



	Autumn	Spring	Summer
<b>Year 1 Curriculum</b>	<p><b>Meet the Go-Givers</b> <i>Who are the Go-Givers?</i> In this lesson pupils will be introduced to the Go-Giver characters, who will share their likes, dislikes, talents and goals. After meeting the Go-Givers, pupils will share advice for making friends and will practice introducing themselves and initiating a conversation with a peer.</p> <p><b>You can't do that here</b> <i>What rules should people follow?</i> In this lesson pupils will consider that some rules are made to keep people safe. They will follow the story of Callum, a Go-Giver who wants to find a place to skateboard. Pupils will explain to Callum why different settings are not suitable and suggest how he can manage his frustration with the rules</p> <p><b>Litter: the picnic</b> <i>Who picks up the litter?</i> In this lesson pupils will follow the story of the Go-Givers having a picnic. Pupils will think about the problems caused by littering and how they can take responsibility for cleaning their environment.</p> <p><b>Explore the community</b> <i>Who is part of our community?</i> In this lesson pupils will research what is meant by the word 'community'. Pupils will think about who lives in their area and what services and facilities there are for their community. They will discuss what they like and dislike about their area, suggesting things that could be improved.</p>	<p><b>Why do we wash our hands?</b> <i>Why do we wash our hands?</i> pupils will learn that washing their hands can help to prevent the spread of germs which cause illnesses. Pupils will experiment with hand washing techniques before being given advice on how to effectively clean their hands and when hand washing is essential.</p> <p><b>The Selfish Little Red Hen</b> <i>What can we do to help other people? Who helps me?</i> Pupils will read and discuss the tale of the Selfish Little Red Hen who does not offer her friend any help as she prepares for a party. Following the story, pupils will think about the people who help them and what help they can offer in return.</p> <p><b>Recipe for friendship</b> <i>What makes a good friend?</i> Children look at what is needed to make a good friendship. Children create the perfect friendship through baking.</p> <p><b>Being sorry</b> <i>What does sorry mean and how does it feel?</i> Discussing what the word sorry means and how it is important to feel and say sorry after doing something wrong. Children will understand how this makes another person feels.</p> <p><b>How do you feel today?</b> <i>What makes people feel unhappy?</i> Pupils will read about Mitali and his concerns for his friend Anna, who appears to be withdrawn and unhappy. Pupils will consider what can make people feel unhappy and how they can spot when their friends are feeling low. Pupils will identify trusted adults in their lives who can support them</p>	<p><b>Pollution: Expedition to Planet Bluebell</b> <i>What can we do to help our planet?</i> This lesson explores the issues of pollution of our planet and sustainable power. It is based around an animated story, involving the Go-Givers characters, in which creatures from a friendly planet are invited to help clean up Earth.</p> <p><b>Go Givers playground</b> <i>Who makes our playground safe and happy?</i> Pupils will consider the varying needs and interests of the Go-Giver characters and design a playground that matches these requirements. They will work in groups to present their ideas and agree rules that will keep the Go-Givers safe and happy in their playground.</p> <p><b>People who are special to me</b> <i>Who is special to me?</i> Pupils will think about the 'special people' in their lives such as family, friends and carers. Pupils will be encouraged to recognise and respect the diversity found in different families and support networks, developing an appreciation that all 'special people' are characterised by their loving and caring qualities.</p> <p><b>Caring for Pets</b> <i>Who looks after pets who are not cared for?</i> This lesson starts with a simple story that helps children to explore what responsibilities come with owning a pet. Children then go on to look at what happens when pets are not properly cared for and some of the charitable organisations that look after animals.</p> <p><b>All about healthy teeth</b> <i>What can I do to keep my teeth healthy?</i> A lesson exploring the importance of brushing your teeth and visiting the dentist.</p>
