



# PSHCE Curriculum

# PSHCE Themes

## Relationships

This theme covers how to build, maintain, and navigate safe and respectful connections with others. It includes:

- **Families and friendships:** The importance of stable relationships, different family structures and handling conflict.
- **Positive relationships:** Characteristics of healthy friendships, respect and recognising/handling peer pressure. Understanding consent and boundaries.
- **Challenging negativity:** Recognising and addressing bullying, prejudice, and unhealthy relationship behaviours.



## Living in the Wider World

This theme prepares pupils for their role in society, focusing on economics, careers, and citizenship. It includes:

- **Economic wellbeing:** Financial capability, managing money, and understanding the impact of financial decisions.
- **Careers and work:** Exploring employment rights, workplace responsibilities and future career choices.
- **Citizenship and community:** Rights and responsibilities, community cohesion and protecting the environment.
- **Media literacy:** Navigating online information, understanding digital footprints, and recognizing online risks.

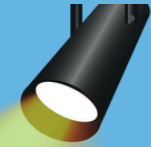


## Health and Wellbeing

This theme focuses on making healthy choices and developing both physical and mental resilience. It includes:

- **Mental health and emotional wellbeing:** Identifying emotions, self-esteem, body image, and coping strategies.
- **Physical health:** The importance of a balanced diet, exercise, and healthy sleep habits.
- **Safety and risk:** First aid, emergency life-saving skills, and general personal safety.
- **Substances:** The facts about legal and illegal drugs, alcohol, and tobacco.
- **Growing and changing:** Puberty





Bereavement and  
Loss

Social Media

Road Safety

Inappropriate Touch

Consent

Knife Crime

Rail Safety

**Spotlights**

County Lines

Accepting  
Consequences

Safeguarding

Oral Hygiene

Internet Safety

NSPCC

Water Safety

Homophobia

First Aid

Oral Hygiene

# Nursery



1. What are the school rules?
2. Awareness  
How should I react in different situations? - Anti-Bullying Week
3. Why is sharing important?

1. Who can I ask for help?
2. How can I take care of myself?
3. How can I help others?

1. Awareness :What food is healthy?-  
British Healthy Eating Week
2. What do I like and dislike?
3. Where is special to me?

## Relationships

AUTUMN  
1



1. How do I feel?
2. Who are my important people?
3. Why is oral hygiene important?
4. Awareness  
World Mental Health Day
5. Awareness Assembly  
Show Racism the Red Card - Assembly
6. Awareness Assembly  
Snacktember

AUTUMN  
2

## Living in the Wider World

SPRING  
1



1. What am I good at?
2. How can I be a good friend?
3. Awareness  
Children's Mental Health Week.
4. Awareness Assembly  
Safer Internet Day

SPRING  
2

## Health and Wellbeing

SUMMER  
1



1. Awareness: How can I manage my emotions? -  
Mental Health Awareness Week
2. Road Safety
3. Am I the same as my friends?

SUMMER  
2



# Nursery

## Enrichment and Resources

- Visit from headteacher - school rules
- Odd socks, 'Meesha makes friends focus



- Visits from People who Help Us -links with the local police, fire, lollypop patrol etc.
- Snack time focus each week - learn a new skill - Putting on/taking off cardigans and jumpers
- Putting on/taking off coats and zipping
- Hand washing accurately
- Links to healthy food - cookery activity, e.g. fruit kebabs -
- Roles in the classroom - chiefs of areas to tidy, chief of giving out snack, chief of line etc. We can help others by carrying out our roles effectively.

- Healthy Eating
- Likes and Dislikes



## Relationships

AUTUMN 1



- Stay and play - who are my important people?
- Dentist visit
- Contact for resources, offers workshops (sharing, PSED through play):
- Wellbeing Workshop EYFSs: Strengthening Wellbeing Together CIC

AUTUMN 2

## Living in the Wider World

SPRING 1



- Circle time -
- Talking about what your friends are good at, writing on post it notes and sticking them around an image of the child's face.
- Zones of Regulation - snack time focus



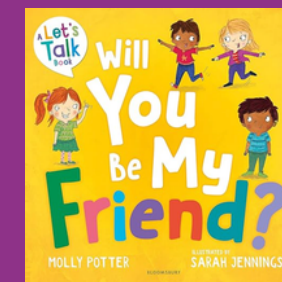
SPRING 2

Healthy Eating

SUMMER 1



- Circle time -
- Video about Road Safety



SUMMER 2

## Health and Wellbeing

# REC



1. Class Circle Time
2. Awareness : Anti Bullying Week
3. What are my likes and dislike? Why?
4. How can I keep myself clean?
5. Awareness :Human Rights Day
6. No Outsiders: I can understand that it's ok to like different things.

1. Class Circle Time
2. Are all our opinions and needs the same?
3. Awareness Neurodiversity Week
4. Why is exercise important?
5. Is physical touch appropriate?
6. No Outsiders Are all our families the same?

1. Class Circle Time
2. Awareness British Healthy Eating Week
3. How can I stay safe on the road?
4. What will change when I go to year 1?
5. How can I look after myself if I am hurt? (Basic First Aid)
6. No Outsiders I can celebrate my family.

## Relationships

AUTUMN 1



1. Class Circle Time
2. Zones of Regulation
3. How do I take turns?
4. What is my daily routine?
5. No Outsiders I can say what I think respectfully
6. Awareness World Mental Health Day
7. Awareness Assembly Show Racism the Red Card

AUTUMN 2

## Living in the Wider World

SPRING 1



1. Class Circle Time
2. What emotions can I feel?
3. Who should we contact in an emergency?
4. No Outsiders I can make friends with different people.
5. Awareness Children's Mental Health Week
6. Awareness Assembly Safer Internet Day - Assembly

SPRING 2

## Health and Wellbeing

SUMMER 1



1. Class Circle Time
2. How can I stay safe in exposure to the sun?
3. What can I do independently and with support?
4. Awareness : Mental Health Awareness Week
5. How can I look after my oral hygiene?
6. How can I help others?

SUMMER 2

# REC

## Enrichment and Resources

Sharing our favourites day. All children share their 'favourite food' with the class. Teacher to organise buying some of the foods for children to try and share how they feel.

[Human Rights Video](#)

[Human Rights Day: Activities to explore human rights with 3-5 year olds](#)



[Resources for Neurodiversity Week](#)

[Activate with Joe - Joe Wicks children's exercise videos](#)



[Road Safety - Slow Down for Bobby charity](#)



## Relationships

AUTUMN 1



[Show Racism the Red Card training](#)

'Relax hour' - mindfulness session with the children, low stimulating activities, 'spa' environment

[Wellbeing Workshops in Liverpool](#)

AUTUMN 2

## Living in the Wider World

SPRING 1



[Friendship Bracelet making.](#)

Visits from People who Help Us - Fire/Police/Ambulance service - circle time to explore how we contact these services

[Safer Internet Day](#)



SPRING 2

## Health and Wellbeing

SUMMER 1



[Dental Hygiene video for children](#)

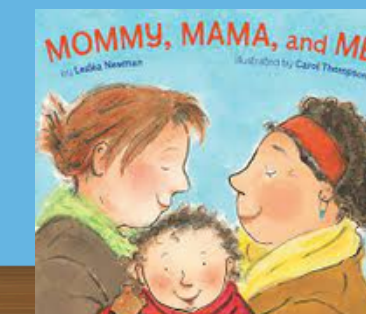
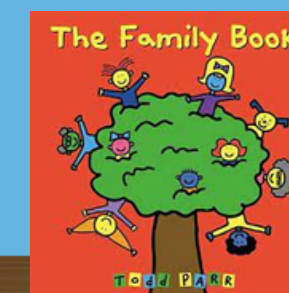
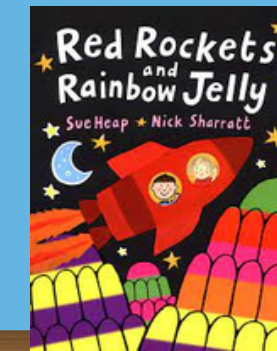
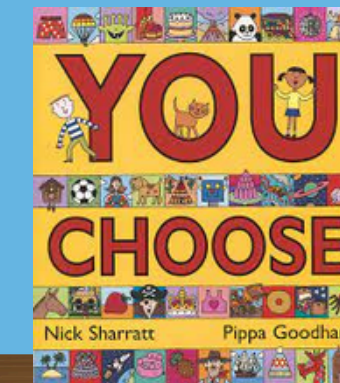
SUMMER 2



