style-type: none"> <li>Derek cooks dinner! (healthy eating)</li> <li>Poorly Harold</li> <li>For or against?</li> <li>I am fantastic!</li> <li>Getting on with your nerves!</li> <li>Body team work</li> <li>Top talents</li> </ul>	<b>Growing and Changing</b> Includes RSE-related issue <ul style="list-style-type: none"> <li>Relationship Tree</li> <li>Body space</li> <li>Secret or surprise?</li> <li>My changing body can deliver now or in Y4</li> <li>Basic First Aid</li> </ul>
<b>Year 3 Key vocabulary</b>	Friendship Care Compromise Conflict Rules Strategies	Community Belonging Differences Identity Similarities Prejudice	Risk Danger Decisions Internet safety Private Consequences	Volunteer Responsible Healthy Safe Environment Well-being	Collaboration Cooperation Goals Ambitions Respectful Self care	Relationships Personal space Feelings Uncomfortable Trust
<b>Year 4</b>  <i>Theme and unit lesson resources</i>	<b>Me and My Relationships</b> Includes feelings/emotions/conflict resolution/friendship	<b>Valuing Difference</b> Includes British Values focus <ul style="list-style-type: none"> <li>Can you sort it?</li> </ul>	<b>Keeping Myself Safe</b> Includes aspects of safe internet use, drugs and Relationship Education	<b>Rights and Responsibilities</b> Includes money/living in the wider world/environment	<b>Being My Best</b> Includes keeping healthy/Growth mind-set/goal setting/achievement	<b>Growing and Changing</b> Includes RSE-related issue <ul style="list-style-type: none"> <li>Moving house</li> </ul>

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	<ul style="list-style-type: none"> <li>An email from Harold!</li> <li>OK or not OK? (part 1)</li> <li>OK or not OK? (part 2)</li> <li>Human machines</li> <li>Different feelings</li> <li>When feelings change</li> <li>Under pressure</li> </ul> <p>Life Caravan Visit</p>	<ul style="list-style-type: none"> <li>Islands</li> <li>Friend or acquaintance?</li> <li>What would I do?</li> <li>The people we share our world with</li> <li>That is such a stereotype!</li> </ul>	<ul style="list-style-type: none"> <li>Danger, risk or hazard?</li> <li>Picture Wise</li> <li>How dare you!</li> <li>Medicines: check the label</li> <li>Know the norms (formerly Tell Mark II)</li> <li>Keeping ourselves safe</li> <li>Raisin challenge (2)</li> </ul>	<ul style="list-style-type: none"> <li>Who helps us stay healthy and safe?</li> <li>It's your right</li> <li>How do we make a difference?</li> <li>In the news!</li> <li>Safety in numbers</li> <li>Logo quiz</li> <li>Harold's expenses</li> <li>Why pay taxes</li> </ul>	<ul style="list-style-type: none"> <li>What makes me ME! (formerly Diversity World)</li> <li>Making choices (formerly Conformation control)</li> <li>SCARF Hotel (formerly Diversity World Hotel)</li> <li>Harold's Seven Rs</li> <li>My school community (1)</li> </ul>	<ul style="list-style-type: none"> <li>My feelings are all over the place!</li> <li>All change! (puberty for boys and girls)</li> <li>Period positive(now called preparing for changes at puberty)</li> <li>Secret or surprise?</li> <li>Together</li> <li>Basic First Aid</li> </ul>
<b>Year 4 Key vocabulary</b>	Assertive Compromise Negotiate Consequences Collaboration Body language Independent	Similarities Differences Stereotype Apologise Sharing Body Space	Risk Hazard Danger Privacy Drug Persevere Influence	Trustworthy Responsibility Rights Rules Opinion Respect	Mental Health Wellbeing Balanced Diet Community Unique	Puberty Hormones Marriage Live together Feelings Change
<b>Year 5</b> <i>Theme and unit lesson resources</i>	<b>Me and My Relationships</b> Includes feelings/emotions/conflict resolution/friendship <ul style="list-style-type: none"> <li>Collaboration Challenge!</li> <li>Give and take</li> <li>How good a friend are you?</li> <li>Relationship cake recipe</li> <li>Being assertive</li> <li>Our emotional needs</li> <li>Communication</li> </ul> <p>Life Caravan Visit</p>	<b>Valuing Difference</b> Includes British Values focus <ul style="list-style-type: none"> <li>Qualities of friendship</li> <li>Kind conversations</li> <li>Happy being me</li> <li>The land of the Red People</li> <li>Is it true?</li> <li>It could happen to anyone</li> </ul>	<b>Keeping Myself Safe</b> Includes aspects of safe internet use, drugs and Relationship <ul style="list-style-type: none"> <li>'Thinking' about habits</li> <li>Jay's dilemma</li> <li>Spot bullying</li> <li>Ella's diary dilemma</li> <li>Decision dilemmas</li> <li>Play Like Share</li> <li>Drugs: true or false?</li> <li>Smoking: what is normal?</li> </ul>	<b>Rights and Responsibilities</b> Includes money/living in the wider world/environment <ul style="list-style-type: none"> <li>What's the story?</li> <li>Fact or opinion?</li> <li>Rights, responsibilities and duties</li> <li>Mo makes a difference</li> <li>Spending wisely</li> <li>Lend us a fiver!</li> <li>Local councils</li> </ul>	<b>Being My Best</b> Includes keeping healthy/Growth mind-set/goal setting/achievement <ul style="list-style-type: none"> <li>Getting fit</li> <li>It all adds up!</li> <li>Different skills</li> <li>My school community (2)</li> <li>Independence and responsibility</li> <li>Star qualities</li> </ul>	<b>Growing and Changing</b> Includes RSE-related issue <ul style="list-style-type: none"> <li>How are they feeling?</li> <li>Taking notice of our feelings</li> <li>Dear Hetty</li> <li>Growing up and changing bodies</li> <li>Changing bodies and feelings = Taught in</li> </ul>