<b>Reading opportunity</b>	<p>I Can Save the Earth!: One Little Monster Learns to Reduce, Reuse, and Recycle <b>By Alison Inches</b></p> <p><b>Real Superheroes by Julia Seal</b></p> <p>All Are Welcome <b>by Alexandra Penfold</b></p>	<p>Meesha Makes Friends: A Big Bright Feelings Book <b>By Tom Percival</b></p> <p><b>Ruby's worries by Tom Percival</b></p>	<p><b>I'm Sorry! By Barry Timms</b></p> <p>What A Waste: Rubbish, Recycling, and Protecting our Planet <b>By Jess French</b></p>

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<b>Year 2</b>	<p><b>All about me – looking after yourself</b> <i>What do I do to look after myself?</i></p> <p><b>Resilience: bouncing back</b> <i>What do I do when I find something difficult?</i> This lesson helps children to develop resilience and consider how to respond to challenges in a positive way. The Go-Givers characters share their experiences of difficult situations and how they ‘bounced back’.</p> <p><b>Buddy the dog’s internet safety story</b> <i>What can I do to keep safe on the internet?</i> To teach young children how to use the Internet safely in a fun way! The story specifically focuses on the safe use of tablets and smartphones</p> <p><b>More than one friend</b> <b>Can I have more than one friend?</b> Pupils will follow the story of Digby who is upset when his best friend Anna starts spending a lot of time with someone else. Pupils will think about feelings which arise when someone is left out and consider the benefits of working and playing together</p> <p><b>Tongue: the power of words</b> <i>What powers do words have?</i> Pupils will read a tale adapted from Carib tradition which tells of how words can be used for good or bad. In discussion, pupils will consider the effects of speaking in aggressive and/or negative language and how well-chosen words can improve relationships.</p>	<p><b>Good and bad relationships</b> <i>What are the qualities of good and bad relationships?</i></p> <p><b>We are all different</b> <i>What makes us different?</i> A short story which looks at what makes people individual e.g. things they like/dislike, their families, their talents.</p> <p><b>Vote for the Go-Givers</b> <i>What does voting mean?</i> pupils will learn what it means to vote by looking at relatable examples in the lives of the Go-Givers. They will consider why and how votes are held and think about how people might feel if their preference does not win. The lesson continues with a basic introduction as to what happens in a general election and the election of a school council.</p> <p><b>Healthy eating</b> <i>What foods are healthy?</i> In this lesson pupils will learn about the importance of eating the right amounts of different food groups as part of a healthy lifestyle. Pupils will have the opportunity to design their own healthy meal and will identify foods they should eat plenty of, some of and small amounts of in their day to day lives. Lesson objectives:</p> <p><b>St John Ambulance First Aid – introduction to first aid and getting help</b> <i>What should I do in an emergency?</i></p>	<p><b>The messy magpie: all about recycling</b> <i>What materials can we recycle?</i></p> <p><b>Keeping safe at home</b> <i>What should I do if I spot a dangers at home?</i> Pupils will spot potential risks in the home. They will learn how they can help adults to keep them safe by reporting problems and keeping the home tidy. Pupils will demonstrate their learning through creating a poster advising on home safety.</p> <p><b>My Body</b> <i>What are the names of all my body parts?</i> Pupils can correctly name the main parts of the body, including external genitalia using scientific terms.</p> <p><b>All about me: Looking after yourself</b> <i>How do I look after myself?</i> A lesson which explores how we can look after our selves by talking about our feelins, eating a balanced diet, looking after personal hygiene, having plenty of rest and sleep, drinking enough water, getting plenty of exercise and thinking about what to wear.</p>
<b>Reading opportunity</b>	<p>The Squirrels who squabbled by Rachel Bright and Jim Field</p> <p>Be Kind by Pat Zietlow Miller</p>	<p>What If We Were All The Same by CM Harris</p> <p>Kenny lives with Erica and Martina by Olly Pike</p>	<p>Michael Recycle by Ellie Bethel</p>