## Reception

In the Early Years Foundation Stage we introduce No Outsiders with the simple message that we are all different, that's ok and that we can all still be friends. In You Choose and Red Rockets and Rainbow Jelly children are encouraged to think about how we all like different things but that we still like each other. Hello Hello shows different animals of varying shapes and colours but all say hello to each other and leave nobody out. The Family Book shows different types of family whilst Mummy, Mama and Me helps children understand some families have two mums (or two dads). In Blue Chameleon a lonely chameleon tries to make friends by changing colour to match the colours of others. At the end, he Chameleon realises you can be yourself and you don't have to change to make friends.

## No Outsiders Books





# Year 1



1. How can I enjoy myself on the playground?
2. Awareness : Anti Bullying Week
3. Are secrets and surprises the same?
4. No Outsiders: I can play with boys and girls
5. Awareness Human Rights Day
6. PD Reflection and Pupil Voice

1. How can I stay safe online? (inc. online bullying)
2. How should I conduct myself in a range of situations?
3. Awareness: Neurodiversity Week
4. No Outsiders: Is everyone in the United Kingdom the same?
5. What do we spend money on?
6. PD Reflection and Pupil Voice

1. How can I have a healthy lifestyle?
2. No Outsiders: I understand I share the world with different people
3. How do we change as we grow?
4. How does change affect how I feel?
5. PD Reflection and Pupil Voice

## Relationships

AUTUMN 1



1. Zones of Regulation
2. No Outsiders : I can like me just the way I am
3. Friendships (link to loneliness)
4. Is every family the same?
5. Awareness: World Mental Health Day
6. Awareness Assembly: Show Racism the Red Card
7. Awareness Assembly: Snacktember
8. PD Reflection and Pupil Voice

AUTUMN 2

## Living in the Wider World

SPRING 1



1. Do my actions always have consequences?
2. How can I look after the local environment?
3. No Outsiders: I can recognise that people are of different ages.
4. Awareness Children's Mental Health Week
5. Awareness Assembly Safer Internet Day
6. PD Reflection and Pupil Voice

SPRING 2

## Health and Wellbeing

SUMMER 1



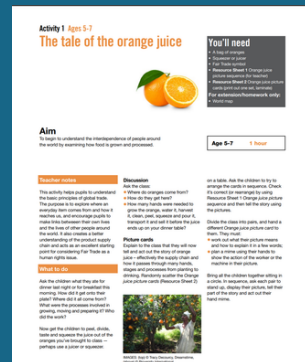
1. How can I keep myself safe on the road?
2. No Outsiders: I am proud to be me.
3. Awareness: Mental Health Awareness Week
4. How can I stay physically healthy
5. How can I keep myself clean? What do I need to use?
6. PD Reflection and Pupil Voice

SUMMER 2

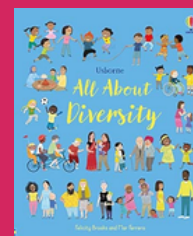
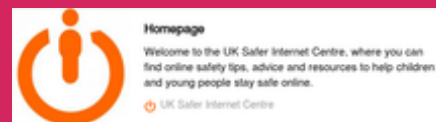
# Year 1

## Enrichment and Resources

Introduce new toys or board games  
Bully busters



<https://www.bbc.co.uk/bitesize/articles/z2dsp4j>



Bring in baby photos of yourself  
Food tasting day followed by  
exercise and mindfulness.

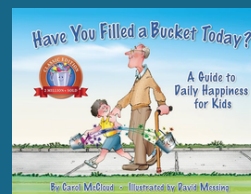


## Relationships

AUTUMN  
1



Bucket filling activity  
World mental health day =  
Yoga,  
Invite CAHMS in for mental  
health  
Local police officers come in  
to talk to children about  
racism



AUTUMN  
2

## Living in the Wider World

SPRING  
1



Invite the local council to do an  
environmental walk.  
Invite grandparent in or staff with  
grandchildren talking about their  
hobbies and things they like to do  
now at an older age.  
Yoga session, mindfulness  
colouring, read story about  
emotions,

SPRING  
2

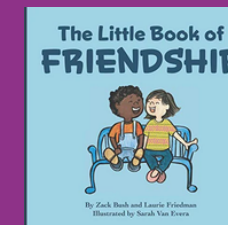
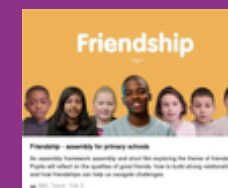
## Health and Wellbeing

SUMMER  
1



[https://www.youtube.com/watch?v=YghJ\\_gnPq4](https://www.youtube.com/watch?v=YghJ_gnPq4)

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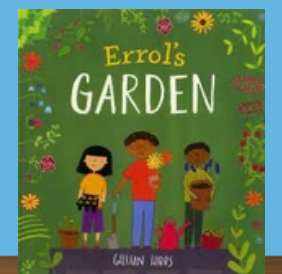
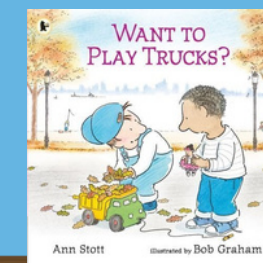
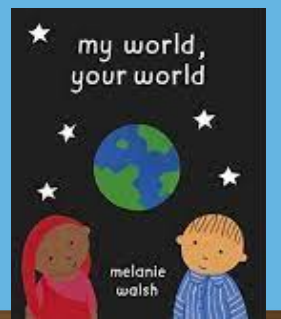
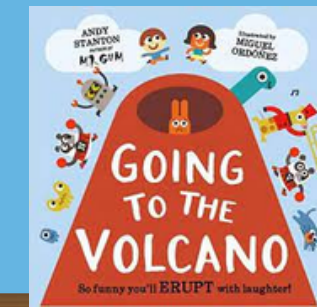
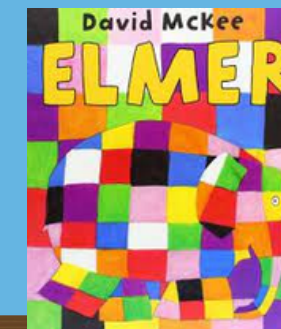




## Year 1

In Year 1 we develop the understanding of difference to consider ways in which we might be different and how that can make you feel. In Elmer an elephant decides to hide his difference, but realises at the end he should celebrate it. Going to the Volcano shows a huge range of different characters working together so that no one is left out. Want to Play Trucks? focuses on conversations between Jack and Alex, one of whom likes to play with dolls and the other with trucks, showing children how they might find solutions to conflict and subtly exploring gender expectations at the same time. Hair, It's a Family Affair encourages children to celebrate their family and the ways their family might be different. My World Your World explores how two children are different before finding a way they are similar. In Errol's Garden Errol knocks on his very diverse set of neighbours' doors asking for help and everyone joins in!

