

PSHE Scheme of Work – Primary Year 1

Citizenship and Economic Wellbeing	Relationships Education / Growing Up	Healthy Lifestyles	Staying Safe
Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement
School Rules - Know and Follow Rules Book	My Body - naming the body parts - same and different	Needle Safety Household products and medicines Links with School Nurse	Stranger Danger Links with Jet & Ben (Police)
Respect - I Don't Care Book Scenarios & Role Play	Daily Routine - Keeping clean	Sun Safety - Sun cream, hats, glasses etc...	People who can help me? - recognise professionals / Role Play
Honesty - It Wasn't Me Book Scenarios and Role Play	Families and Care my family network (around my hand) My family is important because...	Dental Hygiene - teeth cleaning - loosing teeth Links with Dentist & School Nurse	Road Safety - zebra crossing - crossing patrol - traffic lights
Responsibility - I'll Do It Book Scenarios and Role Play	Same and Different I'm ok being Different Book Class Survey	Managing Feelings Role Play what they look like and how to manage them	First Aid -Emergency situations
Money Matters - Saving Money - Set a target to save for	Friendships What do they look like How do they make you feel Why are you a good friend?	Diet & Exercise - healthy eating (draw a plate) - Exercise (What is it)	Risk Taking - What is a risk? - How do we prevent?
Environment - Recycling - Litter	Tummy Bugs & Butterflies - Identify & manage feelings - Secret / surprise what's the difference	Body Image - What will I look like in 10 / 20/ 50 years?	Hazards - What are they? - How do we make them safe?
What is Community? - Display of local area, visit to local place Links available with library, community centre, religious buildings etc...	Bullying / Teasing - What is it? - Is it right or wrong? - Where can you get help / how can you help?	Personal Hygiene / Germ Spreading - hand washing Links with school nurse	Fire Safety - Fireworks Links with Fire Safety
Summative Assessment I can statements... I think / feel / believe I know...	Summative Assessment I can statements... I think / feel / believe I know...	Summative Assessment I can statements... I think / feel / believe I know...	Summative Assessment I can statements... I think / feel / believe I know...

PSHE Scheme of Work – Primary Year 2

Citizenship and Economic Wellbeing	Relationships Education / Growing Up	Healthy Lifestyles	Staying Safe
Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement
Rules - Create an imaginary place and rules to go with it, why do we need to have them?	My Body - Name body parts - Identify personal hygiene routine	Household Safety How do we know if household products and medicines are dangerous <i>Links with School Nurse</i>	Stranger Danger - What is the difference between a stranger and someone you know, who should we trust? <i>Links with Jet & Ben (Police)</i>
Respect - What is it and how can we show it? Scenarios & Role Play	Life Cycle - What are your needs now - What will they be later	Sun Safety - How are you sun safe?	People who can help me? - Which people do what?
Honesty - What are the consequences of not being honest? Scenarios and Role Play	Families and Care - What is family? - Different family units (class survey)	Dental Hygiene - teeth cleaning Lego bricks and flour, penny in cola etc... <i>Links with Dentist & School Nurse</i>	Road Safety - When is it safe to cross?
Responsibility - How do you look after a pet and why?	Same and Different Giraffes Can't Dance Book - What is the moral of the story?	Diet and Exercise - How healthy are you? - Survey of what you ate last week link to homework	First Aid -Collapse / respond / 999
Money Matters - Where does it come from? - What is it used for?	Friendships - Why am I a good friend? - Friendship potion of qualities and attributes	Diet & Exercise - healthy eating (draw a plate) - Exercise (What is it)	Risk Taking - What is a risk? - How do we prevent?
Environment - What improves / what harms the local community?	Managing Feelings A Huge Bag of Worries Book - How to deal with worry / anxiety	Body Image - Who is your favourite celebrity and why? Discuss – is this realistic?	Hazards and Feeling Safe - Identify what a hazard is? - How do we make them safe?
What is Community? - What does it mean? - Poster competition <i>Links available with library, community centre, religious buildings etc...</i>	Bullying / Teasing - How might someone feel? - Who to ask for help? Hands are not for Hurting Book series	Personal Hygiene / Germ Spreading - Alien visit to earth, how do we keep clean?	Fire Safety - What is a fire risk in the room, why? <i>Links with Fire Safety</i>
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PSHE Scheme of Work – Primary Year 3

