

## PSHRE Curriculum 2 Year Rolling Programme – YEAR B

	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)	Our ideal classroom (1) Our ideal classroom (2) How are you feeling today? Let's all be happy! Being a good friend Types of bullying Don't do that! Bullying or teasing?	Human machines Ok or not ok? (part 1) Ok or not ok? (part 2) (Updated 08 Aug 2025) An email from Harold! Different feelings When feelings change Under pressure	Working together Let's negotiate Solve the friendship problem Dan's day Behave yourself Assertiveness skills Don't force me Acting appropriately
Curriculum Enhancement	<b>No Outsiders: To Make a New Friend</b> <b>Book:</b> <i>Blue Chameleon</i> – Emily Gravett	<b>No Outsiders: To think about what makes a good friend</b> <b>Book:</b> <i>Amazing</i> – Steve Anthony	<b>No Outsiders: To show acceptance</b> <b>Book:</b> <i>Julian is a mermaid</i> – Jessica Love	<b>No Outsiders: To overcome fears about difference</b> <b>Book:</b> <i>Leaf</i> – Sandra Deichman
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	What makes us who we are? My special people How do we make others feel? When someone is feeling left out An act of kindness Solve the problem	Can you sort it? What would I do? The people we share our world with That is such a stereotype! (Updated 08 Aug 2025) Friend or acquaintance? Islands	OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? - challenging gender stereotypes
Curriculum Enhancement	<b>Kapow Wellbeing:</b> Connect: Similarities and differences - To connect to others by understanding their similarities and differences <b>No Outsiders: All Families are Different</b> <b>Book:</b> <i>The Family Book</i> – Todd Parr	<b>Kapow Wellbeing:</b> Connect: Compliments - To connect with others through giving and receiving compliments. <b>No Outsiders: To welcome different people</b> <b>Book:</b> <i>Can I join your club?</i> – John Kelly and Steph Laberis	<b>Kapow Wellbeing:</b> Connect: Pen pals - To connect with others by writing to them. <b>No Outsiders: To help someone accept difference</b> <b>Book:</b> <i>Along came a different</i>	<b>Kapow Wellbeing:</b> Connect: Community - To connect with others within a community. <b>No Outsiders: To consider causes of racism</b> <b>Book:</b> <i>The Island</i> – Armin Greder
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	Harold's picnic How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell?	Danger, risk or hazard? How dare you! Keeping ourselves safe Raisin challenge (2) Picture wise Medicines: check the label Know the norms Traffic lights	Think before you click! It's a puzzle To share or not to share? Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal?

