

## 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
<b>School Rules</b> - Know and Follow Rules Book	<b>My Body</b> - naming the body parts - same and different	<b>Needle Safety</b> Household products and medicines <b>Links with School Nurse</b>	<b>Stranger Danger</b>  <b>Links with Jet &amp; Ben (Police)</b>
<b>Respect</b> - I Don't Care Book Scenarios & Role Play	<b>Daily Routine</b> - Keeping clean	<b>Sun Safety</b> - Sun cream, hats, glasses etc...	<b>People who can help me?</b> - recognise professionals / Role Play
<b>Honesty</b> - It Wasn't Me Book Scenarios and Role Play	<b>Families and Care</b> my family network (around my hand) My family is important because...	<b>Dental Hygiene</b> - teeth cleaning - loosing teeth <b>Links with Dentist &amp; School Nurse</b>	<b>Road Safety</b> - zebra crossing - crossing patrol - traffic lights
<b>Responsibility</b> - I'll Do It Book Scenarios and Role Play	<b>Same and Different</b> I'm ok being Different Book Class Survey	<b>Managing Feelings</b> Role Play what they look like and how to manage them	<b>First Aid</b> -Emergency situations
<b>Money Matters</b> - Saving Money - Set a target to save for	<b>Friendships</b> What do they look like How do they make you feel Why are you a good friend?	<b>Diet &amp; Exercise</b> - healthy eating (draw a plate) - Exercise (What is it)	<b>Risk Taking</b> - What is a risk? - How do we prevent?
<b>Environment</b> - Recycling - Litter	<b>Tummy Bugs &amp; Butterflies</b> - Identify & manage feelings - Secret / surprise what's the difference	<b>Body Image</b> - What will I look like in 10 / 20/ 50 years?	<b>Hazards</b> - What are they? - How do we make them safe?
<b>What is Community?</b> - Display of local area, visit to local place <b>Links available with library, community centre, religious buildings etc...</b>	<b>Bullying / Teasing</b> - What is it? - Is it right or wrong? - Where can you get help / how can you help?	<b>Personal Hygiene / Germ Spreading</b> - hand washing Links with school nurse	<b>Fire Safety</b> - Fireworks <b>Links with Fire Safety</b>
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**PSHE Scheme of Work – Primary Year 2**