Citizenship and Economic Wellbeing	Relationships Education / Growing Up	Healthy Lifestyles	Staying Safe
Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement
Rules - Identify places that have rules - What are the rules and why do they exist?	My Body - Identifying personal space - Inappropriate touching Hula hoop game to demonstrate	Needle Safety / Household products - What do you do if... Links with School Nurse	Stranger Danger - What do you do if a stranger approaches you, in person or online?
Respect - How to you gain respect, why is it important?	Life Cycle -Link with science possibly Include ending of relationships / bereavement Links with St Teresa’s Hospice	Sun Safety - Why is it important - What are the consequences?	People who can help me? - Which person for which scenario and why?
Honesty - What are the consequences of not being honest? - Scenarios	Relationships - Identify and explore different kinds of relationships that exist	Dental Hygiene - Why is looking after teeth important? - What are the consequences? Links with Dentist & School Nurse	Road Safety - Bike safety
Responsibility - Link with playground buddy system as an examples, why does this exist? Scenarios and Role Play	Feelings - Identify a variety of feelings, how they impact on someone and what they can do about them	Diet / Healthy Eating - What is healthy and why is it important Display / posters	First Aid -Scenarios or role play, what to do when...
Money Matters - Why do we need to save money? - When I grow up I would like...	Feelings - Role play feelings in situations identified in previous session Spiders web activity or conscience alley could be useful	Exercise - Why is exercise important? - Who does / doesn’t class survey Link with PE / Numeracy	Risk Taking - What is a risk? - How do we prevent? (storyboard the outcomes)
Environment - What effects the environment, how can we help?	What is Special about Me? - complete or create sunshine or flower to highlight positive qualities and attributes in themselves.	Body Image - How do we describe humans to aliens?	Feeling Safe & Hazards - What are they? - How do we make them safe?
What is Community? - What groups are there in our community? Links available with library, community centre, religious buildings etc...	Bullying / Teasing - What is peer pressure? - Identify behaviour types	Personal Hygiene / Germ Spreading - What is a germ? What can they do? HPAC resources, hand washing UV light & germ powder	Fire Safety - What to do if you find a fire Links with Fire Safety
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PSHE Scheme of Work – Primary Year 4

Citizenship and Economic Wellbeing	Relationships Education / Growing Up	Healthy Lifestyles	Staying Safe
Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement
School Rules & Responsibilities - What are they and why do we have them?	My Body - Growing and changing recognising the life cycle	Drugs - What is legal / illegal? - What is the impact of using them? Links with School Nurse	Stranger Danger - Someone to tell if... Identify situations where you might need support about strangers and who you would go to
Democracy - What is it, how does it exist here? Links with school council	Life Cycle -how needs change, look at the needs of a baby, child, teenager, adult, OAP.	Smoking - What are the risks of smoking - What is passive smoking?	People who can help me? - Scenario based problem solving, I can go to ... for...
School Inspection Carry out a school inspection as pupils Molly Potter PSHE & Citizenship book p56	Relationships - Identify and explore different kinds of relationships that exist how relationships end and why including bereavement. Links with St Teresa's Hospice	Dental Hygiene - What is good? - What is bad? Links with Dentist & School Nurse	Road Safety - Train lines and level crossings
Can You Believe It? - Advertising, what is it? - What is it for?	Feelings - Scenario based activities around situations with feelings attached and how they impact on people - Link to the cycle of Self Esteem	Diet / Healthy Eating - Create a healthy eating plan	First Aid -Scenarios or role play, what to do when...
Money Matters - Where does it come from - What do we do with it?	Feelings - Identify positive qualities individually or as a group - I feel good when... etc. TTS Catalogue Say Something Special Mirror	Exercise - What kind of exercise do you do? - Who does / doesn't class survey Link with PE / Numeracy	Risk Taking - What is a risk? - Ladder of risk activity (storyboard the outcomes)
Environment - Discuss and debate issues that impact on the environment, locally, nationally and internationally.	Compliments - What are they? - Why are they important? - How do they make us feel?	Body Image - Create the ideal male / female this age and as adults what is realistic?	Feeling Safe & Hazards - What are they? - How do we make them safe?
Going Green - What does this mean? Link with Go Givers resources	Bullying - What is acceptable in a relationship? Link with Expect Respect Toolkit	Personal Hygiene / Germ Spreading - How do you keep clean? - Why is it important?	Fire Safety - Setting fires good or bad... Links with Fire Safety
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PSHE Scheme of Work – Primary Year 5