## No Outsiders Books





# Year 2



1. How can I stay safe around fire?
2. Awareness: Anti Bullying Week
3. How can we manage conflict? (link to violence)
4. How do my special people care for me?
5. Awareness: Human Rights Day
6. PD Reflection and Pupil Voice

1. What is the difference between needs and wants?
  2. Where does money come from?
  3. Awareness: Neurodiversity Week
  4. How can I be resilient?
  5. No Outsiders
- I can work with everyone in my class.
6. PD Reflection and Pupil Voice

1. Are boys and girls the same?
2. Basic First Aid
3. How can I keep myself clean?
4. What are my body parts called?
5. PD Reflection and Pupil Voice

## Relationships

AUTUMN  
1



1. Zones of Regulation
2. No Outsiders : I can think about what makes a good friend
3. Which groups and communities do I belong to?
4. How can we make friends? (link to loneliness)
5. Awareness: World Mental Health Day
6. Awareness Assembly Show Racism the Red Card
7. Awareness Assembly
8. PD Reflection and Pupil Voice

AUTUMN  
2

## Living in the Wider World

SPRING  
1



1. No Outsiders
- I can understand what diversity is.
2. How do I use the internet safely?
  3. No Outsiders: I can understand what makes someone feel proud.
  4. Awareness: Children's Mental Health Week
  5. Awareness Assembly Safer Internet Day
  6. PD Reflection and Pupil Voice

SPRING  
2

## Health and Wellbeing

SUMMER  
1



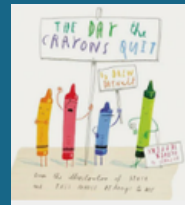
1. How can I stay safe in the sun?
  2. Why is sleep important?
  3. Awareness
- Mental Health Awareness Week
4. What are the risks in my environment?
  5. How can people's feelings and bodies hurt? (Including physical contact)
  6. PD Reflection and Pupil Voice

SUMMER  
2

# Year 2

## Enrichment and Resources

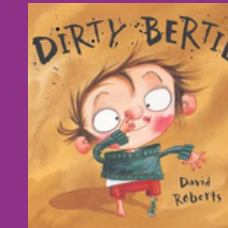
Have the fire department come into school  
Bully Busters  
<https://www.bbc.co.uk/bitesize/articles/zrwd4xs>  
[https://www.youtube.com/watch?v=tw\\_nQ4x19Eo](https://www.youtube.com/watch?v=tw_nQ4x19Eo)  
How to apologise by David La Rochelle



Spending versus saving, and needs versus wants - BBC Teach  
Money matters | KS1 Citizenship | Primary - BBC Bitesize  
How to Teach Kids About Money | Money Lessons for Kids | NatWest  
Have an accountant come into school and talk to the children  
Roald Dahl's Marvellous Children's Charity's Phizz-whizzing Workshops: Resilience  
I Am Courage, A Book Of Resilience - Read Aloud  
<https://youtu.be/WF35I1J1Ay4>  
NO Blown Away by Rob Biddulph

Keeping myself clean

Are boys and girls the same?



Basic first aid

What are the body parts called?



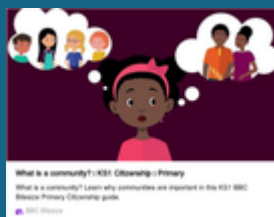
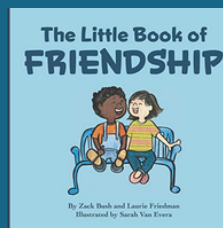
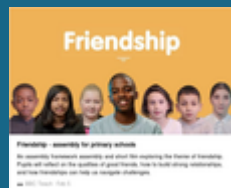
## Relationships

AUTUMN 1



[https://www.youtube.com/watch?v=YghJ\\_gnPq4](https://www.youtube.com/watch?v=YghJ_gnPq4)

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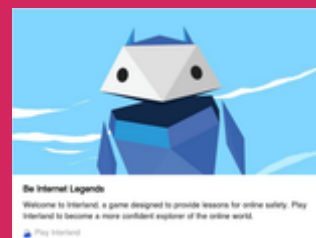


## Living in the Wider World

SPRING 1



NSPCC Visits



SPRING 2



## Health and Wellbeing

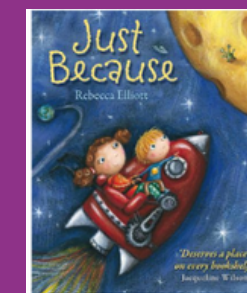
SUMMER 1



Sun Safety



No Outsiders

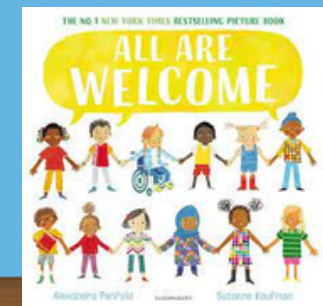
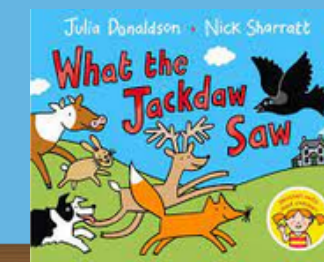
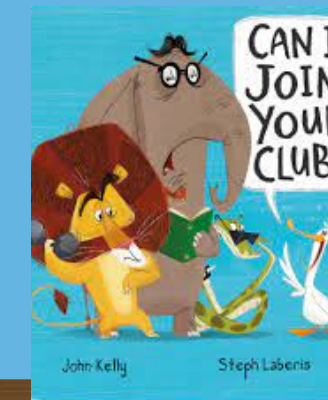




## Year 2

Can I Join Your Club? explores how Duck feels when animals exclude him from their clubs for not being like them. Duck sets up his own club and everyone is welcome, regardless of the animal noises they make. How to be a Lion shows children that not all lions behave in the same way. Leo is gentle and makes friends with a duck. This book is the first in the scheme to explore peer pressure to behave in a certain way as the other lions tell Leo to be 'more lion'. Children are encouraged to empathise with Leo and find a solution. The Great Big Book of Families is a celebration of diversity in the UK today; there are families represented but there are also houses, schools, jobs, festivals. It's a great way to introduce the word 'diversity' and its meaning. I was overjoyed to find Amazing as it's a snapshot of friendship where the main character uses a wheelchair but the disability is never mentioned, allowing us to demonstrate it's not an issue. What the Jackdaw Saw is a subtle way to promote awareness of communication needs, as to ensure all the animals can understand him, the jackdaw learns to sign with his wings. Finally, All Are Welcome feels like it was written for a No Outsiders lesson; I could not have asked for a better representation of the ethos for six-year-olds! The text shows us a diverse class of children with diverse families who come to school, where everyone is welcome.

## No Outsiders Books





# Year 3



1. Attendance
  2. Is all bullying the same?
  3. Awareness: Anti Bullying Week
  4. What makes a healthy friendship?
  5. No Outsiders
- How can I respect differences in myself and others?
6. Awareness
- Human Rights Day
7. PD Reflection and Pupil Voice

1. Is everything we see online real?
2. What are the dangers online? (inc. online identify fraud)
3. Awareness: Neurodiversity Week
4. No Outsiders: I can recognise a stereotype.
5. Careers- linked to stereotypes
6. PD Reflection and Pupil Voice

1. Risks of a poor diet
2. How can I look after my physical health and hygiene?
3. Healthy and unhealthy habits
4. Staying safe on holiday
5. PD Reflection and Pupil Voice

## Relationships

AUTUMN  
1



1. Zones of Regulation
- Do I always feel the same emotions?
2. Are all families the same?
  3. What's important in family relationships?
  4. No Outsiders
- I understand how being different can affect someone
5. Awareness: World Mental Health Day
  6. Awareness Assembly: Show Racism the Red Card - Assembly
  7. Awareness Assembly: Snacktember
  8. PD Reflection and Pupil Voice

