

St. Anne's Catholic Primary School Safeguarding and EDI Curriculum Map

2023/2024

Key

E-Safety

British Values

Protected Characteristics -tolerance/equality/Diversity/inclusion

Economic Education

Safeguarding- healthy me + safety, drugs

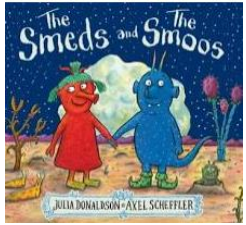
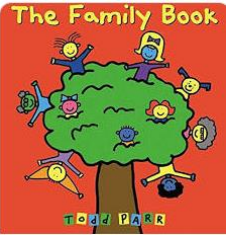
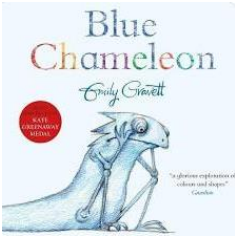
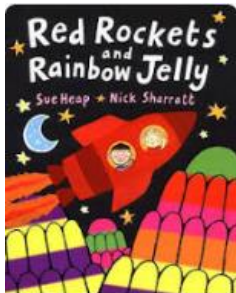
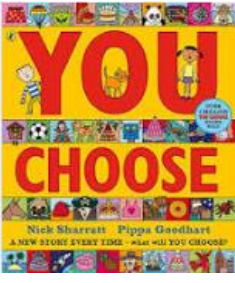








Anti-Bullying- kindness

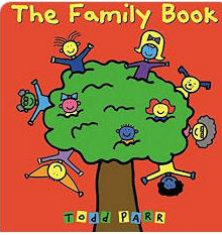
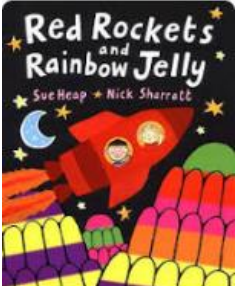
First Aid




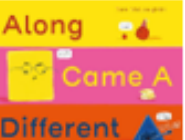




Mental Health

The wider world

	Autumn		Spring		Summer	
EYFS	Autumn 1 PSHE-CONNECT Introduction to Connect + Exercise. Children learn about what exercise is, explore new types of exercise, and notice how their body feels during and after exercise.	Autumn 2 PSHE-CONNECT Connect with Others Children discover ways to connect with others, such as how to be a good friend and make new friends. They also learn and practise noticing how others feel. Lesson 1 (D)-To spot activities I can do with my Friends. Lesson 2 (N)-To think about similarities and Differences. Lesson 3 (A)- To think about what a Friendship code is and why it is important. Lesson 4 (N)-To see how music makes me feel. Lesson 5 (D)-To think about what I need to consider when meeting new people, so I stay safe.	Spring 1 PSHE-CONNECT Self-Care Children explore ways to keep our bodies and minds healthy, including eating well and keeping clean. Children begin to learn ways to relax, and look after their mental wellbeing. Lesson 1 (D) - To use my Discoverer skills to identify which healthy foods I like and don't like Lesson 2 (N) - To use my Noticer skills to describe how my body and mind feel when I am tired. Lesson 3 (A) - To use my Noticer skills to learn how to maintain personal hygiene Lesson 4 (N) - To use my Noticer skills to notice how Self-Care activities are and how they make me feel Lesson 5 (D) - To use my Noticer skills to spot the Self-Care activities I do for my physical and emotional health.	Spring 2 PSHE-CONNECT Give to Others Children learn about giving to others like family, friends, and looking after the planet. Lessons explore sharing, being kind, and looking after the environment. Lesson 1 (D)- To describe times I can recall Giving To Others. Lesson 2 (N)- To spot what someone likes and needs. Lesson 3 (A)- To think about why sharing can sometimes be hard. Lesson 4 (N)- To think about how I can Give To Others Lesson 5 (D)- To find out which items I can recycle.	Summer 1 PSHE-CONNECT Challenge Yourself Children are encouraged to challenge themselves in a variety of ways and learn ways to cope when they feel scared or nervous, such as calming through yoga Lessons explore what it means to have courage, and how to make brave and safe choices. Lesson 1 (D) -To see how my thoughts and feelings change as I challenge myself more. Lesson 2 (N) -To use my Noticer skills to help me know when I feel scared. Lesson 3 (A) -To decide if activities are safe or unsafe. Lesson 4 (N) -To find what happens in my body when I feel different feelings. Lesson 5 (D) -To make a safe choice	Summer 2 PSHE-CONNECT Embrace the Moment Children learn about the importance of noticing and being present in the current moment. They practise being fully aware of their thoughts, feelings, and of what is happening around them. Lesson 1 (D) -To talk about the things I can notice around me. Lesson 2 (N) - To notice my feelings because of listening to music. Lesson 3 (A) -To notice my thoughts. Lesson 4 (N) - To stretch in a new way, looking at how my body looks and feels different. Lesson 5 (D) -To learn about a new way to respond to my thoughts and feelings.
E-Safety		Smarty the Penguin Story A Pop ups and in app purchasing Inappropriate websites for older children Cyberbullying		Smarty the Penguin Story B Upsetting images Unreliable information Talking to strangers online		Safety Day- E-safety How to stay safe online.
Equality Diversity Inclusion	What's in your Bag? Opera Singer Week 1 Dentist Week 2 Bharatanatyam Dancer Week 3 Palaeontologist Week 4 Hairdresser Week 5 Beekeeper Week 6 Black History Month Workshops	Anti-Bullying Week November Reminder of Anti-Bullying Policy How to be a good friend/Anti-Bullying Session Celebrating differences/Express Yourself Kindness Assembly Christmas from around the world celebrations What's in your Bag? Rhythmic Gymnast Week 1 Iman Week 2 Wildlife Photographer Dancer Week 3 Civil Engineer Week 4 Canoeist Week 5 Vet Week 6 RE Judaism	What's in your Bag? Poet Week 1 Sports Reporter Week 2 Organist Week 3 Doctor Week 4 Upcycler Week 5 Bhangra Dancer Week 6	What's in your Bag? Astronomer Week 1 Swimmer Week 2 Midwife Week 3 Bagpiper Week 4 Chef Week 5 Lifeguard Week 6	What's on your head? Episodes 1-6 Firefighter Week 1 Hijab Week 2 Scuba Week 3 Turban Week 4 Cycling Week 5 Barrister Week 6	What's on your head? Episodes 7-10 Bishop Mitre Week 1 Racing Driver Week 2 Kippah Week 3 Helicopter Paramedic Week 4 RE Islam





