

PSHE and wellbeing long-term plan

PSHE and wellbeing long-term plan based on SCARF half-termly units and related key themes (Children use the term wellbeing in lessons)
(Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education)

King's Stanley C of Primary School has the 3 main values of the 3Rs – Respect, Resilience, Responsibility and these underpin our relational policy.

At King's Stanley C of E Primary School we:

1. Encourage children to be **respectful, responsible and resilient** throughout our school day and to use these values as a golden thread through their life, rather than just 'to do some PSHE (welling)'
2. promote **Fundamental British Values (FBV)** through discrete teachings in wellbeing lessons, collective worship and special days (such as Anti bullying days, NSPCC pants, Cyber Safety Day, Mental Health week)
3. use PSHE to ensure children care for and protect their bodies and use PSHE to promote positive life-long mental and spiritual wellness
4. use our PSHE Curriculum to value personal and group **academic, mental, physical, social, emotional and spiritual growth, fostering a community spirit**
5. promote additional opportunities within school, and with the wider community, enabling children to gain understanding of, and develop respect for, each other's skills and talents
6. support children in making informed decisions, by challenging and supporting **every child** within the safe school environment
7. devote an effective amount of **time to gain age-appropriate knowledge and understanding of mental wellbeing, online safety, physical health and fitness, healthy eating, drugs alcohol and tobacco, basic first aid, and changing adolescent body**
8. intend for important life lessons learnt through PSHE, to transfer across the wider curriculum
9. Celebrate and teach equal opportunities through all areas of protective characteristics.

Elements of protected characteristics are shown in colours as below:

Age	
Disability	
Gender Reassignment	
Marriage and civil partnership	
Pregnancy and maternity	
Race	
Religion or belief	
Sex	
Sexual orientation	

Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
Whole school	<i>Establish Class Wellbeing Ground Rules</i> Ising pop theme – courage NSPCC – Speak out to stay safe	Anti-bullying week – anti-bullying alliance resources Ising pop theme – aspiration and advent/Christmas	Children's mental health awareness – place2be, Anna Freud and other resources Ising pop theme - creativity	Ising pop theme – The bible and Easter	Ising pop theme – Courageous Advocacy & Social Justice	Ising pop theme – Trust and faith
An example of Fundamental British values considered through unites	Mutal Respect Rule of Law	Tolerance Personal Liberty	Tolerance Personal Liberty	Personal Liberty Democracy Rule of law	Democracy Tolerance	Personal Liberty Democracy
EYFS	<ul style="list-style-type: none"> All about me What makes me special Me and my special people Who can help me? My feelings My feelings (2) 	<ul style="list-style-type: none"> I'm special, you're special Same and different Same and different families Same and different homes I am caring I am a friend 	NSPCC -PANTASAURUS <ul style="list-style-type: none"> 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 People who help to keep me safe 	<ul style="list-style-type: none"> Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using Looking after money (2): saving money and keeping it safe 	<ul style="list-style-type: none"> Bouncing back when things go wrong Yes, I can! Healthy eating My healthy mind Move your body A good night's sleep 	<ul style="list-style-type: none"> 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
Y1	<ul style="list-style-type: none"> Why we have classroom rules How are you listening? Thinking about feelings Our feelings Feelings and bodies Good friends <p>Assessment Plans</p> <ul style="list-style-type: none"> Me and My Relationships - Pre and 	<ul style="list-style-type: none"> Same or different? Unkind, tease or bully? Harold's school rules It's not fair! Who are our special people? Our special people balloons <p>Assessment Plans</p>	<ul style="list-style-type: none"> Super sleep Who can help? (1) Good or bad touches? Sharing pictures What could Harold do? Harold loses Geoffrey <p>Assessment Plans</p> <ul style="list-style-type: none"> Keeping Safe - Pre and Post Unit 	<ul style="list-style-type: none"> Harold has a bad day Around and about the school Taking care of something Harold's money How should we look after our money? Basic first aid <p>Assessment Plans</p>	<ul style="list-style-type: none"> I can eat a rainbow Eat well Harold's wash and brush up Catch it! Bin it! Kill it! Harold learns to ride his bike Pass on the praise! Inside my wonderful body! (OPTIONAL) <p>Assessment Plans</p>	<ul style="list-style-type: none"> Healthy me Then and now Taking care of a baby Who can help? (2) Surprises and secrets Keeping privates private <p>Assessment Plans</p> <ul style="list-style-type: none"> Growing and Changing - Pre and Post Unit Assessment: Y1/P2