Citizenship and Economic Wellbeing	Relationships Education / Growing Up	Healthy Lifestyles	Staying Safe
Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement
School Rules & Responsibilities - What are they and why do we have them? - What are the consequences of not having them?	My Body - Growing and changing - Our bodies – including naming body parts & keeping clean Links with RESH Coordinator & School Nurse	Keeping Healthy - How can we keep healthy while our bodies change / develop?	Internet Safety - Cyberbullying Links with the police
Respect and Honesty - What is it, how does it exist here?	My Body - Physical and emotional changes in puberty Links with RESH Coordinator & School Nurse	Personal Hygiene - Why is it important, even more so during puberty? - How can we do it?	Internet Safety -Social Networking Link with JIGSAW resource from CEOP and Police
Democracy - What is it? - Where does it exist? Go Givers Website voting kit	Relationships - What is healthy / unhealthy? - It's ok to...	Puberty - What is it? - What changes and why?	Risk Taking - Scenario based risks to solve, base around dealing with peer pressure
Decision Making – Court Room Game Link Go Givers or Expect Respect Toolkit Yr 5 resource	Feelings - How do I feel about growing and changing, link with primary audit tools and Molly Potter KS2 resources	Diet / Healthy Eating - Why is healthy eating important - What are the long term implications?	People Who Can Help - What does my support network look like, who would I go to for...
Money Matters - Fundraising, why do we do it?	Body Image - How does the media affect how we feel about ourselves? - How does it portray men / women? Is it realistic?	Exercise - Why is it important? - What are the long term implications?	River Safety - What are the risks / consequences? - What do you do if...
Environment - What impact does the media have on how we treat the environment?	Anti Social Behaviour - What is it? - Local picture Links with the police / ABS team	Body Image - Create a collage of fantasy Vs reality from media images, what is realistic and what isn't, what impact does that have?	First Aid - Emergency situations including choking
Going Green - How can we do it as school & at home? Link with Go Givers resources	Bullying / Racism - What is it? - What is right or wrong?	Emotional Health & Well being - What does this mean? - How do you look after yours?	Fire Safety - What are the risks for you with fire? - How do we manage these? Links with Fire Safety
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PSHE Scheme of Work – Primary Year 6

Citizenship and Economic Wellbeing	Relationships Education / Growing Up	Healthy Lifestyles	Staying Safe
Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement
Rules & Responsibilities - What are they and why do we have them? - What are the consequences of not having them?	My Body - Growing and changing - Our bodies – including naming body parts & keeping clean Links with RESH Coordinator & School Nurse	Keeping Healthy - How can we keep healthy while our bodies change / develop? Create a display / campaign to inform others	Internet Safety - Cyberbullying - Risks and consequences Links with the police
Respect and Honesty - What is it, how does it exist for me?	My Body - Physical and emotional changes in puberty - Am I Normal? Resource Links with RESH Coordinator & School Nurse	Personal Hygiene - Why is it important, even more so during puberty? - How can we do it?	Internet Safety -Social Networking Are your friends your friends? Link with JIGSAW resource from CEOP and Police
Democracy - What is it? - Where does it exist? Go Givers Website voting kit	Relationships - What is healthy / unhealthy? - Create a Bill of Rights	Diet / Healthy Eating - Why is healthy eating important - What are the long term implications? Who is a health celebrity? - Do crash / fad diets work?	Internet Safety - Sharing photos - Privacy settings - Using chat networks
Decision Making – Court Room Game Link Go Givers or Expect Respect Toolkit Yr 5 resource	Feelings - Being sensitive to others, - Problem page scenarios	Smoking - Risks and dealing with peer pressure	Risk Taking & Transition - identify risks associated with moving to a new school and how to manage them, include dealing with peer pressure
Money Matters - When you gain it, what do you do with it?	Body Image - How does the media affect how we feel about ourselves? - How does it portray men / women? Is it realistic?	Exercise - Why is it important? - Create an exercise plan / programme	Victims - What is a victim - What to do if you are a victim
Environment - How does the media messages present information on the environment? - What impact does this have?	Anti Social Behaviour - What is it? - Local picture - Consequences / punishments Links with the police / ABS team	Drugs - Risks & consequences	Going Out - identify risks associated with being out alone / with friends and how to manage them - Emergency situations
Going Green - How can we do it as school & at home? Link with Go Givers resources	Bullying / Racism - What does it look like? - How do we prevent it?	Emotional Health & Well being - Recognising and managing stress	Preparing for Transition Links with local schools & Transition Choices
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