

## PSHE Rolling Programme (2 years)

- **Valuing difference** unit to be taught through British Values and within Live, Learn, Flourish week
- **Keeping myself safe** to be taught through E-safety sessions, (Y1-6, purple mash), Science and through visits and visitors to school
- **Growing and changing unit** forms part of the Relationship Education statutory programme. These sessions are taught using a combination of SCARF, Gloucestershire Healthy living programme of study and any other RSE resources you find useful.
- All sessions can be found within the SCARF half termly units

	Reception	Year 1/2	Year 3/4	Year 5/6
<b>Autumn term 21</b>	<p style="text-align: center;"><b>Me and My relationships (R)</b></p> <ul style="list-style-type: none"> <li>• All about me</li> <li>• What makes me special</li> <li>• Me and my special people                             <ul style="list-style-type: none"> <li>• Who can help me?                                     <ul style="list-style-type: none"> <li>• My feelings</li> <li>• My feelings (2)</li> </ul> </li> </ul> </li> </ul> <hr/> <p style="text-align: center;">E-Safety- Keeping myself safe (LLF week)</p> <ul style="list-style-type: none"> <li>• Keeping safe online</li> <li>• People who help to keep me safe</li> </ul>	<p style="text-align: center;"><b>Me and My relationships (y2)</b></p> <ul style="list-style-type: none"> <li>• Our ideal classroom (1)</li> <li>• Our ideal classroom (2) (OPTIONAL)</li> <li>• How are you feeling today?                             <ul style="list-style-type: none"> <li>• Let's all be happy!</li> <li>• Being a good friend</li> <li>• Types of bullying</li> <li>• Don't do that!</li> <li>• Bullying or teasing? (OPTIONAL)</li> </ul> </li> </ul>	<p style="text-align: center;"><b>Me and My relationships (y4)</b></p> <ul style="list-style-type: none"> <li>• Human machines</li> <li>• Ok or not ok? (part 1)</li> <li>• Ok or not ok? (part 2)</li> <li>• An email from Harold!</li> <li>• Different feelings</li> <li>• When feelings change (OPTIONAL)</li> <li>• Under pressure</li> </ul>	<p style="text-align: center;"><b>Me and My relationships (y6)</b></p> <ul style="list-style-type: none"> <li>• Working together</li> <li>• Let's negotiate (OPTIONAL)</li> <li>• Solve the friendship problem                             <ul style="list-style-type: none"> <li>• Dan's day (OPTIONAL)                                     <ul style="list-style-type: none"> <li>• Behave yourself</li> </ul> </li> </ul> </li> <li>• Assertiveness skills (formerly Behave yourself - 2)                             <ul style="list-style-type: none"> <li>• Don't force me</li> <li>• Acting appropriately</li> </ul> </li> </ul>
<b>Spring term 22</b>	<p style="text-align: center;"><b>Being my best (R)</b></p> <ul style="list-style-type: none"> <li>• Bouncing back when things go wrong                             <ul style="list-style-type: none"> <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> </li> </ul>	<p style="text-align: center;"><b>Being my best (Y2)</b></p> <ul style="list-style-type: none"> <li>• You can do it!                             <ul style="list-style-type: none"> <li>• My day</li> </ul> </li> <li>• Harold's postcard - helping us to keep clean and healthy                             <ul style="list-style-type: none"> <li>• Harold's bathroom</li> </ul> </li> <li>• What does my body do?                             <ul style="list-style-type: none"> <li>• My body needs... (OPTIONAL)</li> <li>• Basic first aid</li> </ul> </li> </ul>	<p style="text-align: center;"><b>Being my best (Y4)</b></p> <ul style="list-style-type: none"> <li>• What makes me ME!                             <ul style="list-style-type: none"> <li>• Making choices                                     <ul style="list-style-type: none"> <li>• SCARF hotel</li> <li>• Harold's Seven Rs</li> </ul> </li> </ul> </li> <li>• My school community (1)                             <ul style="list-style-type: none"> <li>• Basic first aid</li> </ul> </li> <li>• Volunteering is cool (OPTIONAL)</li> </ul>	<p style="text-align: center;"><b>Being my best (Y6)</b></p> <ul style="list-style-type: none"> <li>• This will be your life!</li> <li>• Our recommendations                             <ul style="list-style-type: none"> <li>• What's the risk? (1)</li> <li>• What's the risk? (2)</li> </ul> </li> <li>• Basic first aid, including Sepsis Awareness</li> <li>• Five Ways to Wellbeing project</li> </ul>

