



# PSHE Long Term Plan

No Outsiders scheme runs alongside Coram SCARF PSHE sessions.

	Autumn:		Spring:		Summer:	
	Me and my Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing
<b>EYFS</b>	<p>No Outsiders - You Choose by Nick Sharratt &amp; Pippa Goodheart</p> <p>What makes me special People close to me Getting help</p>	<p>No Outsiders - Red Rockets &amp; Rainbow Jelly by Sue Heap &amp; Nick Sharratt</p> <p>Similarities and difference Celebrating difference Showing kindness</p>	<p>No Outsiders – Blue Chameleon by Emily Gravett</p> <p>Keeping my body safe Safe secrets and touches People who help to keep us safe</p>	<p>Looking after things: friends, environment, money</p>	<p>No Outsiders - The Family Book by Todd Parr</p> <p>Keeping by body healthy – food, exercise, sleep Growth Mindset</p>	<p>No Outsiders - Mommy, Mama and Me by Leslea Newman &amp; Carol Thompson</p> <p>Cycles Life stages Girls and boys – similarities and difference</p>
<b>Year 1</b>	<p>No Outsiders – Elmer by David McKee</p> <p>Feelings Getting help Classroom rules Special people Being a good friend</p>	<p>No Outsiders – Ten Little Pirates by Mike Brownlow &amp; Simon Rickerty</p> <p>Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help</p>	<p>No Outsiders – That’s not how you do it by Ariane Hoffmann-Maniyar</p> <p>How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep</p>	<p>No Outsiders – Max the Champion by Sean Stockdale, Alexandra Strick &amp; Ros Asquith</p> <p>Taking care of things: Myself My money My environment</p>	<p>Growth Mindset Healthy eating Hygiene and health Cooperation</p>	<p>Getting help Becoming independent My body parts Taking care of self and others</p>
<b>Year 2</b>	<p>No Outsiders – The Great Big Book of Families by Mary Hoffman and Ros Asquith</p> <p>Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation</p>	<p>No Outsiders – What the Jackdaw Saw by Julia Donaldson &amp; Nick Sharratt</p> <p>Being kind and helping others Celebrating difference People who help us Listening Skills</p>	<p>No Outsiders – The Odd Egg by Emily Gravett</p> <p>Safe and unsafe secrets Appropriate touch Medicine safety</p>	<p>No Outsiders – Blown Away by Rob Biddulph</p> <p>Cooperation Self-regulation Online safety Looking after money – saving and spending</p>	<p>No Outsiders – The First Slodge by Jeanne Willis</p> <p>Growth Mindset Looking after my body Hygiene and health Exercise and sleep</p>	<p>No Outsiders- Just Because by Rebecca Elliot</p> <p>Life cycles Dealing with loss Being supportive Growing and changing Privacy</p>

<b>Year 3</b>	<p>No Outsiders –The Hueys in the new jumper by Oliver Jeffers</p> <p>Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss</p>	<p>No Outsiders – This is our house by Michael Rosen</p> <p>Recognising and respecting diversity Being respectful and tolerant My community</p>	<p>No Outsiders – We’re All Wonders by RJ Palacio</p> <p>Managing risk Decision-making skills Drugs and their risks Staying safe online</p>	<p>Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money</p>	<p>No Outsiders – Two Monsters by David McKee</p> <p>Keeping myself healthy and well Celebrating and developing my skills Developing empathy</p>	<p>No Outsiders –Beegu by Alexis Deacon</p> <p>Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets</p>
<b>Year 4</b>	<p>No Outsiders – Dogs don’t do ballet by Anna Kemp &amp; Sarah Ogilvie</p> <p>Healthy relationships Listening to feelings Bullying Assertive skills</p>	<p>No Outsiders – King and King by Linda de Hann &amp; Stern Nijland</p> <p>Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes</p>	<p>No Outsiders – The Way Back Home by Oliver Jeffers</p> <p>Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety</p>	<p>Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money</p>	<p>No Outsiders – The Flower by John Night</p> <p>Having choices and making decisions about my health Taking care of my environment My skills and interests</p>	<p>No Outsiders – Red: A Crayons Story by Michael Hall</p> <p>Body changes during puberty Managing difficult feelings Relationships including marriage</p>
<b>Year 5</b>	<p>No Outsiders – Where the Poppies Grow Now by Hilary Robinson &amp; Martin Impey</p> <p>Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs</p>	<p>No Outsiders –Rose Blanche by Ian McEwan &amp; Roberto Innocenti</p> <p>Recognising and celebrating difference, including religions and cultural Influence and pressure of social media</p>	<p>No Outsiders – How to Heal a Broken Wing by Bob Graham</p> <p>Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills</p>	<p>Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending</p>	<p>No Outsiders – The Cow Who Climbed a Tree by Gemma Merino</p> <p>Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community</p>	<p>No Outsiders – And Tango Makes Three by Justin Richardson &amp; Peter Parnell</p> <p>Managing difficult feelings Managing change How my feelings help keeping safe Getting help</p>
<b>Year 6</b>	<p>No Outsiders – My Princess Boy by Cheryl Kilodavis &amp; Suzanne DeSimone</p> <p>Assertiveness Cooperation Safe/unsafe touches Positive relationships</p>	<p>No Outsiders – Leaf by Sandra Dieckmann</p> <p>Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping</p>	<p>No Outsiders – The Island by Arman Greder</p> <p>Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)</p>	<p>Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy</p>	<p>No Outsiders – Dreams of Freedom by Amnesty International</p> <p>Aspirations and goal setting Managing risk Looking after my mental health</p>	<p>No Outsiders – The Thing by Simon Puttock &amp; Daniel Egneus</p> <p>Coping with changes Keeping safe Body Image Sex education Self-esteem</p>