

Menston Primary School PSHE Long-Term Overview



PSHE and wellbeing long-term plan based on CORAM SCARF half-termly units and related key themes
(Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education)

Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
EYFS	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 my body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages Girls and boys – similarities and difference
Y1	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	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
Y2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference People who help us Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
Y3	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
Y4	Healthy relationships Listening to 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 Online safety	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 My skills and interests	Body changes during puberty Managing difficult feelings Relationships including marriage
Y5	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Managing difficult feelings Managing change How my feelings help keeping safe Getting help Basic first aid
Y6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying	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	Aspirations and goal setting Managing risk Looking after my mental health	Coping with changes Keeping safe Body Image Sex education Self-esteem

		Understanding Bystander behaviour Gender stereotyping		Understanding democracy		Basic first aid
Other key learning	Be Safe, Be Seen Black History Month	Anti-Bullying Week Remembrance Day	LGBT+ History Month Safer Internet Day Children's Mental Health Week NSPCC Speak Out Stay Safe	World Down Syndrome Day	Mental Health Awareness Week SATs – Year 6 children access support from Youth in Mind around preparing for SATs and transition	Year 6 transition Year 5 transition workshops
Commentary	This unit always comes at the start of each year as establishing new relationships can be key (new children in school, class mix-ups, new teachers etc). It builds on the school rules of, 'ready, respectful and safe.' Respectful relationships underpin all of the curriculum. This also links into our computing curriculum where we look at establishing safe relationships online.	This unit builds on the previous learning around establishing healthy relationships and developing friendship skills by introducing difference. During this half term, we also celebrate Anti-bullying Week (for 2022, the theme for this is 'Reach Out'). These concepts are further supported through our RE curriculum where we look at understanding key similarities and differences between different faiths. The children at Menston Primary School are also exposed to diverse authors, artist, musical composers and historical figures. Celebrating difference also builds on work from Autumn 1 around assertiveness, helping children to develop the necessary skills to challenge intolerance. We also link this learning to our work in computing when we talk about being safe online.	This unit is key for children in helping them to understand being 'safe.' As one of our key school rules, children are able to learn what safety means in a variety of contexts. Safer Internet Day is also in this half term which provides a further opportunity for children to re-visit ways in which they can keep safe online.	Children learn about Rights and Respect as part of our school motto of, 'making the world a better place.' With one of our key school rules being about being respectful, this is built in to day to day practice and drives the curriculum. We celebrate World Down Syndrome Day in this half term which builds on previous learning about celebrating difference but also links to this unit in terms of helping others and making a difference.	This unit comes at the start of the summer term to help children to recognise all that they have achieved throughout the year. With statutory assessments, children are encouraged to try their best but we continue to build on previous learning around emotional literacy and celebrating difference in order to help children to understand that statutory assessments are only one small part of their story. Children are able to make use of the outdoor area when thinking about making healthy choices.	This unit comes at the end of each school year in order to prepare for all transitions. Children in Y4, Y5 and Y6 learn about the changes that our bodies go through during puberty and how these changes can affect emotional changes too. In KS2 we teach the nine St John Ambulance KS2 First Aid lessons in the summer term in this order: Y3: Calling for help Basic life support Y4: Asthma Bleeding Y5: Allergies Head Injuries Y6: Choking Bites & Stings Burns & Scalds