<p><b>Summer term 22</b></p>	<p><b>Rights and respect (R)</b></p> <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 <ul style="list-style-type: none"> <li>• Caring for our world</li> </ul> </li> <li>• Looking after money (1): recognising, spending, using</li> <li>• Looking after money (2): saving money and keeping it safe</li> </ul> <p><b>Growing and changing (Relationship Education)</b></p> <ul style="list-style-type: none"> <li>• Seasons</li> <li>• Life stages - plants, animals, humans</li> <li>• Life Stages: Human life stage - who will I be? <ul style="list-style-type: none"> <li>• Where do babies come from? <ul style="list-style-type: none"> <li>• Getting bigger</li> </ul> </li> </ul> </li> </ul> <p>Me and my body - girls and boys</p>	<p><b>Rights and respect (Y2)</b></p> <ul style="list-style-type: none"> <li>• Getting on with others</li> <li>• When I feel like erupting <ul style="list-style-type: none"> <li>• Feeling safe</li> <li>• Playing games</li> </ul> </li> <li>• Harold saves for something special <ul style="list-style-type: none"> <li>• Harold goes camping (OPTIONAL)</li> </ul> </li> <li>• How can we look after our environment?</li> </ul> <p><b>Growing and changing (Relationship Education)</b></p> <ul style="list-style-type: none"> <li>• A helping hand</li> <li>• Sam moves away</li> <li>• Haven't you grown!</li> <li>• My body, your body <ul style="list-style-type: none"> <li>• Respecting privacy</li> </ul> </li> <li>• Some secrets should never be kept</li> </ul>	<p><b>Rights and respect (Y4)</b></p> <ul style="list-style-type: none"> <li>• Who helps us stay healthy and safe? <ul style="list-style-type: none"> <li>• It's your right</li> </ul> </li> <li>• How do we make a difference? <ul style="list-style-type: none"> <li>• In the news!</li> </ul> </li> <li>• Safety in numbers</li> <li>• Harold's expenses (OPTIONAL) <ul style="list-style-type: none"> <li>• Why pay taxes?</li> </ul> </li> <li>• Logo quiz (OPTIONAL)</li> </ul> <p><b>Growing and changing (Relationship Education)</b></p> <ul style="list-style-type: none"> <li>• Moving house</li> <li>• My feelings are all over the place! <ul style="list-style-type: none"> <li>• All change!</li> </ul> </li> <li>• Preparing for changes at puberty (formerly Period positive/preparing for periods) <ul style="list-style-type: none"> <li>• Secret or surprise? <ul style="list-style-type: none"> <li>• Together</li> </ul> </li> </ul> </li> </ul>	<p><b>Rights and respect (Y6)</b></p> <ul style="list-style-type: none"> <li>• Two sides to every story <ul style="list-style-type: none"> <li>• Fakebook friends</li> <li>• What's it worth?</li> </ul> </li> <li>• Jobs and taxes (OPTIONAL)</li> <li>• Happy shoppers - caring for the environment</li> <li>• Action stations! (OPTIONAL) <ul style="list-style-type: none"> <li>• Project Pitch (parts 1 &amp; 2) (OPTIONAL)</li> <li>• Democracy in Britain 1 - Elections</li> <li>• Democracy in Britain 2 - How (most) laws are made</li> </ul> </li> <li>• Community art (OPTIONAL)</li> </ul> <p><b>Growing and changing (Relationship Education)</b></p> <ul style="list-style-type: none"> <li>• I look great!</li> <li>• Media manipulation</li> <li>• Pressure online</li> <li>• Helpful or unhelpful? Managing change <ul style="list-style-type: none"> <li>• Is this normal?</li> <li>• Making babies</li> </ul> </li> <li>• What is HIV? (OPTIONAL)</li> </ul>
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<p><b>Autumn term 22</b></p>	<p><b>Me and My relationships (R)</b></p> <ul style="list-style-type: none"> <li>• All about me</li> <li>• What makes me special</li> <li>• Me and my special people <ul style="list-style-type: none"> <li>• Who can help me? <ul style="list-style-type: none"> <li>• My feelings</li> <li>• My feelings (2)</li> </ul> </li> </ul> </li> </ul> <hr/> <p>E-Safety- Keeping myself safe (LLF week)</p> <ul style="list-style-type: none"> <li>• Keeping safe online</li> <li>• People who help to keep me safe</li> </ul>	<p><b>Me and My relationships (y1)</b></p> <ul style="list-style-type: none"> <li>• Why we have classroom rules</li> <li>• How are you listening?</li> <li>• Thinking about feelings <ul style="list-style-type: none"> <li>• Our feelings</li> </ul> </li> <li>• Feelings and bodies <ul style="list-style-type: none"> <li>• Good friends</li> </ul> </li> </ul>	<p><b>Me and My relationships (y3)</b></p> <ul style="list-style-type: none"> <li>• As a rule</li> <li>• Looking after our special people</li> <li>• How can we solve this problem?</li> <li>• Tangram team challenge (OPTIONAL) <ul style="list-style-type: none"> <li>• Friends are special <ul style="list-style-type: none"> <li>• Thunks</li> <li>• Dan's dare</li> </ul> </li> </ul> </li> <li>• My special pet (OPTIONAL)</li> </ul>	<p><b>Me and My relationships (y5)</b></p> <ul style="list-style-type: none"> <li>• Collaboration Challenge! <ul style="list-style-type: none"> <li>• Give and take</li> </ul> </li> <li>• Communication (OPTIONAL)</li> <li>• How good a friend are you? <ul style="list-style-type: none"> <li>• Relationship cake recipe <ul style="list-style-type: none"> <li>• Our emotional needs <ul style="list-style-type: none"> <li>• Being assertive</li> </ul> </li> </ul> </li> </ul> </li> </ul>