<b>Citizenship and Economic Wellbeing</b>	<b>Relationships Education / Growing Up</b>	<b>Healthy Lifestyles</b>	<b>Staying Safe</b>
Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement
<b>Rules</b> - Create an imaginary place and rules to go with it, why do we need to have them?	<b>My Body</b> - Name body parts - Identify personal hygiene routine	<b>Household Safety</b> How do we know if household products and medicines are dangerous <i>Links with School Nurse</i>	<b>Stranger Danger</b> - What is the difference between a stranger and someone you know, who should we trust? <i>Links with Jet &amp; Ben (Police)</i>
<b>Respect</b> - What is it and how can we show it? Scenarios & Role Play	<b>Life Cycle</b> - What are your needs now - What will they be later	<b>Sun Safety</b> - How are you sun safe?	<b>People who can help me?</b> - Which people do what?
<b>Honesty</b> - What are the consequences of not being honest? Scenarios and Role Play	<b>Families and Care</b> - What is family? - Different family units (class survey)	<b>Dental Hygiene</b> - teeth cleaning Lego bricks and flour, penny in cola etc... <i>Links with Dentist &amp; School Nurse</i>	<b>Road Safety</b> - When is it safe to cross?
<b>Responsibility</b> - How do you look after a pet and why?	<b>Same and Different</b> Giraffes Can't Dance Book - What is the moral of the story?	<b>Diet and Exercise</b> - How healthy are you? - Survey of what you ate last week link to homework	<b>First Aid</b> -Collapse / respond / 999
<b>Money Matters</b> - Where does it come from? - What is it used for?	<b>Friendships</b> - Why am I a good friend? - Friendship potion of qualities and attributes	<b>Diet &amp; Exercise</b> - healthy eating (draw a plate) - Exercise (What is it)	<b>Risk Taking</b> - What is a risk? - How do we prevent?
<b>Environment</b> - What improves / what harms the local community?	<b>Managing Feelings</b> <b>A Huge Bag of Worries Book</b> - How to deal with worry / anxiety	<b>Body Image</b> - Who is your favourite celebrity and why? Discuss – is this realistic?	<b>Hazards and Feeling Safe</b> - Identify what a hazard is? - How do we make them safe?
<b>What is Community?</b> - What does it mean? - Poster competition <i>Links available with library, community centre, religious buildings etc...</i>	<b>Bullying / Teasing</b> - How might someone feel? - Who to ask for help? Hands are not for Hurting Book series	<b>Personal Hygiene / Germ Spreading</b> - Alien visit to earth, how do we keep clean?	<b>Fire Safety</b> - 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
<b>Rules</b> - Identify places that have rules - What are the rules and why do they exist?	<b>My Body</b> - Identifying personal space - Inappropriate touching Hula hoop game to demonstrate	<b>Needle Safety / Household products</b> - What do you do if... <a href="#">Links with School Nurse</a>	<b>Stranger Danger</b> - What do you do if a stranger approaches you, in person or online?
<b>Respect</b> - How to you gain respect, why is it important?	<b>Life Cycle</b> -Link with science possibly Include ending of relationships / bereavement <a href="#">Links with St Teresa’s Hospice</a>	<b>Sun Safety</b> - Why is it important - What are the consequences?	<b>People who can help me?</b> - Which person for which scenario and why?
<b>Honesty</b> - What are the consequences of not being honest? - Scenarios	<b>Relationships</b> - Identify and explore different kinds of relationships that exist	<b>Dental Hygiene</b> - Why is looking after teeth important? - What are the consequences? <a href="#">Links with Dentist &amp; School Nurse</a>	<b>Road Safety</b> - Bike safety
<b>Responsibility</b> - Link with playground buddy system as an examples, why does this exist? Scenarios and Role Play	<b>Feelings</b> - Identify a variety of feelings, how they impact on someone and what they can do about them	<b>Diet / Healthy Eating</b> - What is healthy and why is it important Display / posters	<b>First Aid</b> -Scenarios or role play, what to do when...
<b>Money Matters</b> - Why do we need to save money? - When I grow up I would like...	<b>Feelings</b> - Role play feelings in situations identified in previous session Spiders web activity or conscience alley could be useful	<b>Exercise</b> - Why is exercise important? - Who does / doesn’t class survey <a href="#">Link with PE / Numeracy</a>	<b>Risk Taking</b> - What is a risk? - How do we prevent? (storyboard the outcomes)
<b>Environment</b> - What effects the environment, how can we help?	<b>What is Special about Me?</b> - complete or create sunshine or flower to highlight positive qualities and attributes in themselves.	<b>Body Image</b> - How do we describe humans to aliens?	<b>Feeling Safe &amp; Hazards</b> - What are they? - How do we make them safe?
<b>What is Community?</b> - What groups are there in our community? <a href="#">Links available with library, community centre, religious buildings etc...</a>	<b>Bullying / Teasing</b> - What is peer pressure? - Identify behaviour types	<b>Personal Hygiene / Germ Spreading</b> - What is a germ? What can they do? HPAC resources, hand washing UV light & germ powder	<b>Fire Safety</b> - What to do if you find a fire <a href="#">Links with Fire Safety</a>
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**PSHE Scheme of Work – Primary Year 4**

