



Settle and Malhamdale Federation

Learning for Life



PSHE and wellbeing long-term plan (including DfE statutory requirements for **Relationships Education** and **Health Education**)

EYFS/KS1	1 Me and my Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Responsibilities	5 Being my Best	6 Growing and Changing
Nursery	<ul style="list-style-type: none"> • Marvellous Me • I'm special 	<ul style="list-style-type: none"> • Me and my friends • Friends and family • Including everyone 	<ul style="list-style-type: none"> • People who help to keep me safe • Listening to my feelings • Safety indoors and outdoors • What is safe to go into my body? 	<ul style="list-style-type: none"> • Looking after myself • Looking after others • Looking after my environment 	<ul style="list-style-type: none"> • What does my body need? • I can keep trying • I can do it! 	<ul style="list-style-type: none"> • TBC (new lessons coming soon)
Reception	<ul style="list-style-type: none"> • All about me • What makes me special • Me and my special people • Who can help me? • My feelings 1 • My feelings 2 	<ul style="list-style-type: none"> • I'm special, you're special • Same and different families • Same and different homes • Kind and caring 1 • Kind and caring 2 	<ul style="list-style-type: none"> • Keeping my body safe • Keeping myself safe • Safe indoors and outdoors • Listening to my feelings R • Keeping safe online • People who help to keep us safe 	<ul style="list-style-type: none"> • Looking after my special people • Looking after my friends • Being helpful • Caring for our world • Looking after money 1 • Looking after money 2 	<ul style="list-style-type: none"> • Bouncing back when things go wrong • Yes I can • Healthy eating • Healthy eating 2 • Move your body • A good night's sleep 	<ul style="list-style-type: none"> • Seasons • Life stages (plants/animals/humans) • Human life stages • Getting bigger • Me and my body- girls and boys
Y1	<ul style="list-style-type: none"> • Classroom rules • Thinking about our feelings • Our feelings and bodies • Our special people • Good friends • How are you listening? 	<ul style="list-style-type: none"> • Same or different? • Unkind, tease or bully? • Harold's school rules • Who are our special people? • It's not fair! 	<ul style="list-style-type: none"> • Healthy me • Super sleep • Who can help? 1 • Harold loses Geoffrey • What could Harold do? • Good or bad touches? • Sharing pictures 	<ul style="list-style-type: none"> • Harold's wash and brush up • Around school • Taking care of something • Harold's money • Basic first aid 	<ul style="list-style-type: none"> • I can eat a rainbow • Eat well • Catch it! Bin it! Kill it! • Harold learns to ride a bike • Pass on the praise • Harold has a bad day 	<ul style="list-style-type: none"> • Inside my wonderful body • Taking care of a baby • Then and now • Who can help 2 • Surprises and secrets • Keeping privates private
Y2	<ul style="list-style-type: none"> • Our ideal classroom 1 • Our ideal classroom 2 • How are you feeling? • Bullying or teasing? • Don't do that! • Types of bullying • Being a good friend • Let's all be happy! 	<ul style="list-style-type: none"> • What makes us who we are? • How do we make others feel? • My special people • When someone is feeling left out • An act of kindness • Solve the problem 	<ul style="list-style-type: none"> • Harold's picnic • How safe would you feel? • What should Harold say? • I don't like that! • Fun or not? • Should I tell? • Some secrets should never be kept 	<ul style="list-style-type: none"> • Getting on with others • When I feel like erupting • Feeling safe • How can we look after our environment? • Harold Saves for something special • Harold goes camping • Playing games 	<ul style="list-style-type: none"> • You can do it! • My day • Harold's postcard • Harold's bathroom • My body needs • What does my body do? 	<ul style="list-style-type: none"> • A helping hand • Sam moves away • Haven't you grown! • My body, your body • Respecting privacy • Basic first aid

