

# Berrybrook Primary School Long Term

## PSHE Curriculum 2021-22

Year	Autumn 1 My Feelings and Relationships	Autumn 2 Keeping Safe	Spring 1 Everyone Has a Place	Spring 2 Online Behaviour/ Safety	Summer 1 Looking After Myself and My Health	Summer 2 Money and Aspirations/ Growing and Changes
Year 1	<p><b>Thinking about feelings</b> Our feelings</p> <p><b>Feelings and bodies</b> Our special people balloons</p> <p><b>Good friends</b> How are you listening?</p>	<p><b>Who can help? (1)</b> Surprises and secrets</p> <p><b>Good or bad touches?</b> Keeping privates private</p>	<p><b>Same or different?</b> Who are our special people?</p> <p><b>It's not fair!</b> Unkind, tease or bully?</p> <p><b>Who can help? (2)</b></p>	<p><b>Around and about the school</b> Sharing pictures</p> <p><b>Fire/ Firework Safety</b> Road Safety</p>	<p><b>Healthy me</b> Super sleep</p> <p><b>Eat well</b> Harold's wash and brush up</p> <p><b>What could Harold do?</b> I can eat a rainbow</p> <p><b>Catch it! Bin it! Kill it!</b> Basic first aid</p>	<p><b>Harold's money</b> How should we look after our money?</p> <p><b>Inside my wonderful body!</b> Then and now</p> <p><b>Harold loses Geoffrey</b> Taking care of a baby</p>
Year 2	<p><b>How are you feeling today?</b> Being a good friend</p> <p><b>Let's all be happy!</b> Bullying or teasing?</p> <p><b>Types of bullying</b> Don't do that!</p>	<p><b>How safe would you feel?</b> What should Harold say?</p> <p><b>I don't like that!</b> Fun or not?</p>	<p><b>What makes us who we are?</b> My special people</p> <p><b>How do we make others feel?</b> When someone is feeling left out</p>	<p><i>Sessions to be found on Project Evolve</i></p>	<p><b>Harold's picnic</b> My body needs...</p> <p><b>Harold's bathroom</b> My day</p> <p><b>Harold's postcard - helping us to keep clean and healthy</b></p>	<p><b>Harold saves for something special</b> Harold goes camping</p> <p><b>Sam moves away</b> Haven't you grown!</p>

		<p><b>Some secrets should never be kept</b> Should I tell? <b>Feeling safe</b></p>	<p><b>Solve the problem</b> <i>An act of kindness</i></p>		<p>What does my body do? <b>Basic first aid</b></p>	<p><b>My body, your body</b> Respecting privacy</p>
<p><b>Year 3</b></p>	<p><b>Friends are special</b> Looking after our special people <b>My special pet</b> How can we solve this problem? <b>Thanks</b> Dan's dare <b>Getting on with your nerves!</b> <i>Tangram team challenge</i></p>	<p><b>Safe or unsafe?</b> Danger or risk? <b>The Risk Robot</b> Secret or surprise? <b>None of your business!</b> Raisin challenge (1) <b>Body space</b></p>	<p><b>My community</b> Family and friends <b>Respect and challenge</b> Our friends and neighbours <b>Let's celebrate our differences</b></p>	<p><b>As a rule</b> Super Searcher  <b>Water Safety</b> <i>Stranger Danger</i> <i>Internet Safety</i></p>	<p><b>Alcohol and cigarettes: the facts</b> Derek cooks dinner! (healthy eating) <b>Poorly Harold</b> Help or harm? <b>Body team work</b> For or against? <b>Basic first aid</b></p>	<p><b>Earning money</b> Can Harold afford it? <b>Top talents</b> I am fantastic!  <b>Relationship Tree</b> Moving house</p>
<p><b>Year 4</b></p>	<p><b>Different feelings</b> When feelings change <b>Under pressure</b> An email from Harold! <b>Ok or not ok? (part 1)</b> Ok or not ok? (part 2) <b>How do we make a difference?</b> <i>Human machines</i></p>	<p><b>Danger, risk or hazard?</b> Secret or surprise? <b>How dare you!</b> Keeping ourselves safe <b>Raisin challenge (2)</b> Safety in numbers <b>It's your right</b></p>	<p><b>Friend or acquaintance?</b> The people we share our world with <b>What would I do?</b> That is such a stereotype! <b>What makes me ME!</b></p>	<p><b>Picture Wise</b> In the news!  <b>Railway Safety</b> <i>Stranger Danger</i> <i>Internet Safety</i></p>	<p><b>Medicines: check the label</b> Know the norms <b>Who helps us stay healthy and safe?</b> SCARF Hotel <b>Making choices</b> Basic first aid</p>	<p><b>Harold's expenses</b> Why pay taxes?  <b>My feelings are all over the place!</b> All change! <b>Preparing for changes at puberty</b> Together</p>
<p><b>Year 5</b></p>	<p><b>Give and take</b> How good a friend are you?</p>	<p><b>Jay's dilemma</b> Ella's diary dilemma <b>Decision dilemmas</b></p>	<p><b>Qualities of friendship</b></p>	<p><b>Star qualities?</b> Fact or opinion? <b>Is it true?</b></p>	<p><b>'Thinking' about habits</b> Drugs: true or false?</p>	<p><b>Lend us a fiver!</b> Spending wisely</p>