AUTUMN  
2

## Living in the Wider World

SPRING  
1



1. How are rules made in the United Kingdom?
  2. Why should we save money?
  3. No Outsiders
- I can find a solution to a problem.
4. Awareness
- Children's Mental Health Week
5. Awareness Assembly
  6. PD Reflection and Pupil Voice

SPRING  
2

## Health and Wellbeing

SUMMER  
1



1. Why is personal space important?
2. What affects my mental health?
3. Mental Health Awareness Week
4. Are males and females the same?
5. No Outsiders : I can help others.
6. PD Reflection and Pupil Voice

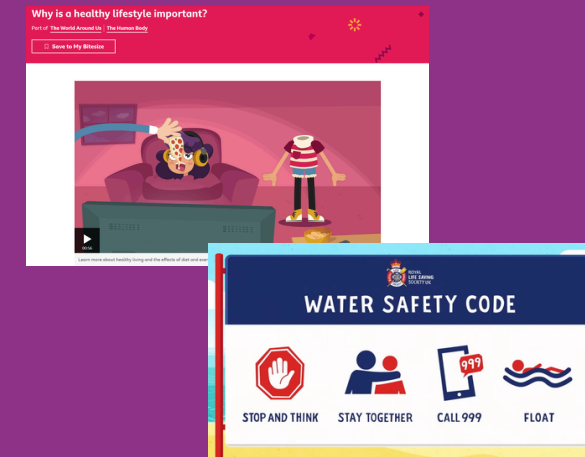
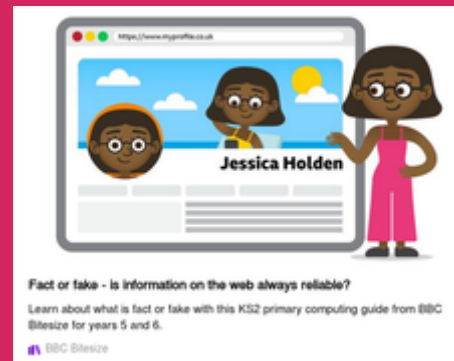
SUMMER  
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# Year 3

## Enrichment and Resources



<https://anti-bullyingalliance.org.uk/anti-bullying-week-2025>



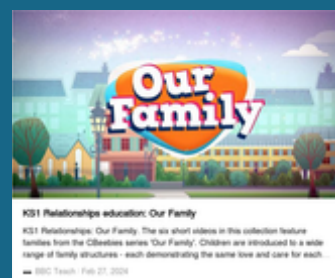
## Relationships

AUTUMN  
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- School nurse visit



AUTUMN  
2

## Living in the Wider World

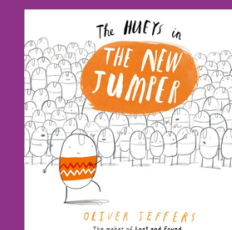
SPRING  
1



'Our class' relationships lesson pack  
[anti-bullyingalliance.org.uk](https://anti-bullyingalliance.org.uk)

SPRING  
2

SUMMER  
1

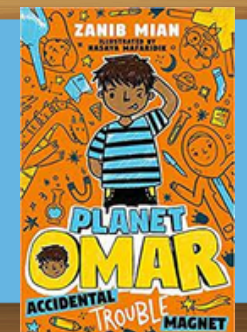
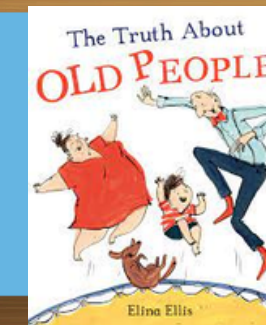
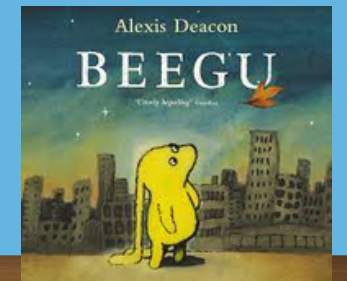


SUMMER  
2

## Year 3

In This is our House George shuts people out and gives reasons why: because they wear glasses because they are girls because they like tunnels. When is pointed out to George that he has red hair and could also face discrimination the penny drops, this house is for everyone! We're all Wonders is a beautiful story about a boy with a facial disfigurement. He is bullied and he dreams of running away. What would happen in our school? The children are asked to consider what would we say if heard someone being unkind. Beegu gives children an opportunity to explore reasons why the main character, an alien crash landed on earth, feels like an outsider some characters in the story. Stereotypes are explored in The Truth about Old People. What is a stereotype? How do we recognise a stereotype and what can we do if we hear someone being discriminatory? In The Hueys in the New Jumper the Hueys are all the same but one day Rupert knits an orange jumper. This causes much constellatation and Rupert is treated as an outsider until others learn it's okay to be different. Planet Omar: Accidental Trouble Magnet provides opportunities for discussion about stereotypes, racism, islamophobia, bullying or boundless mental health is also reference. Does a central character has an imaginary friend.

## No Outsiders Books





# Year 4



1. Respectful relationships  
Inc bullying (Boundaries/ assertiveness)
2. Awareness  
Anti Bullying Week
3. Is it ok to share a secret?
4. No Outsiders  
I can find common ground
5. Awareness: Human Rights Day
6. PD Reflection and Pupil Voice

1. What is the role of charitable institutions?
2. Money/Careers
3. Awareness: Neurodiversity Week
4. Is the online world reliable?
5. Online safety inc age restrictions
6. PD Reflection and Pupil Voice

1. How do I stay safe out in the community?
2. Are illnesses always physical?
3. What are legal and illegal substances?
4. How do our bodies change as we grow? (Intro to puberty)
5. PD Reflection and Pupil Voice

## Relationships

## Living in the Wider World

## Health and Wellbeing

AUTUMN  
1



1. Zones of Regulation  
Why do I feel different emotions?
2. Positive healthy relationships
3. Can I trust everyone?
4. How can change, loss and bereavement affect me?
5. Awareness: World Mental Health Day
6. Awareness Assembly: Show Racism the Red Card
7. Awareness Assembly: Snacktember
8. PD Reflection and Pupil Voice

AUTUMN  
2

SPRING  
1



1. Is it ok to have different views?
2. Community living
3. What is anti-social behaviour and the consequences of it?
4. Awareness: Children's Mental Health Week
5. Awareness Assembly  
Safer Internet Day - Assembly
6. PD Reflection and Pupil Voice

SPRING  
2

SUMMER  
1



1. What are the benefits of an active lifestyle?
2. How do the characteristics of a poor diet impact dental health?
3. Awareness  
Mental Health Awareness Week
4. When is physical contact acceptable?
5. What are my strengths?
6. PD Reflection and Pupil Voice

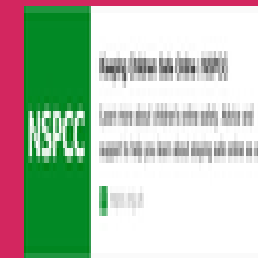
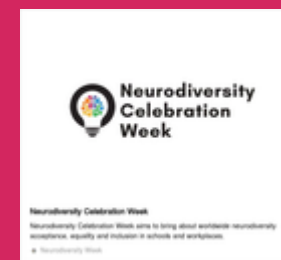
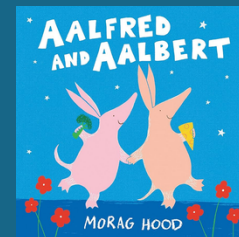
SUMMER  
2

# Year 4

## Enrichment and Resources

Friendship & bullying KS1-2  
lesson pack  
[https://drive.google.com/drive/folders/1BJwCnSJD5IA83jBF-928zEYHp79kPngj?usp=drive\\_link](https://drive.google.com/drive/folders/1BJwCnSJD5IA83jBF-928zEYHp79kPngj?usp=drive_link)