KS2	1 Me and my Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Responsibilities	5 Being my Best	6 Growing and Changing
Y3	<ul style="list-style-type: none"> As a rule My special pet Tangram challenge Looking after our special people How can we solve this problem? Dan's dare Thunks Friends are special 	<ul style="list-style-type: none"> Family and friends My community Respect and challenge Our friends and neighbours Let's celebrate our differences Zeb 	<ul style="list-style-type: none"> Safe or unsafe? Danger or risk? The risk robot Alcohol and cigarettes: the facts Super searcher None of your business! Raisin Challenge1 Help or harm? 	<ul style="list-style-type: none"> Our helpful volunteers Helping each other to stay safe Recount task Harold's environment project Can Harold afford it? Earning money 	<ul style="list-style-type: none"> Derek cooks dinner (healthy eating) Poorly Harold For or against I am fantastic Getting on with your nerves! Body team work Top talents 	<ul style="list-style-type: none"> Relationship tree Body space Secret or surprise Basic first aid
Y4	<ul style="list-style-type: none"> An email from Harold! Ok or not Ok? 1 Ok or not Ok? 2 Human machines Different feelings When feelings change Under pressure 	<ul style="list-style-type: none"> Can you sort it? Islands Friends or acquaintance? What would I do? The people we share our world with That is such a stereotype! 	<ul style="list-style-type: none"> Danger, risk or hazard? Picture wise (online) How dare you? Medicines: check the label Know the norms (alcohol/smoking) Keeping ourselves safe Raisin challenge 2 	<ul style="list-style-type: none"> Who helps us stay healthy? It's your right How do we make a difference? In the news! Safety in numbers (bullying) Logo quiz Harold's expenses Why pay taxes? 	<ul style="list-style-type: none"> What makes me ME! Making choices SCARF Hotel (healthy eating) Harold's seven R's (environment) My school community 1 Basic first aid 	<ul style="list-style-type: none"> Moving house My feelings are all over the place! (hormones) Secret or surprise Together
Y5	<ul style="list-style-type: none"> Collaboration challenge! Give and take How good a friend are you? Relationship cake recipe Being assertive Our emotional needs Communication 	<ul style="list-style-type: none"> Qualities of a friendship Kind conversations Happy being me The land of the Red People (bullying) Is it true? (online information, gender identity) It could happen to anyone 	<ul style="list-style-type: none"> 'Thinking' about habits Jay's dilemma (risks) Spot bullying Ella's diary dilemma (assertiveness) Decision dilemmas Drugs: true or false Smoking: what is normal? Would you risk it? 	<ul style="list-style-type: none"> What's the story? (healthy lifestyles) Fact or opinion? Rights, responsibilities and duties Mo makes a difference (community) Spending wisely Lend us a fiver? Local councils 	<ul style="list-style-type: none"> Getting fit It all adds up! (science- internal organs- intestines) Different skills My school community 2 Independence and responsibility Star qualities Basic first aid 	<ul style="list-style-type: none"> Menstruation Year 3 All Change Y4 Period Positive Y4 How are they feeling? Taking notice of our feelings Dear Hetty Changing bodies and feelings (single sex group?) Growing up and changing bodies It could happen to anyone Help! I'm a teenager (feelings) Dear Ash (secrets) Stop, start, stereotypes

Y6	<ul style="list-style-type: none"> • Working together • Let's negotiate • Solve the problem • Assertiveness skills • Behave yourself • Dan's dare • Don't force me • Acting appropriately • It's a puzzle 	<ul style="list-style-type: none"> • Ok to be different • We have more in common than not • Respecting differences • Tolerance and respect for others • Advertising friendships • Boys will be boys? (stereotypes) 	<ul style="list-style-type: none"> • Think before you click • Traffic lights • To share or not to share? • Rat park • What sort of drugs is...? • Drugs: it's the law! • Alcohol: what is normal? • Joe's story 1 (alcohol/drugs) • Joe's story 2 	<ul style="list-style-type: none"> • Two sides to every story • Fakebook friends • What's it worth? • Jobs and taxes • Action stations! • Project Pitch • Happy shoppers • Democracy in Britain-elections • Democracy in Britain-laws 	<ul style="list-style-type: none"> • Five ways to Wellbeing • This will be your life! • Our recommendations (healthy lifestyles) • What's the risk? (safety) • What's the risk? (safety) • Basic first aid 	<ul style="list-style-type: none"> • Helpful or unhelpful? (dealing with change) • I look great! (body image) • Media manipulation • Pressure online • Is this normal? (Separate boys and girls) • Dear Ash (secrets)
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