	<p><b>Relationship cake recipe</b> Our emotional needs</p> <p><b>Being assertive</b> How are they feeling?</p> <p><b>Local councils</b> Collaboration Challenge!</p>	<p>Dear Ash</p> <p><b>Independence and responsibility</b> Spot bullying</p>	<p>The land of the Red People</p> <p><b>Happy being me</b> It could happen to anyone</p> <p><b>Kind conversations</b></p>	<p>Play, like, share</p> <p><b>Communication</b></p> <p>Anti-social Behaviour Personal Safety</p>	<p><b>Smoking: what is normal?</b> Would you risk it?</p> <p><b>Getting fit</b> It all adds up!</p> <p><b>Basic first aid, including Sepsis Awareness</b></p>	<p><b>Changing bodies and feelings</b> Help! I'm a teenager - get me out of here! Stop, start, stereotypes</p> <p><b>Growing up and changing bodies</b></p>
Year 6	<p><b>Let's negotiate</b> Solve the friendship problem</p> <p><b>Behave yourself</b> Dan's day</p> <p><b>Assertiveness skills</b> Acting appropriately</p> <p><b>Democracy in Britain 1 - Elections</b> Democracy in Britain 2 - How (most) laws are made</p> <p>Working Together</p>	<p><b>Joe's story (part 1)</b> Joe's story (part 2)</p> <p><b>What's the risk? (1)</b> What's the risk? (2)</p> <p><b>Don't force me</b></p>	<p><b>We have more in common than not</b> OK to be different</p> <p><b>Respecting differences</b> Tolerance and respect for others</p> <p><b>Boys will be boys? - challenging gender stereotypes</b></p>	<p><b>Traffic lights</b> It's a puzzle</p> <p><b>Think before you click!</b> Facebook friends</p> <p><b>To share or not to share?</b> I look great!</p> <p><b>Pressure online</b></p> <p>Anti-social Behaviour Personal Safety</p>	<p><b>Rat Park</b> What sort of drug is...?</p> <p><b>Drugs: it's the law!</b> Alcohol: what is normal?</p> <p><b>Our recommendations</b> Basic first aid, including Sepsis Awareness</p> <p>Five Ways to Wellbeing project</p>	<p><b>What's it worth?</b> Jobs and taxes</p> <p><b>This will be your life!</b></p> <p>Is this normal? <b>Making babies</b> Helpful or unhelpful? Managing change</p>

Sessions to be part of Wellbeing Friday

Sessions to be led by the PCSO

Sessions to be led by the School Nurse