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

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

<b>Citizenship and Economic Wellbeing</b>	<b>Relationships Education / Growing Up</b>	<b>Healthy Lifestyles</b>	<b>Staying Safe</b>
Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement	Baseline Assessment Introduction Group Agreement
<b>Rules &amp; Responsibilities</b> <ul style="list-style-type: none"> <li>- What are they and why do we have them?</li> <li>- What are the consequences of not having them?</li> </ul>	<b>My Body</b> <ul style="list-style-type: none"> <li>- Growing and changing</li> <li>- Our bodies – including naming body parts &amp; keeping clean</li> </ul> <a href="#">Links with RESH Coordinator &amp; School Nurse</a>	<b>Keeping Healthy</b> <ul style="list-style-type: none"> <li>- How can we keep healthy while our bodies change / develop?</li> </ul> Create a display / campaign to inform others	<b>Internet Safety</b> <ul style="list-style-type: none"> <li>- Cyberbullying</li> <li>- Risks and consequences</li> </ul> <a href="#">Links with the police</a>
<b>Respect and Honesty</b> <ul style="list-style-type: none"> <li>- What is it, how does it exist for me?</li> </ul>	<b>My Body</b> <ul style="list-style-type: none"> <li>- Physical and emotional changes in puberty</li> <li>- Am I Normal? Resource</li> </ul> <a href="#">Links with RESH Coordinator &amp; School Nurse</a>	<b>Personal Hygiene</b> <ul style="list-style-type: none"> <li>- Why is it important, even more so during puberty?</li> <li>- How can we do it?</li> </ul>	<b>Internet Safety</b> <ul style="list-style-type: none"> <li>- Social Networking</li> <li>- Are your friends your friends?</li> </ul> <a href="#">Link with JIGSAW resource from CEOP and Police</a>
<b>Democracy</b> <ul style="list-style-type: none"> <li>- What is it?</li> <li>- Where does it exist?</li> </ul> <a href="#">Go Givers Website voting kit</a>	<b>Relationships</b> <ul style="list-style-type: none"> <li>- What is healthy / unhealthy?</li> <li>- Create a Bill of Rights</li> </ul>	<b>Diet / Healthy Eating</b> <ul style="list-style-type: none"> <li>- Why is healthy eating important</li> <li>- What are the long term implications? Who is a health celebrity?</li> <li>- Do crash / fad diets work?</li> </ul>	<b>Internet Safety</b> <ul style="list-style-type: none"> <li>- Sharing photos</li> <li>- Privacy settings</li> <li>- Using chat networks</li> </ul>
<b>Decision Making – Court Room Game</b> <a href="#">Link Go Givers or Expect Respect Toolkit Yr 5 resource</a>	<b>Feelings</b> <ul style="list-style-type: none"> <li>- Being sensitive to others,</li> <li>- Problem page scenarios</li> </ul>	<b>Smoking</b> <ul style="list-style-type: none"> <li>- Risks and dealing with peer pressure</li> </ul>	<b>Risk Taking &amp; Transition</b> <ul style="list-style-type: none"> <li>- identify risks associated with moving to a new school and how to manage them, include dealing with peer pressure</li> </ul>
<b>Money Matters</b> <ul style="list-style-type: none"> <li>- When you gain it, what do you do with it?</li> </ul>	<b>Body Image</b> <ul style="list-style-type: none"> <li>- How does the media affect how we feel about ourselves?</li> <li>- How does it portray men / women? Is it realistic?</li> </ul>	<b>Exercise</b> <ul style="list-style-type: none"> <li>- Why is it important?</li> <li>- Create an exercise plan / programme</li> </ul>	<b>Victims</b> <ul style="list-style-type: none"> <li>- What is a victim</li> <li>- What to do if you are a victim</li> </ul>
<b>Environment</b> <ul style="list-style-type: none"> <li>- How does the media messages present information on the environment?</li> <li>- What impact does this have?</li> </ul>	<b>Anti Social Behaviour</b> <ul style="list-style-type: none"> <li>- What is it?</li> <li>- Local picture</li> <li>- Consequences / punishments</li> </ul> <a href="#">Links with the police / ABS team</a>	<b>Drugs</b> <ul style="list-style-type: none"> <li>- Risks &amp; consequences</li> </ul>	<b>Going Out</b> <ul style="list-style-type: none"> <li>- identify risks associated with being out alone / with friends and how to manage them</li> <li>- Emergency situations</li> </ul>
<b>Going Green</b> <ul style="list-style-type: none"> <li>- How can we do it as school &amp; at home?</li> </ul> <a href="#">Link with Go Givers resources</a>	<b>Bullying / Racism</b> <ul style="list-style-type: none"> <li>- What does it look like?</li> <li>- How do we prevent it?</li> </ul>	<b>Emotional Health &amp; Well being</b> <ul style="list-style-type: none"> <li>- Recognising and managing stress</li> </ul>	<b>Preparing for Transition</b> <a href="#">Links with local schools &amp; Transition Choices</a>
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