<p><b>Spring term 23</b></p>	<p><b>Being my best (R)</b></p> <ul style="list-style-type: none"> <li>• Bouncing back when things go wrong <ul style="list-style-type: none"> <li>• Yes, I can!</li> </ul> </li> <li>• Healthy eating</li> <li>• My healthy mind</li> <li>• Move your body</li> <li>• A good night's sleep</li> </ul>	<p><b>Being my best (Y1)</b></p> <ul style="list-style-type: none"> <li>• I can eat a rainbow <ul style="list-style-type: none"> <li>• Eat well</li> </ul> </li> <li>• Harold's wash and brush up <ul style="list-style-type: none"> <li>• Catch it! Bin it! Kill it!</li> </ul> </li> <li>• Harold learns to ride his bike <ul style="list-style-type: none"> <li>• Pass on the praise!</li> </ul> </li> <li>• Inside my wonderful body! (OPTIONAL)</li> </ul>	<p><b>Being my best (Y3)</b></p> <ul style="list-style-type: none"> <li>• Derek cooks dinner! (healthy eating) <ul style="list-style-type: none"> <li>• Poorly Harold</li> <li>• Body team work <ul style="list-style-type: none"> <li>• For or against?</li> <li>• I am fantastic! <ul style="list-style-type: none"> <li>• Top talents</li> </ul> </li> </ul> </li> </ul> </li> <li>• Getting on with your nerves! (OPTIONAL)</li> </ul>	<p><b>Being my best (Y5)</b></p> <ul style="list-style-type: none"> <li>• It all adds up! <ul style="list-style-type: none"> <li>• Different skills</li> </ul> </li> <li>• My school community (2) <ul style="list-style-type: none"> <li>• Independence and responsibility <ul style="list-style-type: none"> <li>• Star qualities?</li> </ul> </li> </ul> </li> <li>• Basic first aid, including Sepsis Awareness</li> </ul>
<p><b>Summer term 23</b></p>	<p><b>Rights and respect (R)</b></p> <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 <ul style="list-style-type: none"> <li>• Caring for our world</li> </ul> </li> </ul>	<p><b>Rights and respect (Y1)</b></p> <ul style="list-style-type: none"> <li>• Harold has a bad day</li> <li>• Around and about the school</li> <li>• Taking care of something <ul style="list-style-type: none"> <li>• Harold's money</li> </ul> </li> <li>• How should we look after our money?</li> </ul>	<p><b>Rights and respect (Y3)</b></p> <ul style="list-style-type: none"> <li>• Helping each other to stay safe <ul style="list-style-type: none"> <li>• Recount task</li> </ul> </li> <li>• Our helpful volunteers <ul style="list-style-type: none"> <li>• Can Harold afford it? <ul style="list-style-type: none"> <li>• Earning money</li> </ul> </li> </ul> </li> </ul>	<p><b>Rights and respect (Y5)</b></p> <ul style="list-style-type: none"> <li>• What's the story? <ul style="list-style-type: none"> <li>• Fact or opinion?</li> </ul> </li> <li>• Mo makes a difference</li> <li>• Rights, respect and duties <ul style="list-style-type: none"> <li>• Spending wisely <ul style="list-style-type: none"> <li>• Lend us a fiver!</li> </ul> </li> </ul> </li> <li>• Local councils (OPTIONAL)</li> </ul>

- Looking after money (1): recognising, spending, using
- Looking after money (2): saving money and keeping it safe

**Growing and changing (Relationship Education)**

- Seasons
- Life stages - plants, animals, humans
- Life Stages: Human life stage - who will I be?
  - Where do babies come from?
    - Getting bigger
- Me and my body - girls and boys

- Basic first aid

**Growing and changing (Relationship Education)**

- Healthy me
- Then and now
- Taking care of a baby
  - Who can help? (2)
- Surprises and secrets
- Keeping privates private

- Harold's environment project
- Let's have a tidy up! (OPTIONAL)

**Growing and changing (Relationship Education)**

- Relationship tree
  - Body space
- None of your business!
  - Secret or surprise?
  - My changing body
    - Basic first aid

**Growing and changing (Relationship Education)**

- How are they feeling?
- Taking notice of our feelings
  - Dear Ash
- Growing up and changing bodies
  - Changing bodies and feelings
- Help! I'm a teenager - get me out of here!
- Dear Hetty (OPTIONAL)