	<p><u>Post Unit Assessment: Y1/P2</u></p>	<ul style="list-style-type: none"> Valuing Difference - Pre and Post Unit Assessment: Y1/P2 	<p><u>Assessment: Y1/P2</u></p>	<ul style="list-style-type: none"> Rights and Respect - Pre and Post Unit Assessment: Y1/P2 	<ul style="list-style-type: none"> Being My Best - Pre and Post Unit Assessment: Y1/P2 	
Y2	<ul style="list-style-type: none"> <u>Our ideal classroom (1)</u> <u>How are you feeling today?</u> <u>Let's all be happy!</u> <u>Being a good friend</u> <u>Types of bullying</u> <u>Don't do that!</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Me and My Relationships - Pre and Post Unit Assessment: Y2/P3</u> 	<ul style="list-style-type: none"> <u>What makes us who we are?</u> <u>My special people</u> <u>How do we make others feel?</u> <u>When someone is feeling left out</u> <u>An act of kindness</u> <u>Solve the problem</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Valuing Difference - Pre and Post Unit Assessment: Y2/P3</u> 	<ul style="list-style-type: none"> <u>Harold's picnic</u> <u>How safe would you feel?</u> <u>What should Harold say?</u> <u>I don't like that!</u> <u>Fun or not?</u> <u>Should I tell?</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Keeping Safe - Pre and Post Unit Assessment: Y2/P3</u> 	<ul style="list-style-type: none"> <u>Getting on with others</u> <u>When I feel like erupting</u> <u>Feeling safe</u> <u>Playing games</u> <u>Harold saves for something special</u> <u>How can we look after our environment?</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Rights and Respect - Pre and Post Unit Assessment: Y2/P3</u> 	<ul style="list-style-type: none"> <u>You can do it!</u> <u>My day</u> <u>Harold's postcard - helping us to keep clean and healthy</u> <u>Harold's bathroom</u> <u>What does my body do?</u> <u>Basic first aid</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Being My Best - Pre and Post Unit Assessment: Y2/P3</u> 	<ul style="list-style-type: none"> <u>A helping hand</u> <u>Sam moves away</u> <u>Haven't you grown!</u> <u>My body, your body</u> <u>Respecting privacy</u> <u>Some secrets should never be kept</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Growing and Changing - Pre and Post Unit Assessment: Y2/P3</u>
Y3	<ul style="list-style-type: none"> <u>As a rule</u> <u>Looking after our special people</u> <u>How can we solve this problem?</u> <u>Tangram team challenge (OPTIONAL)</u> <u>Friends are special</u> <u>Thunks</u> <u>Dan's dare</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Me and My Relationships - Pre and Post Unit Assessment: Y3/P4</u> 	<ul style="list-style-type: none"> <u>Respect and challenge</u> <u>Family and friends</u> <u>My community</u> <u>Our friends and neighbours</u> <u>Let's celebrate our differences</u> <u>Zeb</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Valuing Difference - Pre and Post Unit Assessment: Y3/P4</u> 	<ul style="list-style-type: none"> <u>Safe or unsafe?</u> <u>Danger or risk?</u> <u>The Risk robot</u> <u>Super Searcher</u> <u>Help or harm?</u> <u>Alcohol and cigarettes: the facts</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Keeping Safe - Pre and Post Unit Assessment: Y3/P4</u> 	<ul style="list-style-type: none"> <u>Helping each other to stay safe</u> <u>Recount task</u> <u>Our helpful volunteers</u> <u>Can Harold afford it?</u> <u>Earning money</u> <u>Harold's environment project</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Rights and Respect - Pre and Post Unit Assessment: Y3/P4</u> 	<ul style="list-style-type: none"> <u>Derek cooks dinner! (healthy eating)</u> <u>Poorly Harold</u> <u>Body team work</u> <u>For or against?</u> <u>I am fantastic! ***</u> <u>Top talents</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Being My Best - Pre and Post Unit Assessment: Y3/P4</u> 	<ul style="list-style-type: none"> <u>Relationship tree</u> <u>Body space</u> <u>None of your business!</u> <u>Secret or surprise?</u> <u>My changing body</u> <u>Basic first aid</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Growing and Changing - Pre and Post Unit Assessment: Y3/P4</u>
Y4	<ul style="list-style-type: none"> <u>Human machines</u> <u>Ok or not ok? (part 1)</u> <u>Ok or not ok? (part 2)</u> <u>An email from Harold!</u> <u>Different feelings</u> 	<ul style="list-style-type: none"> <u>Can you sort it?</u> <u>What would I do?</u> <u>The people we share our world with</u> 	<ul style="list-style-type: none"> <u>Danger, risk or hazard?</u> <u>How dare you!</u> <u>Keeping ourselves safe</u> 	<ul style="list-style-type: none"> <u>Who helps us stay healthy and safe?</u> <u>It's your right</u> <u>How do we make a difference?</u> 	<ul style="list-style-type: none"> <u>What makes me ME!</u> <u>Making choices</u> <u>SCARF hotel!</u> <u>Harold's Seven Rs</u> <u>My school community (1)</u> 	<ul style="list-style-type: none"> <u>Moving house</u> <u>My feelings are all over the place!</u> <u>All change!</u>