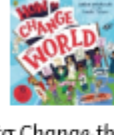
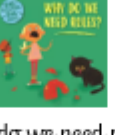


<p>Protected Characteristics Lessons</p>	<p>WALT make friends with others and celebrate differences</p> <p>RACE</p> 	<p>WALT understand that all families are different</p> <p>SEXUAL ORIENTATION</p> <p>GENDER REASSIGNMENT</p> <p>MARRIAGE/ CIVIL PARTNERSHIP</p> 	<p>WALT make friends with someone different</p> <p>DISABILITY</p> 	<p>WALT understand that it's ok to like different things</p> <p>GENDER</p> <p>DIVERSITY</p> 	<p>WALT say what we think</p> 			
<p>British Values Stories</p>	<p>Democracy</p>  <p>The Election</p> <p>A picture book for young children that explains, through a fun story with engaging illustrations, what an election is and how voting works. Alex's family backs the party whose posters have stripes on them. Eve's family backs the party whose posters have spots on them. But which party will win?</p>	<p>Rule of Law</p>  <p>But Why Can't I?</p> <p>George thinks rules are silly. When Jenny comes to babysit, George refuses to keep to the rules. But that makes playing dangerous and not fun at all! Can George learn why rules are important?</p>	<p>Individual Liberty</p>  <p>Children who Changed the World</p> <p>From the heroes familiar to everyone, such as Malala Yousafzai, to the amazing activists you might not have heard of, like Baruti Ndume, the teenager who gave a voice to fellow refugee children in Tanzania, discover the incredible true stories of child activists.</p>	<p>Mutual Respect + Tolerance</p>  <p>Along Came a Different</p> <p>Reds love being red. Yellows love being yellow. And Blues love being blue. The problem is that they just don't like each other.</p> <p>But one day, along comes a different colour who likes Reds, Yellows and Blues, and suddenly everything starts to change.</p>	<p>Democracy</p>  <p>How to Change the World</p> <p>Could you and your friends change the world? This book will inspire you with 15 true stories of groups of amazing humans who've changed the world.</p> <p>Discover the astonishing things humans can achieve from the campaign for women's votes, to the efforts to heal the ozone layer. Or travel back to the start of democracy in Ancient Greece, and into space to see the incredible teamwork on the international space station.</p>	<p>Rule of Law</p>  <p>Why do we need rules?</p> <p>This humorous picture book helps children explore the big questions around rules and people's rights. Questions include: Why should I follow rules? Who makes them? How do we make them fair? And do rules really make things better?</p>	<p>Individual Liberty</p>  <p>Peaceful Fights for Equal Rights</p> <p>Protesting. Standing up for what's right. Uniting around the common good—kids have questions about all of these things they see and hear about each day. Through sparse and lyrical writing, Rob Sanders introduces abstract concepts like "fighting for what you believe in" and turns them into something actionable.</p>	<p>Mutual Respect + Tolerance</p>  <p>The Only Way is Badger</p> <p>Badgers are best. Or so Badger thinks. "If it's not black and white then it's just not right!" he says. But what if he's wrong? A book about acceptance, difference and learning to say sorry.</p>
<p>Other</p>	<p>Zones of Regulation Lessons</p>	<p>History/Remembrance</p> <p>Introduction to Remembrance</p>			<p>Healthy Living and Mental Health Week June</p> <p>Mental Health Sessions- how to look after our mental health</p> <p>Importance of Exercise and moving your body</p>	<p>KS1 Safety Day July</p> <p>E-Safety PANTS</p> <p>Friendship/Bullying</p>		