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<b>Year 3</b>	<p><b>Turning Problems around</b> <i>How should we turn problems around?</i></p> <p><b>The Two Brothers</b> <i>How can siblings and friends support each other?</i> Pupils will read a tale adapted from Egyptian legend which tells of the love and care which two brothers showed for each other. In discussion, pupils will consider the qualities that they value in a sibling or friend and how siblings and friends can show support for one another.</p> <p><b>Peer Pressure: It's your choice.</b> <i>Why do we have rules and can we change them?</i> To know how and why rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules. To know that their actions affect themselves and others, to care about other people's feelings and to try to see things from their points of view</p> <p><b>Staying friends</b> <i>Why do we have friends and what makes a good friend?</i> To identify what makes a good friend and to recognise when someone is not being a good friend. To know how to be a good friend and what to do it you experience someone being unkind or experience bullying.</p>	<p><b>Keeping Safe in Cyberspace</b> <i>How do I keep safe online?</i> This lesson explores the dangers of sharing personal information on the internet through situations involving the Go-Givers characters. It focuses on why bullying via social media and mobile phones is particularly harmful and how children can protect themselves from the various forms of cyber-bullying.</p> <p><b>Animal care: creature kindness.</b> <i>How do I look after animals in my care?</i> To understand the importance of looking after others in our care.</p> <p><b>Homelessness</b> <i>Why are some people homeless?</i> Pupils will think about what home means to them through writing a poem inspired by the line 'Home is where the heart is'. They will consider the reasons why someone may become homeless and the realities of life on the streets or in temporary accommodation.</p> <p><b>Water: Our most precious resource.</b> <i>Why is water vital to life on Earth?</i> Pupils will learn about the qualities of water and why it is vital to life on Earth. They will consider the problems facing people who cannot access clean water and the pressures that have been placed on our water supply due to climate change and population growth</p>	<p><b>The value of trees.</b> <i>Why are tree important in our lives?</i> Pupils will learn about the role trees play in supporting life on Earth and their importance in our lives. They will examine the effects of deforestation and learn how they can help to renew forests.</p> <p><b>Chicken soup</b> <i>Why is important to know how to share?</i> Pupils will read a tale adapted from Jewish folklore that explores the theme of sharing. Pupils will reflect on the behaviour of the characters and consider how they would resolve the conflict which is described in the story.</p> <p><b>It's my body.</b> <i>How do I keep a healthy body and a healthy mind?</i> Exploring how to keep and healthy body and mind and understanding why this is important</p> <p><b>Going for goals: Mo Farah</b> <i>Why should we have life goals?</i></p>
<b>Reading opportunity</b>	<b>Those Shoes by Boelts Maribeth</b>	<b>Water Princess by Georgie Badiel</b>	<b>One Earth by Eileen Spinelli</b>



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<b>Year 4</b>	<p><b>You amazing brain: becoming a resilient learner</b> <i>Why is it important to set life goals?</i> To recognise, name and deal with their feelings in a positive way. To think about themselves, learn from their experiences and recognise what they are good at. To learn how to set simple goals.</p> <p><b>Children's rights</b> <i>How are children's rights met at school?</i> Pupils will learn that there are specific rights for children which are set out in the United Nations Conventions on the Rights of the Child. Pupils will learn about the evolution of these rights. Pupils will then consider how their rights are met at school and how they can contribute to a culture in which children's rights are valued and upheld.</p> <p><b>Mediation: resolving conflict</b> <i>How can we resolve conflicts?</i> This lesson explores how conflicts can be resolved by looking at things fairly, listening carefully and trying to stand in the other person's shoes. It also looks at how mediators can help negotiate solutions that can be agreed to by both parties.</p> <p><b>The golden rule: Multi-faith values</b> <i>Why should we treat people as we would like to be treated?</i> This lesson shows how all the major religions subscribe to the idea that we should behave towards others as we would like others to behave towards us</p>	<p><b>Fairtrade: Have a Banana</b> <i>How can Fairtrade create more equal market for the independent producer?</i> This lesson explores how Fairtrade can create a more equal market for the independent producer. It also includes the health giving properties of a banana.</p> <p><b>Emergency</b> <i>How can you help in an emergency?