	<ul style="list-style-type: none"> <u>Under pressure</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Me and My Relationships - Pre and Post Unit Assessment: Y4/P5</u> 	<ul style="list-style-type: none"> <u>That is such a stereotype!</u> <u>Friend or acquaintance?</u> <u>Islands</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Valuing Difference - Pre and Post Unit Assessment: Y4/P5</u> 	<ul style="list-style-type: none"> <u>Raisin challenge (2)</u> <u>Picture wise</u> <u>Medicines: check the label</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Keeping Safe - Pre and Post Unit Assessment: Y4/P5</u> 	<ul style="list-style-type: none"> <u>In the news!</u> <u>Safety in numbers</u> <u>Harold's expenses (OPTIONAL)</u> <u>Why pay taxes?</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Rights and Respect - Pre and Post Unit Assessment: Y4/P5</u> 	<ul style="list-style-type: none"> <u>Basic first aid</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Being My Best - Pre and Post Unit Assessment: Y4/P5</u> 	<ul style="list-style-type: none"> <u>Preparing for changes at puberty (formerly Period positive/preparing for periods)</u> <u>Secret or surprise?</u> <u>Together</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Growing and Changing - Pre and Post Unit Assessment: Y4/P5</u>
Y5	<ul style="list-style-type: none"> <u>Collaboration Challenge!</u> <u>Give and take</u> <u>How good a friend are you?</u> <u>Relationship cake recipe</u> <u>Our emotional needs</u> <u>Being assertive</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Me and My Relationships - Pre and Post Unit Assessment: Y5/P6</u> 	<ul style="list-style-type: none"> <u>Qualities of friendship</u> <u>Kind conversations</u> <u>Happy being me</u> <u>The land of the Red People</u> <u>Is it true?</u> <u>Stop, start, stereotypes</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Valuing Difference - Pre and Post Unit Assessment: Y5/P6</u> 	<ul style="list-style-type: none"> <u>Spot bullying</u> <u>Play, like, share</u> <u>Decision dilemmas</u> <u>Ella's diary dilemma</u> <u>Vaping: healthy or unhealthy?</u> <u>Would you risk it?</u> <p>ONLINE SAFETY</p> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Keeping Safe - Pre and Post Unit Assessment: Y5/P6</u> 	<ul style="list-style-type: none"> <u>What's the story?</u> <u>Fact or opinion?</u> <u>Mo makes a difference</u> <u>Rights, respect and duties</u> <u>Spending wisely</u> <u>Lend us a fiver!</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Rights and Respect - Pre and Post Unit Assessment: Y5/P6</u> 	<ul style="list-style-type: none"> <u>It all adds up!</u> <u>Different skills</u> <u>My school community (2)</u> <u>Independence and responsibility</u> <u>Star qualities?