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			<ul style="list-style-type: none"> <li>• Would you risk it?</li> </ul>			<p><b>Science lessons)</b></p> <ul style="list-style-type: none"> <li>• Help! I'm a teenager - get me out of here!</li> <li>• Dear Ash</li> <li>• Stop, start, stereotypes</li> <li>• Basic First Aid</li> </ul>
<p><b>Year 5 Key vocabulary</b></p>	<p>Sexual abuse Assertive Passive Aggressive Non-verbal Conflict Resolution Negotiation Compromise</p>	<p>Respect Discrimination Diverse Multicultural society Consequences Listening skills Excluded Friendships Talking</p>	<p>Habit Addiction Bullying Cyber bullying Pressure Risk taking Drugs Cigarettes Alcohol Assertive</p>	<p>Responsibility Biased/unbiased Duties Wage Rights Salary Credit Debit Rent Loan</p>	<p>Perseverance Resilience Determination Commitment Patience Interpersonal skills Community Independence</p>	<p>Hormones Mood swings In confidence Gender identity Sexual orientation Physical abuse Prejudice Fostered Puberty Embarrassed</p>
<p><b>Year 6</b> <i>Theme and unit lesson resources</i></p>	<p><b>Me and My Relationships</b> Includes feelings/emotions/conflict resolution/friendship</p> <ul style="list-style-type: none"> <li>• Working together</li> <li>• Let's negotiate</li> <li>• Solve the friendship problem</li> <li>• Assertiveness skills (formerly Behave yourself - 2)</li> <li>• Behave yourself</li> <li>• Dan's day</li> <li>• Don't force me</li> <li>• Acting appropriately</li> <li>• It's a puzzle</li> </ul> <p>Life Caravan Visit</p>	<p><b>Valuing Difference</b> Includes British Values focus</p> <ul style="list-style-type: none"> <li>• OK to be different</li> <li>• We have more in common than not</li> <li>• Respecting differences</li> <li>• Tolerance and respect for others</li> <li>• Advertising friendships!</li> <li>• Boys will be boys? - challenging gender stereotypes</li> </ul>	<p><b>Keeping Myself Safe</b> Includes aspects of safe internet use, drugs and Relationship Education.</p> <ul style="list-style-type: none"> <li>• Think before you click!</li> <li>• Traffic lights</li> <li>• To share or not to share?</li> <li>• Rat Park</li> <li>• What sort of drug is...?</li> <li>• Drugs: it's the law!</li> <li>• Alcohol: what is normal?</li> <li>• Joe's story (part 1)</li> <li>• Joe's story (part 2)</li> </ul>	<p><b>Rights and Responsibilities</b> Includes money/living in the wider world/environment</p> <ul style="list-style-type: none"> <li>• Two sides to every story</li> <li>• Fakebook friends</li> <li>• What's it worth?</li> <li>• Jobs and taxes</li> <li>• Action stations!</li> <li>• Project Pitch (parts 1 &amp; 2)</li> <li>• Happy shoppers</li> <li>• Democracy in Britain 1 - Elections</li> <li>• Democracy in Britain 2 - How</li> </ul>	<p><b>Being My Best</b> Includes keeping healthy/Growth mind-set/goal setting/achievement</p> <ul style="list-style-type: none"> <li>• Five Ways to Wellbeing project</li> <li>• This will be your life!</li> <li>• Our recommendations</li> <li>• What's the risk? (1)</li> <li>• What's the risk? (2)</li> </ul>	<p><b>Growing and Changing</b> Includes RSE-related issue</p> <ul style="list-style-type: none"> <li>• Helpful or unhelpful? Managing change</li> <li>• I look great!</li> <li>• Media manipulation</li> <li>• Pressure online</li> <li>• Is this normal?</li> <li>• Dear Ash</li> <li>• Making babies</li> <li>• What is HIV?</li> <li>• Basic First Aid</li> </ul>

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				(most) laws are made		
<b>Year 6 Key vocabulary</b>	Collaboration Negotiation Compromise Assertive Appropriate Secure Sensitive Peer pressure Response Partnership	Bystander Unique Diversity Identity Prejudice Assumption Tolerance Respect Relationships	Privacy Personal information Permission Illegal Habit Risks Responsibility Independence Possession Conflicting emotions	Biased Stereotype Democracy Saving Tax Values Grant Environmentally sustainable Policies Majority	Wellbeing Aspirations Dilemma Choices Influence Responsive Connect Perseverance Goal setting Assessing risk	Self esteem Body image Peer pressure Physical changes Emotional changes Confidential Manipulation Support Consent