Awareness Day -  
Odd Socks Day



[https://drive.google.com/drive/u/1/folders/11TVGnUq7e\\_955AtKx1lQAjPBcEAZ44QE](https://drive.google.com/drive/u/1/folders/11TVGnUq7e_955AtKx1lQAjPBcEAZ44QE)



## Relationships

AUTUMN  
1



Winston's Wish

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[https://drive.google.com/file/d/1NfmZU47eAdFiwpvBMHmsdCaT0uXpCSPF/view?usp=drive\\_link](https://drive.google.com/file/d/1NfmZU47eAdFiwpvBMHmsdCaT0uXpCSPF/view?usp=drive_link)

AUTUMN  
2

## Living in the Wider World

SPRING  
1



[https://www.childline.org.uk/info-advice/?in\\_type=under12service](https://www.childline.org.uk/info-advice/?in_type=under12service)

[https://drive.google.com/drive/folders/1HMDhvX6LLm\\_9aVVICYNTaOrlYF0ZwjHM](https://drive.google.com/drive/folders/1HMDhvX6LLm_9aVVICYNTaOrlYF0ZwjHM)



<https://www.childline.org.uk/kids>

SPRING  
2

## Health and Wellbeing

SUMMER  
1



Awareness Week - Mental Health  
Awareness Week

Pol-Ed - How do my choices help  
keep my healthy?  
<https://www.pol-ed.co.uk/lessons/year-groups/year-4/subjects/wellbeing>

NSPCC PANT:  
<https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/S>

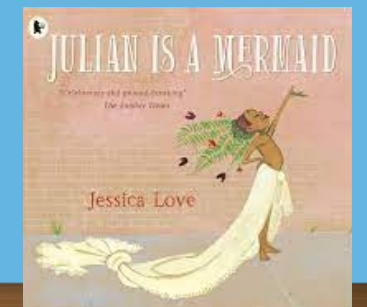
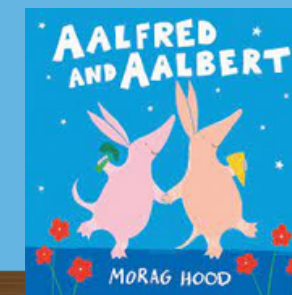
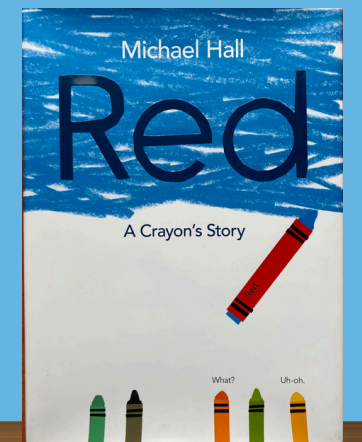
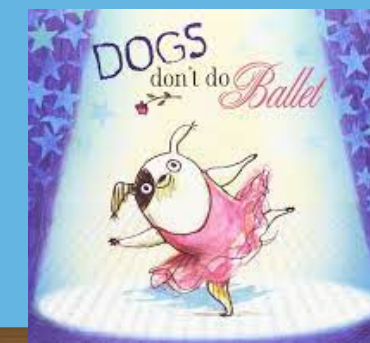
SUMMER  
2



## Year 4

Along Came a Different provides opportunity to discuss attitudes towards race and racism. The red shapes don't like the blue shapes. Who in turn don't like the yellow shapes or the red shapes. At the key point of the story, the shapes draw up a set of segregation rules which give us a class basis to work from what do we think of these rules? In Dogs Don't Do Ballet everyone tells a dog that he can't be a ballerina but he proves in the end you can be what you want to be, In Red: A Crayon Story a crayon who looks red can only colour in blue. This is very distressing for him as he knows he should be read but he cannot get it 'right'. This tale is a fantastic stimulus for discussion about identity and expectations and for teaching children to be who you are. Aalfred and Aalbert gently shows how two aardvarks get together, helped by a small bluebird. Some children may realise the aardvarks in the story are two males, but that is not the focus of the lesson plan. Rather, the focus is recognising loneliness choosing to help others finding common ground and understanding how companionship affects mental health. When Sadness Comes to Call explores how to recognise feelings of sadness and their impact. Finally, Julian is a Mermaid tells a story of a small boy wanting to be a mermaid. The reader is lead to believe his Grandma is going to tell him off for dressing up but, instead, she supports and helps him.

## No Outsiders Books





# Year 5



1. Attendance
2. Awareness: Anti Bullying Week
3. Is bullying the same as banter?
4. Is the United Kingdom diverse? Link discrimination
5. Awareness Human Rights Day
6. No Outsiders I can explore the meaning of friendship
7. PD Reflection and Pupil Voice

1. What consequences can come from knife crime? (Ben Kinsella resource)
2. Habits online including gaming
3. Awareness: Neurodiversity Week
4. Sustainability
5. Additional lesson??
6. PD Reflection and Pupil Voice

1. Why is consent important?
2. Are male and female puberty changes the same?
3. Benefits of exercise/ risks Protected characteristics
4. No Outsiders: Why is race equality important?
5. PD Reflection and Pupil Voice

## Relationships

AUTUMN 1



1. Zones of Regulation How can I manage conflicting emotions?
2. Who might influence my actions?
3. Are stereotypes right?
4. No Outsiders: I can justify my actions. Rose Blanche
5. Awareness Days World Mental Health Day
6. Awareness Assembly Show Racism the Red Card - Assembly
7. Awareness Assembly Snacktember - Assembly
8. PD Reflection and Pupil Voice

AUTUMN 2

## Living in the Wider World

SPRING 1



1. I can recognise when someone needs help.
2. What role will money play in my future life?
3. How can the internet impact my life?
4. Awareness: Children's Mental Health Week
5. Awareness Assembly: Safer Internet Day
6. PD Reflection and Pupil Voice

SPRING 2

## Health and Wellbeing

SUMMER 1



1. How can sleep impact me?
2. How will puberty affect me?
3. Awareness: Mental Health Awareness Week
4. What can impact my body image?
5. No Outsiders : How to recognise early signs of physical illness?
6. PD Reflection and Pupil Voice

SUMMER 2

# Year 5

## Enrichment and Resources

### Friendship and bullying lesson packs

EYFS, KS1-2, KS3-4 and SEND lesson packs to help you cover this vital statutory topic.

[pshe-association.org.uk](https://www.pshe-association.org.uk)

Lesson packs to help pupils make and maintain respectful friendships and safely respond to bullying incidents. PSHE Association membership is required to access this resource (which we do have).

- [Article](#) about knife crime
- [Video](#) about Sustainability

- [Ideas](#) for healthy eating and learning to cook.



## Relationships

AUTUMN  
1



- [Video](#) about Racism the Red Card

AUTUMN  
2



## Living in the Wider World

SPRING  
1

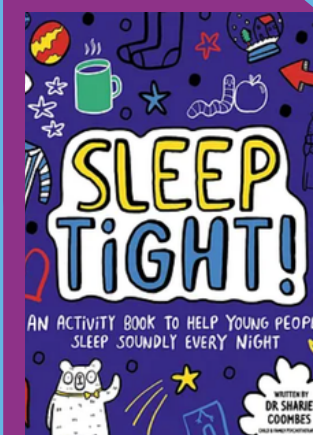


- [Video](#) about Cost of Living crisis and the implications for children.
- [Tax Facts for children](#)

SPRING  
2

## Health and Wellbeing

SUMMER  
1



[Mental Health Awareness Week](#)

