

PSHRE Curriculum 2 Year Rolling Programme – YEAR A

	Reception	Year 1/2	Year 3/4	Year 5/6
Me and My Relationships	All about me What makes me special Me and my special people Who can help me? My feelings My feelings (2)	Why we have classroom rules How are you listening? Thinking about feelings Our feelings Feelings and bodies Good friends	As a rule Looking after our special people How can we solve this problem? Tangram team challenge Friends are special Thunks Dan's dare My special pet	Collaboration Challenge! Give and take Communication How good a friend are you? Relationship cake recipe Our emotional needs Being assertive
Curriculum Enhancement	No Outsiders: To Make a New Friend Book: <i>Blue Chameleon</i> – Emily Gravett	No Outsiders: To find ways to play together Book: <i>Want to play tucks?</i> – Ann Stott, Bob Graham	No Outsiders: To be Welcoming Book: <i>Beegu</i> – Alexis Deacon	No Outsiders: To recognise when someone needs help Book: <i>How to Heal a Broken Wing</i> – Bob Graham
Valuing Difference	I'm special, you're special Same and different Same and different families Same and different homes I am caring I am a friend	Same or different? Unkind, tease or bully? Harold's school rules It's not fair! Who are our special people? Our special people balloons	Respect and challenge Family and friends My community Our friends and neighbours Let's celebrate our differences Zeb	Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true? Stop, start, stereotypes It could happen to anyone
Curriculum Enhancement	Kapow Wellbeing: Connect: Similarities and differences - To connect to others by understanding their similarities and differences No Outsiders: All Families are Different Book: <i>The Family Book</i> – Todd Parr	Kapow Wellbeing: Connect: Understanding others - To connect with others by showing empathy. No Outsiders: I Share the World with Lots of People Book: <i>My world, Your world</i> – Melanie Walsh	Kapow Wellbeing: Connect: Shared interests - To connect with others through shared interests. No Outsiders: To Understand what Discrimination means Book: <i>This is our House</i> – Michael Rosen	Kapow Wellbeing: Connect: Working together - To connect with others as part of a team. No Outsiders: To explore friendship Book: <i>The Girls</i> – Lauren Lee, Jenny Lovlie
Keeping Safe	What's safe to go onto my body Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings Keeping safe online	Super sleep Who can help? (1) Good or bad touches? Sharing pictures What could Harold do? Harold loses Geoffrey	Safe or unsafe? Danger or risk? The Risk robot Super Searcher Help or harm? Alcohol and cigarettes: the facts Raisin challenge (1)	Spot bullying Play, like, share 1 Decision dilemmas Ella's diary dilemma Vaping: healthy or unhealthy? Would you risk it? 'Thinking' about habits (OPTIONAL) Drugs: true or false? (OPTIONAL)

