

PSHRE Year B

	Reception	Year 1/2	Year 3/4	Year 5/6
Me and My Relationships	What makes me special People close to me Getting help	Bullying & teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Healthy relationships Listening to feelings Bullying Assertive skills	Assertiveness Cooperation Safe/unsafe touches Positive relationships
Additional Lessons	No Outsiders: To Make a New Friend Book: <i>Blue Chameleon</i> – Emily Gravett	No Outsiders: To think about what makes a good friend Book: <i>Amazing</i> – Steve Anthony	No Outsiders: To show acceptance Book: <i>Julian is a mermaid</i> – Jessica Love	No Outsiders: To overcome fears about difference Book: <i>Leaf</i> – Sandra Deichman
Valuing Difference	Similarities & difference Celebrating difference Showing kindness	Being kind & helping others Celebrating difference People who help us Listening Skills	Recognising & celebrating difference (inc. religions & cultural difference) Understanding & challenging stereotypes	Recognising & celebrating difference Recognising & reflecting on prejudice-based bullying Bystander behaviour Gender stereotyping
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: Compliments - To connect with others through giving and receiving compliments. No Outsiders: To welcome different people Book: <i>Can I join your club?</i> – John Kelly and Steph Laberis	Kapow: Connect: Pen pals - To connect with others by writing to them. No Outsiders: To help someone accept difference Book: <i>Along came a different</i>	Kapow: Connect: Community - To connect with others within a community. No Outsiders: To consider causes of racism Book: <i>The Island</i> – Armin Greder
Keeping Safe	Keeping my body safe Safe secrets & touches People who help to keep us safe	Safe & unsafe secrets Appropriate touch Medicine safety	Managing risk inc online Understanding the norms of drug use (cigarette & alcohol use) Influences Online safety & behaviours	Understanding emotional needs Staying safe online Digital footprint Drugs: norms & risks (inc the law)
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: Nature walk - To move through nature. No Outsiders: To communicate in different ways Book: <i>What the Jackdaw saw</i>	Kapow: Move: Making a beat - To move to a beat. No Outsiders: To choose when to be assertive Book: <i>Dogs don't do ballet</i> – Anna Kemp and Sarah Oglvie	Kapow: Move: Brain breaks - To move to increase focus. No Outsiders: To consider language and freedom of speech Book: <i>The only way is Badger</i> – Stella Jones and Freedom of Speech
Rights and Respect	Looking after things: friends, environment, money	Cooperation Self-regulation Online safety Looking after money – saving & spending	Making a difference (different ways of helping others or the environment) Media influence & digital literacy Decisions about spending money	Understanding media bias Digital critical thinking Caring: communities & the environment Earning & saving money Understanding democracy

Additional Lessons	Kapow: Give: Kind words - To give kind words No Outsiders: It's ok to like different things Book: <i>Red Rockets and Rainbow Jelly</i> – Sue Heap, Nick Sharrat	Kapow: Give: Generosity - To give generously. No Outsiders: To understand what diversity is Book: <i>The Great Big Book of Families</i> – Mary Hoffman and Ros Asquith	Kapow: Give: Giving to my community - To give through an act of kindness. No Outsiders: To find a common ground Book: <i>Aalfred and Aalbert</i> – Morag Hood	Kapow: Give: Apologising - To give an authentic apology. No Outsiders: To consider responses to immigration Book: <i>King of the Sky</i> – Nicola Davies
Being My best	Keeping by body healthy – food, exercise, sleep Growth Mindset	Growth Mindset Looking after my body Hygiene & health Exercise & sleep	Having choices & making decisions about my health Taking care of my environment My skills & interests	Aspirations Managing risk Looking after wellbeing Digital literacy & critical thinking skills
Additional Lessons	Kapow: Discover: Trying something new - To discover something new and explore how it feels. No Outsiders: To Say Hello Book: <i>Hello, Hello</i> – Brendan Wenzel	Kapow: Discover: Perseverance - To discover the importance of perseverance. No Outsiders: To have self confidence Book: <i>How to be a Lion</i> – Ed Vere	Kapow: Discover: Resilience - To discover how to overcome mental or physical hurdles. No Outsiders: To look after my mental health Book: <i>When sadness comes to call</i> – Eva Eland	Kapow: Discover: Goal setting - To discover how to set achievable goals. No Outsiders: To show acceptance Book: <i>Introducing Teddy</i> – Jessica Walton and Dougal MacPherson
Growing and Changing	Cycles Life stages Girls & boys – similarities & difference	Life cycles Dealing with loss Being supportive Growing & changing Privacy	Body changes during puberty Managing difficult feelings Relationships inc. marriage	Coping with changes Keeping safe inc online, AI and deep fakes Body Image Sex education Self-esteem
Additional Lessons	Kapow: 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: Take notice: Colour expression - To take notice of different feelings using colour and mark making techniques. No Outsiders: To know I belong Book: <i>All are Welcome</i> – Alexandra Penfold and Suzanne Kaufman	Kapow: Take notice: My thoughts - To take notice of my thoughts. No Outsiders: To be proud of who I am Book: <i>Red, A crayons story</i> – Michael Hall	Kapow: Take notice: Myself - To take notice of what I need. No Outsiders: To consider democracy Book: <i>A day in the life of Marlon Bundo</i> – Marlon Bundo and Jill Twist