</i> This lesson describes how the emergency services operate. It also explains the role of the volunteer and how to administer basic First Aid in situations such as nose bleed and bee sting. The lesson includes a video containing interviews with the staff of Kent Air Ambulance, and an electronic First Aid quiz.</p> <p><b>Mental Health and emotional wellbeing</b> <i>Why is it important to look after our mental health?</i> Explore how we deal with everyday feelings, how to express how feelings and how to manage our feelings.</p> <p><b>Microorganisms</b> <i>Why is it important to live a healthy lifestyle?</i> To research, discuss and debate topical issues, problems and events. To know that bacteria and viruses can affect health and that following simple, safe routines can reduce their spread. What makes a healthy lifestyle, including the benefits of exercise.</p>	<p><b>Homophobia: Respecting all our differences</b> <i>Why is it important to respect all lives?</i> This lesson takes the form of an animated story involving Go-Givers character Anna who is being called 'gay' because she plays football and doesn't like wearing dresses. The story addresses the issue of homophobic bullying, and explores different kinds of families. This lesson has been approved by the Stonewall education team.</p> <p><b>The Gift of Sight</b> <i>How do I keep my eyes safe and healthy?</i> This lesson explains how the eye works. It explores the importance of sight, eye safety and how sight can be restored to some blind people in developing countries for very little cost.</p> <p><b>Charitable Giving through History</b> <i>How do we help those in need?</i> This lesson looks at the meaning and history of charity and their role in society both past and present. It looks at the role of the Victorian workhouse and alms houses. It also explores how the government helps those in need.</p> <p><b>Care for the Elderly: The Grey Years</b> <i>How do our lives change as we grow old?</i> This lesson aims to help children understand the process of ageing and what it feels like to be old. It also looks at how charities help older people retain their independence.</p>
<b>Reading opportunity</b>	You Must Bring a Hat <b>by Simon Philip</b>		When I Grow Up <b>by Jon Hales</b>



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<b>Year 5</b>	<p><b>Mary Seacole and Florence Nightingale: Pioneering Nurses</b> <i>How did pioneering nurses overcome prejudice and discrimination?</i> This lesson tells the story of how Mary Seacole and Florence Nightingale overcame prejudice to help others and explores how discrimination can prevent people from making a full contribution to society. The lesson also helps children understand the importance of good hygiene, particularly in hospitals.</p> <p><b>Respect</b> <i>How can we show respect?</i> Children explore what the word respect means and consider different types of behaviour and whether they are respectful or not.</p> <p><b>Migration</b> In this lesson pupils will gain an understanding of the term 'migration' and some of the reasons why people migrate. They will consider the benefits of migration for a country and learn about the experiences of migrants from first-hand accounts.</p> <p><b>Topics for discussion: Mind Maze</b> Mind Maze consists of a series of cryptic questions to develop children's ability to discuss social and moral issues.</p>	<p><b>Martin Luther King: Sacrificing all for the Dream</b> <i>How did Martin Luther King achieve change?</i> This lesson looks at discrimination against African Americans in the United States during the 1950s and 1960s, the Civil Rights Movement and how Martin Luther King achieved change through peaceful protest. It also explores the nature of prejudice and racism and includes a link to the famous 'I have a dream' speech.</p> <p><b>Jealousy: The GreenEyed Monster</b> <i>Why do I feel jealous?</i> A lesson about the difference between envy and jealousy, and how jealous feelings can be harmful to ourselves and others. It suggests various scenarios where jealousy can occur and how we can react negatively or positively</p> <p><b>Healthcare: improving life chances.</b> <i>How can I improve my health?</i></p> <p><b>Why do we pay Taxes?</b> Through this lesson we learn how the welfare state ensures a basic level of care for all citizens. It includes the role of the Chancellor and how taxes are levied.</p>	<p><b>Bereavement: Treasured Memories</b> <i>How do I deal with losing someone I love?</i> This lesson helps children understand how to deal with their feelings after the death of someone they cared for. It also suggests activities for children to do in school on the occasion of the death of a pupil or adult associated with the school.</p> <p><b>Belonging to Groups</b> <i>How do people join groups?