SUMMER  
2

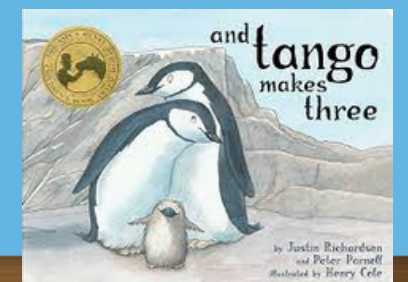
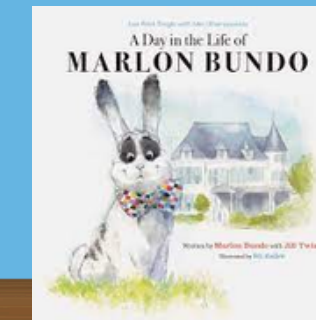
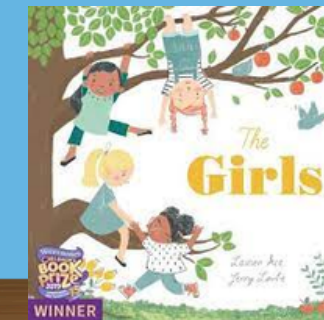
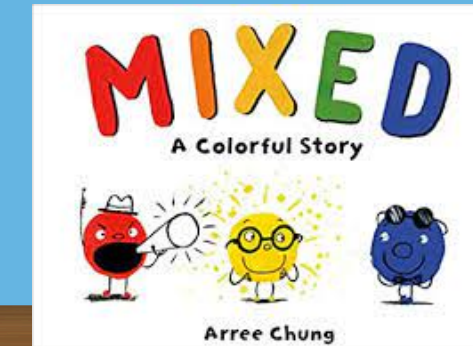
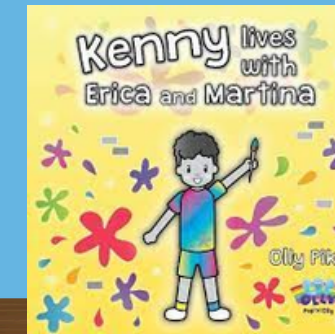


## Year 5

Kenny Lives with Erica and Martina is a book that focuses on attitudes towards LGBT+ people and homophobia to tell a story of a family who are literally made into outside as when a wall is built to block them from the street. Rose Blanche is a beautifully illustrated story through the eyes of a young girl in Nazi occupy territory. Rose doesn't understand why the behaviour of people around her changes and when she meets children in a concentration camp she decides to help them.

Mixed leads on from Along Came a Different in year 4. This time the colours construct physical walls and fences to segregate people of different race. When two different colours fall in love, their example serves as a force to alter perceptions. How to Heal a Broken Wing is an Amnesty International book that shows a boy choosing the help of fallen bird. He is the only one to stop and help we return to the concept first raised in year three of choosing to be or not to be a bystander. The Girls provides both a positive representation of different gender but also a stimulus for discussing friendship and recognising the importance of companionship. The story therefore, provides another mental health reference and there is also a subtle LGBT+ moment. And Tango Makes Three is a story about a loving family of penguins adopting a chick and the family happens to consist of two males. The lesson plan for this book highlights the book being banned in some territories and children are encouraged to ask why? In doing this, we recognise that there are differences of opinion in the world about LGBT+ equality. The activity in the plan encourages children to make up their own minds.

## No Outsiders Books





# Year 6



1. What is a stable, loving and appropriate relationship? (inc civil partnerships, Marriage Act 2013 (boundaries, consent assertiveness)
2. Awareness: Anti Bullying Week
3. What choices will I make in grown up relationships?
4. No Outsiders Lesson  
I can stand up to discrimination
5. Awareness: Human Rights Day
6. PD Reflection and Pupil Voice

1. Is the information shared in the media reliable?
2. Why do people use social media and how can social media impact your mental wellbeing?
3. Awareness Day: Neurodiversity Week
4. What are the risks in the community? (inc. gangs and anti social behaviour)
5. What is radicalisation and extremism?  
PD Reflection and Pupil Voice

1. How can I protect my right to keep my body from harm? (inc. FGM)
2. What is puberty? Puberty Boys/Girls focus
3. No Outsiders: To promote diversity
4. Transition
5. PD Reflection and Pupil Voice

## Relationships

AUTUMN  
1



1. Zones of Regulation  
How can I deal with conflicting emotions?
2. Should stereotypes be challenged?
3. Should I do a dare?
4. Awareness Day: World Mental Health Day
5. Awareness Assembly: Show Racism the Red Card
6. Awareness Assembly: Snacktember
7. No Outsiders :I can stand up to racism.
8. PD Reflection and Pupil Voice

AUTUMN  
2

## Living in the Wider World

SPRING  
1



1. What is tax?
2. What consequences can come from borrowing money?
3. Why do people have different attitudes towards money and how to spend it?
4. Awareness: Children's Mental Health Week
5. Awareness Assembly: Safer Internet Day
6. What is bullying? (inc. online, peer on peer abuse, homophobic bullying)
7. PD Reflection and Pupil Voice

SPRING  
2

## Health and Wellbeing

SUMMER  
1



1. What are allergies, immunisations and vaccinations?
2. How can drugs and tobacco affect my health?inc Vaping
3. Awareness Days  
Mental Health Awareness Week
4. How can I stay safe online?
5. Should I send photographs online?
6. PD Reflection and Pupil Voice

SUMMER  
2

# Year 6

## Enrichment and Resources

- [Healthy Relationships](#)
- [BullyBusters](#)
- Anti Bullying books: [Books](#)



- Understanding the media - BBC Bitesize
- Fact or fake - is information on the web always reliable? - BBC Bitesize
- Social Media and Mental Health | Tips and Advice | Young Minds
- Social media and mental health | Barnardo's
- <https://www.neurodiversityweek.com/>
- Neurodiversity and books | BookTrust
- Criminal exploitation and gangs | NSPCC
- Radicalisation and child protection | NSPCC Learning

- No Outsiders - <https://no-outsiders.com/>
- [Puberty support](#)
- [Transition](#)
- [Transition Support](#)



## Relationships

AUTUMN  
1



[Training and Workshops - Show Racism the Red Card](#)

Visit from local police to discuss anti-social behaviour

AUTUMN  
2



## Living in the Wider World

SPRING  
1



- Tax Facts: free resources for teachers and parents - GOV.UK
- Saving and borrowing: the costs and benefits of interest - BBC Teach
- Exploring money attitudes | LifeSkills
- <https://www.bbc.co.uk/bitesize/articles/zfvwjsg>
- <https://anti-bullyingalliance.org.uk/https://www.booktrust.org.uk/book-recommendations/booklists/books-about-bullying-for-8-12s/>

SPRING  
2

## Health and Wellbeing

SUMMER  
1



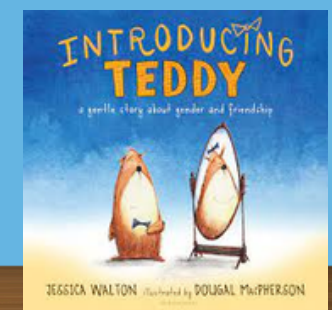
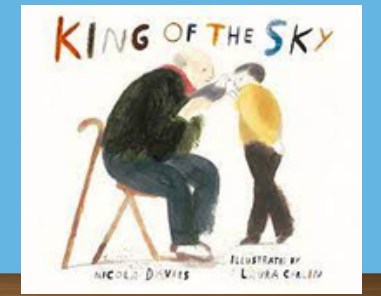
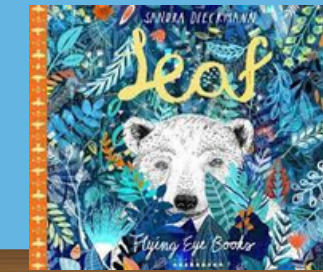
- Mental Health Awareness week - <https://www.mentalhealth.org.uk/explore-mental-health>
- Smoking and Vaping- <https://www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/vaping-to-quit-smoking/vaping-myths-and-the-facts/>
- Online Safety - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

SUMMER  
2

## Year 6

The year six books have a theme of acceptance. King of the Sky explores feelings of being an outsider from the perspective of a young refugee boy. He forms a friendship with an elderly man who teaches the boy to work with homing pigeons through the pigeons. In The Only Way is Badger a badger builds a wall across the forest and instructs the other animals to 'be more badger' if they do not, they are thrown over the wall. The ending of the story provides much material for discussion about consolatory behaviour and consequence of actions. Leaf describes fears about the unknown and lack of confidence to find out. A polar bear arrives on an island and rather than taking talking to him, the other animals hide and talk about him. This theme is revisited in The Island, which is the powerful study of the power one group of people have over another and the dire consequences of prejudice. Introducing Teddy is about teddy bear who comes out as trans halfway through the story. All of teddy's friends except her as Tilly, no one questions. The final book in the scheme A Day in the Life of Marlon Bondo provides a fantastic opportunity to talk about democracy, prejudice and LGBT plus equality.

