

# 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<br>Me and my Relationships                                                                                                 | 2<br>Valuing Difference                                                                                                        | 3<br>Keeping Safe                                                                                                                      | 4<br>Rights and Respect                                                                                                                                     | 5<br>Being my Best                                                                                            | 6<br>Growing and Changing                                                                           |
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| <b>EYFS</b>                  | What makes me special<br>People close to me<br>Getting help                                                                  | Similarities & difference<br>Celebrating difference<br>Showing kindness                                                        | Keeping my body safe<br>Safe secrets & touches<br>People who help to keep us safe                                                      | Looking after things: friends, environment, money                                                                                                           | Keeping my body healthy – food, exercise, sleep<br>Growth Mindset                                             | Cycles<br>Life stages<br>Girls & boys – similarities & difference                                   |
| <b>Y1</b>                    | Feelings<br>Getting help<br>Classroom rules<br>Special people<br>Being a good friend                                         | Recognising, valuing & celebrating difference<br>Developing respect & accepting others<br>Bullying & getting help              | How our feelings can keep us safe – inc. online safety<br>Safe & unsafe touches<br>Medicine Safety<br>Sleep                            | Taking care of things: Myself<br>My money<br>My environment                                                                                                 | Growth Mindset<br>Healthy eating<br>Hygiene & health<br>Cooperation                                           | Getting help<br>Becoming independent<br>My body parts<br>Taking care of self & others               |
| <b>Y2</b>                    | Bullying & teasing<br>Our school rules about bullying<br>Being a good friend<br>Feelings/self-regulation                     | Being kind & helping others<br>Celebrating difference<br>People who help us<br>Listening Skills                                | Safe & unsafe secrets<br>Appropriate touch<br>Medicine safety                                                                          | Cooperation<br>Self-regulation<br>Online safety<br>Looking after money – saving & spending                                                                  | Growth Mindset<br>Looking after my body<br>Hygiene & health<br>Exercise & sleep                               | Life cycles<br>Dealing with loss<br>Being supportive<br>Growing & changing<br>Privacy               |
| <b>Y3</b>                    | Cooperation<br>Online rules & restrictions<br>Online behaviours<br>Friendship (respectful relationships)<br>Coping with loss | Recognising & respecting diversity<br>Being respectful & tolerant<br>My community<br>Bullying, inc. online                     | Managing risk<br>Decision-making skills<br>Drugs & their risks<br>Staying safe online<br>Digital literacy                              | Helping & being helped<br>Looking after the environment<br>Managing money<br>Developing critical thinking                                                   | Keeping myself healthy & well<br>Celebrating & developing my skills<br>Developing empathy                     | Changing bodies & puberty<br>Keeping safe<br>Safe & unsafe secrets<br>Relationships, inc. online    |
| <b>Y4</b>                    | Healthy relationships<br>Listening to feelings<br>Bullying<br>Assertive skills                                               | Recognising & celebrating difference (inc. religions & cultural difference)<br>Understanding & challenging stereotypes         | Managing risk inc. online<br>Understanding the norms of drug use (cigarette & alcohol use)<br>Influences<br>Online safety & behaviours | Making a difference (different ways of helping others or the environment)<br>Media influence & digital literacy<br>Decisions about spending money           | Having choices & making decisions about my health<br>Taking care of my environment<br>My skills & interests   | Body changes during puberty<br>Managing difficult feelings<br>Relationships inc. marriage           |
| <b>Y5</b>                    | Feelings<br>Friendship skills, inc. compromise<br>Assertive skills<br>Cooperation<br>Recognising emotional needs             | Recognising & celebrating difference, inc. religions & cultural<br>Critical digital awareness<br>Online Bullying & self esteem | Online safety<br>Bullying inc. online<br>Norms around use of legal drugs (tobacco, alcohol)<br>Decision-making skills                  | My health rights, respect & duties<br>Making a difference<br>Decisions about lending, borrowing & spending<br>Media manipulation<br>Artificial Intelligence | Growing independence & taking ownership<br>Keeping myself healthy<br>Media awareness & safety<br>My community | Managing difficult feelings<br>Managing change<br>How my feelings help keeping safe<br>Getting help |

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| <b>Y6</b>                 | Assertiveness<br>Cooperation<br>Safe/unsafe touches<br>Positive relationships                                                                                                                                                                                                                                                                                                            | Recognising & celebrating difference<br>Recognising & reflecting on prejudice-based bullying<br>Bystander behaviour<br>Gender stereotyping                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Understanding emotional needs<br>Staying safe online<br>Digital footprint<br>Drugs: norms & risks (inc. the law)                                                                                                                                                                                                                     | Understanding media bias<br>Digital critical thinking<br>Caring: communities & the environment<br>Earning & saving money<br>Understanding democracy                                                                                                                                                                                                                                                                                                | Aspirations<br>Managing risk<br>Looking after wellbeing<br>Digital literacy & critical thinking skills                                                                                                                                                                                                                                                                                                                                                                                                              | Coping with changes<br>Keeping safe inc. online<br>AI/ deep fakes<br>Body Image<br>Sex education<br>Self-esteem                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Other key learning</b> | Be Safe, Be Seen<br><br>Black History Month                                                                                                                                                                                                                                                                                                                                              | Anti-Bullying Week<br><br>Remembrance Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | LGBT+ History Month<br><br>Safer Internet Day<br><br>Children's Mental Health Week<br><br>NSPCC Speak Out Stay Safe                                                                                                                                                                                                                  | World Down Syndrome Day                                                                                                                                                                                                                                                                                                                                                                                                                            | Mental Health Awareness Week<br><br>SATs – Year 6 children access support from Youth in Mind around preparing for SATs and transition                                                                                                                                                                                                                                                                                                                                                                               | Year 6 transition<br><br>Year 5 transition workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Commentary</b>         | 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.<br>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.<br><br>In KS2 we teach the nine St John Ambulance KS2 First Aid lessons in the summer term in this order:<br>Y3:<br>Calling for help<br>Basic life support<br>Y4:<br>Asthma<br>Bleeding<br>Y5:<br>Allergies<br>Head Injuries<br>Y6:<br>Choking<br>Bites & Stings<br>Burns & Scalds |