</i> To recognise the role of voluntary, community and pressure groups</p> <p><b>Discussion Scenarios: Dizzy Dilemmas</b> This lesson is a series of nine personal and social dilemmas children might come across in real life. It provides opportunities for open-ended discussion, suitable for Circle Time, and asks children what they would do in a similar situation.</p> <p><b>Rights &amp; Responsibilities: Getting the Balance Right</b> <i>How do we balance our right with the rules?</i> This lesson explores how rules and laws help keep the balance between our rights and the rights of others by looking at the examples of privacy and free speech. It includes a video of an interview with Shami Chakrabarti, Director of Liberty.</p> <p><b>Internet deceivers</b> <i>How do I walk away?</i> To know that pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong</p>
<b>Reading opportunity</b>	<p>The boy at the back of class by Onjali Q Rauf Wisp, A Story of Hope by Zana Fraillon</p>	<p>The Bad Mood and the Stick by Lemony Snicket</p>	<p>Sad by Michael Rosen Way Home by Libby Hathorn and Gregory Rogers</p>

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<b>Year 6</b>	<p><b>Stressed Out</b> <i>How do I know if I am feeling stressed?</i> This lessons aims to help children understand the situations that cause stress, and to recognise and deal with stress in themselves and others. It accentuates the importance of sharing and listening.</p> <p><b>Bullying: Prepare to Stand Up and Stand Out</b> <i>Why are we all different?</i> This lesson looks at ways in which we differ from each other and how we can develop a positive body image. The children learn about intervention strategies through role play.</p> <p><b>Working for Peace</b> <i>How is conflict in the world resolved?</i> This lesson looks at the causes of conflict and areas of the world where there is strife. It explains the role of the UN and how some charities work for reconciliation.</p> <p><b>Righting wrongs: discrimination against gay people</b> <i>How do I make it right?</i> To take part in a simple debate about topical issues e.g. homophobia to recognise choices they can make, and recognise the difference between right and wrong.</p>	<p><b>Democracy</b> <i>How can my voice be heard?</i> An understanding of how citizens can influence decision-making through the democratic process.</p> <p><b>Why do we pay Taxes? PART 2</b> Through this lesson we learn how the welfare state ensures a basic level of care for all citizens. It includes the role of the Chancellor and how taxes are levied.</p> <p><b>Fake News</b> <i>How do I know what I hear and read is true?</i> pupils will learn what is meant by 'fake news' and the risks that it poses to them and society. Pupils will be introduced to the concept of bias and will think about how they can critically examine news articles.</p> <p><b>Stephen Lawrence: Long Search for Justice</b> <i>How do I recognise discrimination?</i> This lesson for upper KS2 looks at how we use our discrimination, and how discrimination can be socially harmful. This unit sets out how the parents of Stephen Lawrence went about achieving justice for their son.</p>	<p><b>Knife Crime: Shielding from Harm</b> <i>How do I keep safe? Why is not ok to carry a knife?</i> This lesson explores knife crime in the news and tries to put frightening headlines into perspective. It also explains what the law says about carrying knives and gives tips on how children can keep themselves, and others, safe and stand up to peer pressure.</p> <p><b>Challenging stereotypes</b> <i>How do we challenge stereotypes?</i> pupils will develop an understanding of the term 'stereotype', identify examples of stereotypical opinions.</p> <p><b>Hygiene during Puberty (Don't Make Your Best Friend Tell You!)</b> <i>Why is my body changing? How is my body going to change?</i> This lesson explores how bodies change at puberty, focusing on changes to skin, hair and hormones that cause body odour, meaning that good personal hygiene is more important during, and following, adolescence.</p> <p><b>Year 6 Transition</b> This transition lesson for Year 6 helps children to prepare for secondary school. Follow Teefa as she organises herself and gets ready for the first day, considers how to keep safe, and sets herself goals.</p>
<b>Reading opportunity</b>	<b>Bombs and Blackberries: A World War Two Play by Julia Donaldson</b>	<b>The Extraordinary Life of Malala Yousafzai by Hiba Noor Khan</b>	<b>The 1,000-year-old Boy by Ross Welford</b> <b>A Boy Called Hope by Lara Williamson</b>



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## PSHE Long Term Plan