## No Outsiders Books





## Here to Help: UK Helplines for You.



**NSPCC**

(National Society for the Prevention  
of Cruelty to Children)

**0800 1111**

For worries about  
a child's safety.  
Free & confidential.



**Childline**

**0800 1111**

Talk about anything,  
anytime. 24/7.  
Free & confidential.



**YoungMinds  
Crisis Messenger**  
**Text YM to 85258**

For urgent help with  
your mental health.  
Free 24/7 text support.



**Emergency  
Services & 111**  
**999 & 111**

Call 999 for emergencies.  
Call 111 for medical advice.  
Free & confidential.

Remember, you are not alone. Reach out, someone is always there to listen.

Every lesson begins with a discussion about where children could go to for help and our ground rules.

### Ground Rules



Know you can speak to a  
trusted adult at any time.



Questions might not get  
answered straight away



Everyone has the right to be heard  
and respected.



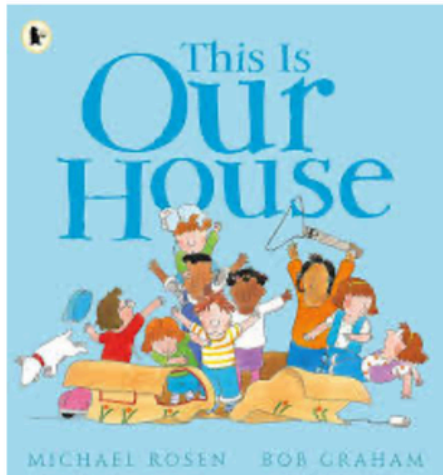
Speak for yourself. Don't refer to  
others by name.



# Year 1

## Example Materials

### Listen to the story

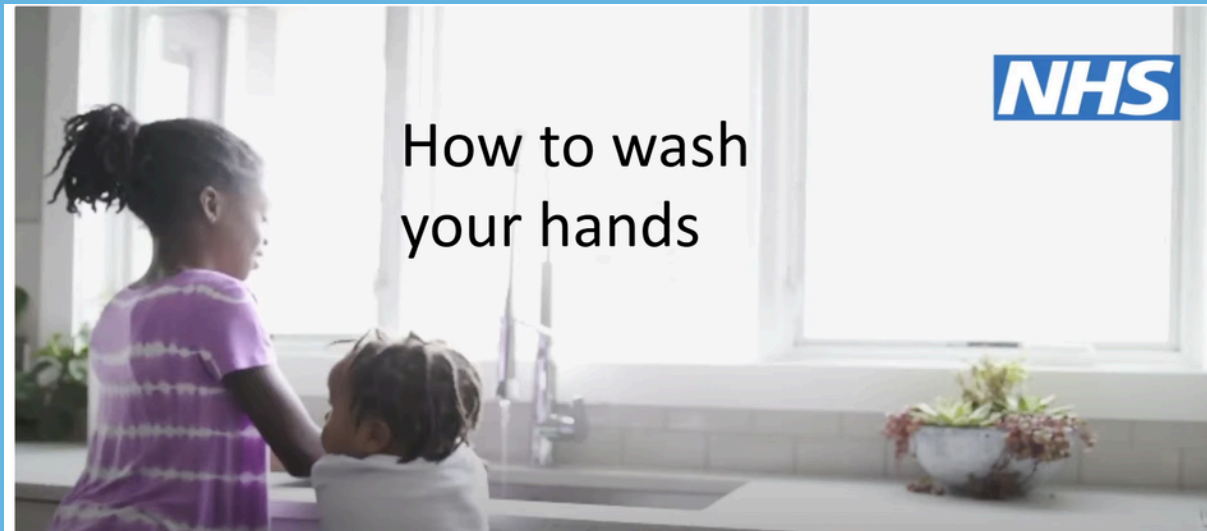


Think about:

- How does the boy treat his friends?
- How do his friends feel?
- Do you think they will want to be his friend?
- How does the boy feel about being left out of the house?
- Do you think the children will want to be his friend at the end?

<https://youtu.be/iQa04z0fCSw?si=ZzHi65Yhiib8O1vZ>

### How to wash your hands



[https://youtu.be/d3EPLfzNM\\_Q?si=cVguY1fR8oms1WdN](https://youtu.be/d3EPLfzNM_Q?si=cVguY1fR8oms1WdN)

### Independent Learning

Diversity means we should celebrate our differences.  
What makes you unique?

I am unique because...

**Today's key vocabulary:** respect diverse community  
unique difference similarity

### Information

Lots of the things we do to keep our bodies healthy, help us keep our minds healthy too. We should always listen to our thoughts and feelings, so we are able to look after them.

The 5 Ways to Wellbeing show us how we can look after our body and mind.



Watch this video:

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>

### Reflection

Why is it important to look after your environment?

Can you make a class pledge that you will try to do one of these things?

### Paired Task

Lots of you enjoy spending time on the playground because you can play games with your friends and relax.

What games can we play outside?

Draw pictures and label the games we can play during break/lunch time.



**Today's key vocabulary:**  
playground play respect games conflict

# Year 2

## Example Materials

### Class Role Play

Do you want to play with me?

Are you okay?

You can go first.



### Independent Task

What positive thoughts can we have when faced with challenge?

I won't give up!

I will try a new way of doing it because I believe in myself.

There is no one better to be than myself.

I am enough.

I get better every single day.

I am an amazing person.

All of my problems have solutions.

Today I am a leader.

I forgive myself for my mistakes.

My challenges help me grow.

I choose my own attitude.

I'm choosing to have an amazing day.

I will ask for help.

I will try again once I have practiced.

### Think, Pair, Share



- What is a job? Give an example.
- Why do people go to work?
- How do people get paid for working?
- Where do people keep their money?

#### key vocabulary:

money   source   spend   save   earn   salary

### Discussion



How do these images demonstrate a positive and good personal hygiene?

I think...

I believe...

The images show...

Firstly, I think that...

### Reflection



Why do we need to stay safe in the sun?

How do we stay safe in the sun?

What are the 5 sun safety rules?

### Information



#### TIP #1

Keep your sparkly sparkler safely **away** from other people and don't run with them.



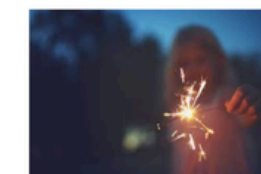
#### TIP #2

Once sparklers are finished, put them into a bucket of water, **don't** pick them back up.



#### TIP #3

Wear your gloves when you hold sparklers and **keep them away from** your body.



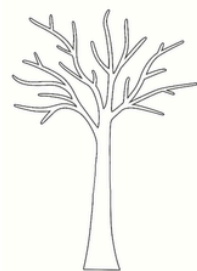


# Year 3

## Example Materials

### Independent Task

Create your family tree.



Who is in your family?

How is your family different or similar to your partners?