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	People who help to keep me safe			Smoking: what is normal? (OPTIONAL)
Curriculum Enhancement	<p>Kapow Wellbeing: Move: Being animals - To move like an animal</p> <p>No Outsiders: To Choose what I like Book: <i>You Choose</i> – Nick Sharrat, Pippa Goodheart</p>	<p>Kapow Wellbeing: Move: Gardening - To move to improve green space.</p> <p>No Outsiders: To Join in Book: <i>Going to the Volcano</i> – Andy Stanton</p>	<p>Kapow Wellbeing: Move: Motion detection - To move using motion detection.</p> <p>No Outsiders: To Understand what a bystander is Book: <i>We're All Wonders</i> – R.J Palacio</p>	<p>Kapow Wellbeing: Move: Adaptive sports - To move in adapted ways.</p> <p>No Outsiders: To consider consequences Book: <i>Kenny lives with Erica and Martina</i> – Olly Pike</p>
Rights and Respect	<p>Looking after my special people</p> <p>Looking after my friends</p> <p>Being helpful at home and caring for our classroom</p> <p>Caring for our world</p> <p>Looking after money (1): recognising, spending, using</p> <p>Looking after money (2): saving money and keeping it safe</p>	<p>Harold has a bad day</p> <p>Around and about the school</p> <p>Taking care of something</p> <p>Harold's money</p> <p>How should we look after our money?</p> <p>Basic first aid</p>	<p>Helping each other to stay safe</p> <p>Recount task</p> <p>Our helpful volunteers</p> <p>Can Harold afford it?</p> <p>Earning money</p> <p>Harold's environment project</p> <p>Let's have a tidy up!</p>	<p>What's the story?</p> <p>Fact or opinion?</p> <p>Mo makes a difference</p> <p>Rights, respect and duties</p> <p>Spending wisely</p> <p>Lend us a fiver!</p> <p>Local councils (OPTIONAL)</p>
Curriculum Enhancement	<p>Kapow Wellbeing: Give: Kind words - To give kind words</p> <p>No Outsiders: It's ok to like different things Book: <i>Red Rockets and Rainbow Jelly</i> – Sue Heap, Nick Sharrat</p>	<p>Kapow Wellbeing: Give: Sharing - To give through sharing.</p> <p>No Outsiders: To Work Together Book: <i>Errols Garden</i> – Gillian Hibbs</p>	<p>Kapow Wellbeing: Give: Appreciation - To give appreciation.</p> <p>No Outsiders: To recognise a stereotype Book: <i>The Truth about Old People</i> – Elina Ellis</p>	<p>Kapow Wellbeing: Give: Paying it forward - To give and receive kindness.</p> <p>No Outsiders: To exchange Dialogue and express an opinion Book: <i>And Tango makes Three</i> – Justin Richardson and Peter Parnell</p>
Being My best	<p>Bouncing back when things go wrong</p> <p>Yes, I can!</p> <p>Healthy eating</p> <p>My healthy mind</p> <p>Move your body</p> <p>A good night's sleep</p>	<p>I can eat a rainbow</p> <p>Eat well</p> <p>Harold's wash and brush up</p> <p>Catch it! Bin it! Kill it!</p> <p>Harold learns to ride his bike</p> <p>Pass on the praise!</p> <p>Inside my wonderful body! (OPTIONAL)</p>	<p>Derek cooks dinner! (healthy eating)</p> <p>Poorly Harold</p> <p>Body team work</p> <p>For or against?</p> <p>I am fantastic!</p> <p>Top talents</p> <p>Getting on with your nerves! (OPTIONAL)</p>	<p>It all adds up!</p> <p>Different skills</p> <p>My school community (2)</p> <p>Independence and responsibility</p> <p>Star qualities?</p> <p>Basic first aid, including Sepsis Awareness</p>
Curriculum Enhancement	<p>Kapow Wellbeing: Discover: Trying something new - To discover something new</p>	<p>Kapow Wellbeing: Discover: Making mistakes - To discover that it is good to make mistakes.</p>	<p>Kapow Wellbeing: Discover: Practice makes progress - To discover that practice makes progress.</p>	<p>Kapow Wellbeing: Discover: Growth mindset - To discover the benefits of having a growth mindset.</p>

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	and explore how it feels. No Outsiders: To Say Hello Book: <i>Hello, Hello</i> – Brendan Wenzel	No Outsiders: I Like the way I am Book: <i>Elmer</i> – David McKee	No Outsiders: To recognise and help an outsider Book: <i>The Hueys in the New Jumper</i> – Oliver Jeffers	No Outsiders: To consider responses to racist behaviour Book: <i>Mixed</i> – Arree Chung
Growing and Changing	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	Healthy me Then and now Taking care of a baby Who can help? (2) Surprises and secrets Keeping privates private	Relationship tree Body space None of your business! Secret or surprise? My changing body Basic first aid	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
Curriculum Enhancement	Kapow Wellbeing: Take notice: My surroundings - To take notice of the space around me No Outsiders: To Celebrate my Family Book: <i>Mommy, Mama and Me</i> – Leslea Newman, Carol Thompson	Kapow Wellbeing: Take notice: Sound - To take notice of feelings and emotions when listening to music. No Outsiders: Proud to be me Book: <i>Hair, It's a family Affair</i> – Mylo Freeman	Kapow Wellbeing: Take notice: Making a difference - To take notice of opportunities to make a positive change. No Outsiders: To consider living in Britain today Book: <i>Planet Omar: Accidental Trouble</i> – Zanib Mian	Kapow Wellbeing: Take notice: Others around me - To take notice of others. No Outsiders: To Justify my actions Book: <i>Rose Blanche</i> – Ian McEwan, Roberto Innocenti