

**Trinity All Saints CE Primary School**

**Overview of PSHE**

PSHE and wellbeing long-term plan based on 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 Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Whole school theme</b>	Valuing Difference	Being my Best	Me and my Relationships	Growing and Changing	Keeping Myself Safe	Rights and Responsibilities
<b>EYFS Cycle A and B</b>	Similarities and difference Celebrating difference Showing kindness	Keeping my body healthy – food, exercise, sleep Growth Mindset	What makes me special People close to me Getting help	Cycles Life stages Girls and boys – similarities and difference	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money
<b>Year 1 and 2 Cycle A</b>	Recognising, valuing and celebrating difference Developing respect and accepting others	Growth Mindset Healthy eating Hygiene and health Cooperation	Feelings Getting help Classroom rules Special people Being a good friend	Getting help Becoming independent My body parts Taking care of self and others	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

	Bullying and getting help					
<b>Year 1 and 2 Cycle B</b>	Being kind and helping others Celebrating difference People who help us Listening Skills	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Life cycles Dealing with loss Being supportive Growing and changing Privacy	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending
<b>Year 3</b>	Recognising and respecting diversity Being respectful and tolerant My community	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets	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
<b>Year 4</b>	Recognising and celebrating difference (including religions and cultural difference) Understanding	Having choices and making decisions about my health Taking care of my environment My skills and interests	Healthy relationships Listening to feelings Bullying Assertive skills	Body changes during puberty Managing difficult feelings Relationships including marriage	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

	and challenging stereotypes					
<b>Year 5</b>	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Managing difficult feelings Managing change How my feelings help keeping safe Getting help	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending
<b>Year 6</b>	Recognising and celebrating difference Recognising and reflecting on prejudice based bullying Understanding Bystander behaviour Gender stereotyping	Aspirations and goal setting Managing risk Looking after my mental health	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Coping with changes Keeping safe Body Image Sex education Self-esteem	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 Understanding democracy