### Reflection

1. Should you share your personal information with online friends?
2. Should you meet up with strangers?
3. Should you tell an adult that you trust if you are worried?



### Independent Learning

Look at the '5 ways to wellbeing' poster. Using this, decide on 5 different ways you could look after your own mental health. Give examples of how this would make you feel.



### Watch

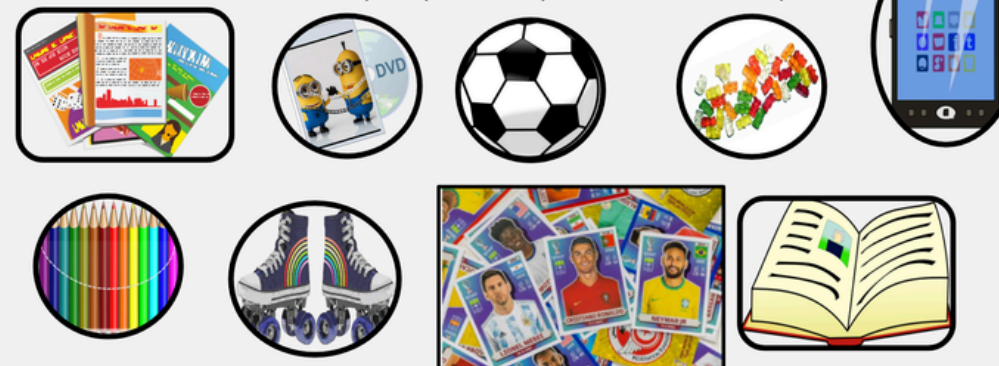
Listen to this video to find out how laws are made:



### Discussion

Saving up ...

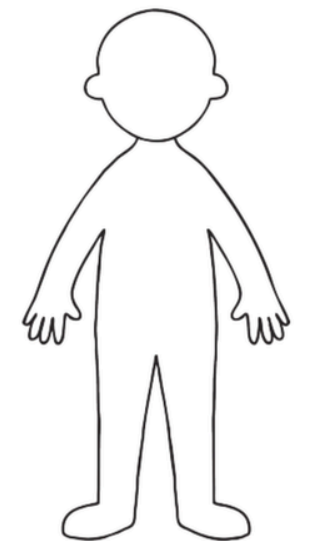
Which of these would you probably need to save up for?



My partner believes that..

### Paired Task

Work in pairs to record the impacts of an unhealthy habit on your body



# Year 4

## Example Materials

### Discussion

Think back to a time that someone said something that hurt you.

How did it make you feel?

Were you angry, or upset?

Did you go over and over it in your mind?

Maybe you shed a tear while talking about it to a friend, or maybe you bottled it up and kept your feelings to yourself.



### Reflection



HELP

What are the greatest dangers of trusting everything you read and see online?



Identity

Achievements

Improvements

Aspirations

### Discussion

What are the hazards and dangers in our community?

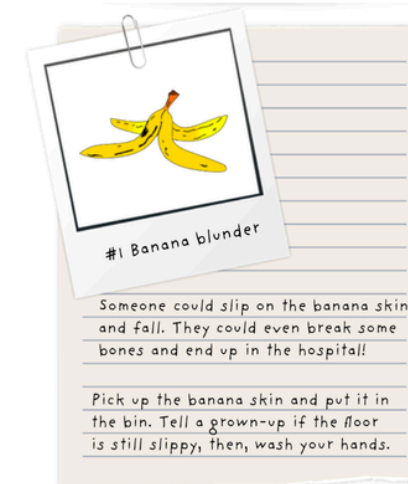
To help, think about the school environment, school grounds and the area where you live.



I believe \_\_\_\_\_, because...

### Task

Choose a hazard we have discussed today. Describe the risk and what could go wrong. Explain how you could manage the risk and why it is important to follow safety rules.





# Year 5

## Example Materials

### Discussion

When we work with others, it's called **cooperation**.

Can you think of a time when you have cooperated with your friends?

Can you think of a time where you did not want to cooperate with your friends?



#### Today's key vocabulary:

influence behaviour positive negative role-model

### Information

Ethnic diversity has made our society rich in culture and contributed to our economic, social and democratic development.

Can you imagine our country without all the amazing food, music, dance, sports, fashion and people that diversity brings?



#### Individual Liberty

Everyone is d\_\_\_\_\_ and we should respect them.

We all have the f\_\_\_\_\_ to our own ideas, no matter how different they may be.

#### The Rule of Law

The UN Declaration of H\_\_\_\_\_ R\_\_\_\_\_ says that we should all be treated f\_\_\_\_\_.

#### Mutual Respect and Tolerance

Although we do not have the same b\_\_\_\_\_ or values, we r\_\_\_\_\_ and listen to each other.

#### Democracy

We all make d\_\_\_\_\_ together and can e\_\_\_\_\_ our opinion.



#### Word Bank

|            |         |         |              |
|------------|---------|---------|--------------|
| difference | fairly  | freedom | Human Rights |
| decisions  | opinion | respect | beliefs      |

### Independent Task

#### What role will money play in my future life?

You have £20

Decide which of the following actions you would take and explain why.

1. Spend it
2. Save it for a future goal
3. Gamble it
4. Spend it on currency for your favourite game

There is no right or wrong answer, but you must consider the risks of each choice.



#### Today's key vocabulary:

finances interest annual percentage rate (APR) loan debt

### Discussion

John keeps on asking his dad for the brand new Xbox Series X for his birthday. His dad hasn't said yes.

John later overhears his dad saying to his mum, "How are we going to afford that? We already have a lot of debt!".

#### Task:

What does John's dad mean by this?

#### Challenge:

- Define the term 'debt'.
- Is debt a bad thing? What do you think? Explain your ideas.

Can you explain \_\_\_\_\_ in more detail?  
Is there another way to look at this?  
How did you come to that conclusion?



#### Today's key vocabulary:

finances interest annual percentage rate (APR) loan debt

### Sleep helps the brain function



#### A good night's sleep helps...

##### Memory

Overnight, information moves from short-term to long-term memory.

##### Decision making

Our ability to think and make decisions is improved during sleep.

##### Concentration and mood

While asleep, activity in the brain improves a person's focus.

NHS

# Year 6

## Example Materials

### Reflection

What are the ways that we can manage dares and peer pressure within school?



### Discussion

Are some people better at managing their money than others?

I think...  
I believe...  
Firstly, I think that...



### Reflection

You can touch everyone the same way.

Do you agree?

Share your thought on your post-it.



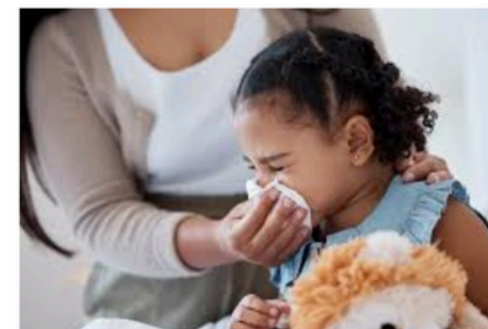
If you need someone to talk to ...we are here to listen and help you !!

Support and Resources



### Allergies

These occur when a person's body reacts to substances in the environment that are harmless to most people.



### Task

Case Study 1



Toots and Wilfrid walk home from school together every day. On Fridays they stop at a chip shop to treat themselves. Toots has borrowed £2.00 from Wilfrid for the last three weeks to get chips, but although she tries to find the money, she cannot pay Wilfrid back at the moment. Toots doesn't want to ask her parents as they already give her money for food every day. Wilfrid is Toots' best friend, but she owes him £6.00. Toots thinks that maybe she could wait until she receives her birthday money, next month, and then pay Wilfrid back.

Is Toots in a bad situation? \_\_\_\_\_

Do you think her plan will work out? \_\_\_\_\_

Why? \_\_\_\_\_