</u> <u>Basic first aid, including Sepsis Awareness</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Being My Best - Pre and Post Unit Assessment: Y5/P6</u> 	<ul style="list-style-type: none"> <u>How are they feeling?</u> <u>Taking notice of our feelings</u> <u>Dear Ash</u> <u>Growing up and changing bodies</u> <u>Changing bodies and feelings</u> <u>Help! I'm a teenager - get me out of here!</u> <p>Assessment Plans</p> <ul style="list-style-type: none"> <u>Growing and Changing - Pre and Post Unit Assessment: Y5/P6</u>
Y6	<ul style="list-style-type: none"> <u>Working together</u> <u>Solve the friendship problem</u> <u>Behave yourself</u> <u>Assertiveness skills (formerly Behave yourself - 2)</u> <u>Don't force me</u> <u>Acting appropriately</u> <p>Assessment Plans</p>	<ul style="list-style-type: none"> <u>OK to be different</u> <u>We have more in common than not</u> <u>Respecting differences</u> <u>Tolerance and respect for others</u> <u>Advertising friendships!</u> <u>Boys will be boys? - challenging gender stereotypes</u> 	<ul style="list-style-type: none"> <u>Think before you click!</u> <u>To share or not to share?</u> <u>Rat Park</u> <u>What sort of drug is...?</u> <u>Drugs: it's the law!</u> <u>Alcohol: what is normal?</u> <p>Assessment Plans</p>	<ul style="list-style-type: none"> <u>Two sides to every story</u> <u>Fakebook friends</u> <u>What's it worth?</u> <u>Happy shoppers - caring for the environment</u> <u>Democracy in Britain 1 - Elections</u> <u>Democracy in Britain 2 - How</u> 	<ul style="list-style-type: none"> <u>This will be your life!</u> <u>Our recommendations</u> <u>What's the risk? (1)</u> <u>What's the risk? (2)</u> <u>Basic first aid, including Sepsis Awareness</u> <u>Five Ways to Wellbeing project</u> <p>Assessment Plans</p>	<ul style="list-style-type: none"> <u>I look great!</u> <u>Media manipulation</u> <u>Pressure online</u> <u>Helpful or unhelpful? Managing change</u> <u>Is this normal?</u> <u>Making babies</u> <p>Assessment Plans</p>

	<ul style="list-style-type: none"> • <u>Me and My Relationships - Pre and Post Unit Assessment: Y6/P7</u> 	<p>Assessment Plans</p> <ul style="list-style-type: none"> • <u>Valuing Difference - Pre and Post Unit Assessment: Y6/P7</u> 	<ul style="list-style-type: none"> • <u>Keeping Safe - Pre and Post Unit Assessment: Y6/P7</u> 	<p><u>(most) laws are made</u></p> <p>Assessment Plans</p> <ul style="list-style-type: none"> • <u>Rights and Respect - Pre and Post Unit Assessment: Y6/P7</u> 	<ul style="list-style-type: none"> • <u>Being My Best - Pre and Post Unit Assessment: Y6/P7</u> 	<ul style="list-style-type: none"> • <u>Growing and Changing - Pre and Post Unit Assessment: Y6/P7</u>
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