

PSHRE Year A

	Reception	Year 1/2	Year 3/4	Year 5/6
Me and My Relationships	What makes me special People close to me Getting help	Feelings Getting help Classroom rules Special people Being a good friend	Cooperation Online rules & restrictions Online behaviours Friendship (respectful relationships) Coping with loss	Feelings Friendship skills, inc. compromise Assertive skills Cooperation Recognising emotional needs
Additional Lessons	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	Similarities & difference Celebrating difference Showing kindness	Recognising, valuing & celebrating difference Developing respect & accepting others Bullying & getting help	Recognising & respecting diversity Being respectful & tolerant My community Bullying inc online	Recognising & celebrating difference, inc. religions & cultural Critical digital awareness Online bullying & self esteem
Additional lessons	Kapow: 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: 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: 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: 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	Keeping my body safe Safe secrets & touches People who help to keep us safe	How our feelings can keep us safe – inc. online safety Safe & unsafe touches Medicine Safety Sleep	Managing risk Decision-making skills Drugs & their risks Staying safe online Digital literacy	Online safety Bullying inc online Norms around use of legal drugs (tobacco, alcohol) Decision-making skills
Additional Lessons	Kapow: : Move: Being animals - To move like an animal No Outsiders: To Choose what I like Book: <i>You Choose</i> – Nick Sharrat, Pippa Goodheart	Kapow: Move: Gardening - To move to improve green space. No Outsiders: To Join in Book: <i>Going to the Volcano</i> – Andy Stanton	Kapow: Move: Motion detection - To move using motion detection. No Outsiders: To Understand what a bystander is Book: <i>We're All Wonders</i> – R.J Palacio	Kapow: Move: Adaptive sports - To move in adapted ways. No Outsiders: To consider consequences Book: <i>Kenny lives with Erica and Martina</i> – Olly Pike
Rights and Respect	Looking after things: friends, environment, money	Taking care of things: Myself My money My environment	Helping & being helped Looking after the environment Managing money Developing critical thinking	My health rights, respect & duties Making a difference Decisions about lending, borrowing & spending Media manipulation Artificial intelligence

Additional Lessons	Kapow: Give: Kind words - To give kind words No Outsiders: It's ok to like different things Book: Red Rockets and Rainbow Jelly – Sue Heap, Nick Sharrat	Kapow: Give: Sharing - To give through sharing. No Outsiders: To Work Together Book: Errols Garden – Gillian Hibbs	Kapow: Give: Appreciation - To give appreciation. No Outsiders: To recognise a stereotype Book: The Truth about Old People – Elina Ellis	Kapow: Give: Paying it forward - To give and receive kindness. No Outsiders: To exchange Dialogue and express an opinion Book: And Tango makes Three – Justin Richardson and Peter Parnell
Being My best	Keeping my body healthy – food, exercise, sleep Growth Mindset	Growth Mindset Healthy eating Hygiene & health Cooperation	Keeping myself healthy & well Celebrating & developing my skills Developing empathy	Growing independence & taking ownership Keeping myself healthy Media awareness & safety My community
Additional Lessons	Kapow: Discover: Trying something new - To discover something new and explore how it feels. No Outsiders: To Say Hello Book: Hello, Hello – Brendan Wenzel	Kapow: Discover: Making mistakes - To discover that it is good to make mistakes. No Outsiders: I Like the way I am Book: Elmer – David McKee	Kapow: Discover: Practice makes progress - To discover that practice makes progress. No Outsiders: To recognise and help an outsider Book: The Hueys in the New Jumper – Oliver Jeffers	Kapow: Discover: Growth mindset - To discover the benefits of having a growth mindset. No Outsiders: To consider responses to racist behaviour Book: Mixed – Arree Chung
Growing and Changing	Cycles Life stages Girls & boys – similarities & difference	Getting help Becoming independent My body parts Taking care of self & others	Changing bodies & puberty Keeping safe Safe & unsafe secrets Relationships, inc online	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Additional Lessons	Kapow: Take notice: My surroundings - To take notice of the space around me No Outsiders: To Celebrate my Family Book: Mommy, Mama and Me – Leslea Newman, Carol Thompson	Kapow: Take notice: Sound - To take notice of feelings and emotions when listening to music. No Outsiders: Proud to be me Book: Hair, It's a family Affair – Mylo Freeman	Kapow: Take notice: Making a difference - To take notice of opportunities to make a positive change. No Outsiders: To consider living in Britain today Book: Planet Omar: Accidental Trouble – Zanyb Mian	Kapow: Take notice: Others around me - To take notice of others. No Outsiders: To Justify my actions Book: Rose Blanche – Ian McEwan, Roberto Innocenti