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	People who help to keep me safe			
Curriculum Enhancement	<p><b>Kapow Wellbeing:</b> Move: Being animals - To move like an animal</p> <p><b>No Outsiders: To Choose what I like</b> <b>Book:</b> <i>You Choose</i> – Nick Sharrat, Pippa Goodheart</p>	<p><b>Kapow Wellbeing:</b> Move: Nature walk - To move through nature.</p> <p><b>No Outsiders: To communicate in different ways</b> <b>Book:</b> <i>What the Jackdaw saw</i></p>	<p><b>Kapow Wellbeing:</b> Move: Making a beat - To move to a beat.</p> <p><b>No Outsiders: To choose when to be assertive</b> <b>Book:</b> <i>Dogs don't do ballet</i> – Anna Kemp and Sarah Oglivie</p>	<p><b>Kapow Wellbeing:</b> Move: Brain breaks - To move to increase focus.</p> <p><b>No Outsiders: To consider language and freedom of speech</b> <b>Book:</b> <i>The only way is Badger</i> – Stella Jones and Freedom of Speech</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>Getting on with others</p> <p>When I feel like erupting</p> <p>Feeling safe</p> <p>Playing games</p> <p>Harold saves for something special</p> <p>Harold goes camping</p> <p>How can we look after our environment?</p>	<p>Who helps us stay healthy and safe?</p> <p>It's your right</p> <p>How do we make a difference?</p> <p>In the news!</p> <p>Safety in numbers</p> <p>Harold's expenses</p> <p>Why pay taxes?</p> <p>Logo quiz (OPTIONAL)</p>	<p>Two sides to every story</p> <p>Fakebook friends</p> <p>What's it worth?</p> <p>Jobs and taxes</p> <p>Happy shoppers - caring for the environment</p> <p>Action stations!</p> <p>Project Pitch</p> <p>Democracy in Britain 1 - Elections</p> <p>Democracy in Britain 2 - How (most) laws are made</p> <p>Community art</p>
Curriculum Enhancement	<p><b>Kapow Wellbeing:</b> Give: Kind words - To give kind words</p> <p><b>No Outsiders: It's ok to like different things</b> <b>Book:</b> <i>Red Rockets and Rainbow Jelly</i> – Sue Heap, Nick Sharrat</p>	<p><b>Kapow Wellbeing:</b> Give: Generosity - To give generously.</p> <p><b>No Outsiders: To understand what diversity is</b> <b>Book:</b> <i>The Great Big Book of Families</i> – Mary Hoffman and Ros Asquith</p>	<p><b>Kapow Wellbeing:</b> Give: Giving to my community - To give through an act of kindness.</p> <p><b>No Outsiders: To find a common ground</b> <b>Book:</b> <i>Alfred and Albert</i> – Morag Hood</p>	<p><b>Kapow Wellbeing:</b> Give: Apologising - To give an authentic apology.</p> <p><b>No Outsiders: To consider responses to immigration</b> <b>Book:</b> <i>King of the Sky</i> – Nicola Davies</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>You can do it!</p> <p>My day</p> <p>Harold's postcard - helping us to keep clean and healthy</p> <p>Harold's bathroom</p> <p>What does my body do?</p> <p>My body needs...</p> <p>Basic first aid</p>	<p>What makes me ME!</p> <p>Making choices</p> <p>SCARF hotel</p> <p>Harold's Seven Rs</p> <p>My school community (1)</p> <p>Basic first aid</p> <p>Volunteering is cool (OPTIONAL)</p>	<p>This will be your life!</p> <p>Our recommendations</p> <p>What's the risk? (1)</p> <p>What's the risk? (2)</p> <p>Basic first aid, including Sepsis Awareness</p> <p>Five Ways to Wellbeing project</p>

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Growing and Changing	<p>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</p>	<p>A helping hand Sam moves away Haven't you grown! My body, your body Respecting privacy Some secrets should never be kept</p>	<p>Moving house My feelings are all over the place! All change! Preparing for changes at puberty Secret or surprise? Together</p>	<p>I look great! Media manipulation Pressure online Helpful or unhelpful? Managing change Is this normal? Making babies What is HIV?</p>
Curriculum Enhancement	<p><b>Kapow Wellbeing:</b> Take notice: My surroundings - To take notice of the space around me</p> <p><b>No Outsiders: To Celebrate my Family</b> <b>Book:</b> <i>Mommy, Mama and Me</i> – Leslea Newman, Carol Thompson</p>	<p><b>Kapow Wellbeing:</b> Take notice: Colour expression - To take notice of different feelings using colour and mark making techniques.</p> <p><b>No Outsiders: To know I belong</b> <b>Book:</b> <i>All are Welcome</i> – Alexandra Penfold and Suzanne Kaufman</p>	<p><b>Kapow Wellbeing:</b> Take notice: My thoughts - To take notice of my thoughts.</p> <p><b>No Outsiders: To be proud of who I am</b> <b>Book:</b> <i>Red, A crayons story</i> – Michael Hall</p>	<p><b>Kapow Wellbeing:</b> Take notice: Myself - To take notice of what I need.</p> <p><b>No Outsiders: To consider democracy</b> <b>Book:</b> <i>A day in the life of Marlon Bundo</i> – Marlon Bundo and Jill Twist</p>