<p>Year 1</p>	<p>Autumn 1 PSHE-CONNECT Exercise</p> <p>Children further explore different types of exercise, and plan when they can do more exercise in their lives. Children notice how different exercises make us feel, both in our bodies and emotionally.</p> <p>Lesson 1 (D)-pre topic brainstorm + To discover how it feels to move in a different way.</p> <p>Lesson 2 (N)- To learn how my body temperature changes when I exercise.</p> <p>Lesson 3 (A)- To learn to notice my thoughts</p> <p>Lesson 4 (N)- To spot how different types of exercise make me and my friends feel.</p> <p>Lesson 5 (D)- To use my Discoverer skills to learn new ways to move my body and exercise.</p>	<p>Autumn 2 PSHE-CONNECT Connect with Others</p> <p>Children explore how to be a kind friend and appreciate similarities and differences, and identify the people that help us. Lessons explore how our Advisor thoughts can help keep our bodies safe and keep us safe from strangers.</p> <p>Lesson 1 (D) – pre topic brainstorm + To learn what I can do to Connect to Others with Kindness.</p> <p>Lesson 2 (N)- To identify which playground game my friends like</p> <p>Lesson 3 (A)- To remember how to ask for help when I need it.</p> <p>Lesson 4 (N)- To use my emotion wheel to guess how others are feeling.</p>	<p>Spring 1 PSHE-CONNECT Self-Care</p> <p>Children deepen their understanding of self-care, learning ways to sleep better, and about healthy foods.</p> <p>Lesson 1 (D)- pre topic brainstorm + to learn how different types of apple look, smell, feel and taste.</p> <p>Lesson 2 (N)- To use my Noticer skills to explore all my senses when I enjoy food.</p> <p>Lesson 3 (A)- To learn to brush my teeth thoroughly.</p> <p>Lesson 4 (N)-To identify how my partner is feeling</p> <p>Lesson 5 (D)- To use my Discoverer skills to identify which smoothie ingredients I like best.</p>	<p>Spring 2 PSHE-CONNECT Give to Others</p> <p>Children further develop their understanding of ways to give and be kind to others, and tricky thoughts that can get in the way. Children explore in more depth how to be kind to the environment.</p> <p>Lesson 1 (D)- pre topic brainstorm + To use my Discoverer skills to try giving to others in new ways.</p> <p>Lesson 2 (N)- To spot what others need.</p> <p>Lesson 3 (A)- To use my Advisor skills to think of how I can lend a hand to others.</p> <p>Lesson 4 (N)- To spot when someone gives me a smile and how that makes me feel.</p> <p>Lesson 5 (D)- To find out how I can help the Planet.</p>	<p>Summer 1 PSHE-CONNECT Challenge Yourself</p> <p>Children practise challenging themselves, and learn how to cope with tricky thoughts and feelings when trying something new. Children learn that thoughts can be both helpful and unhelpful.</p> <p>Lesson 1 (D)- pre topic brainstorm +To see how my thoughts and feelings change as I challenge myself.</p> <p>Lesson 2 (N)- To notice what happens when you don't give up when faced with a challenge.</p> <p>Lesson 3 (A)- To judge if thoughts are helpful or unhelpful.</p> <p>Lesson 4 (N)-To find what happens in my body when I feel different feelings.</p> <p>Lesson 5 (D)-To think about a challenge I can set myself.</p>	<p>Summer 2 PSHE-CONNECT Embrace the Moment</p> <p>Children learn new ways of embracing the moment by paying attention to and describing their bodies while doing yoga, the environment while on a walk outside, and their feelings while listening to music. Lessons explore how we can notice when we have thoughts, and bring our attention back.</p> <p>Lesson 1 (D)- pre topic brainstorm + to invent and describe an imaginary, magical land.</p> <p>Lesson 2 (N)- To use colours and patterns to show how the music makes me feel.</p> <p>Lesson 3 (A)- To use my Noticer to write down my Advisor thoughts as they pop up.</p> <p>Lesson 4 (N)-To feel changes in my body while doing yoga.</p>		

		Lesson 5 (D)-To learn about Communities and my responsibilities.				Lesson 5 (D)-To use my Discoverer to recall my favourite things.
E-Safety	Online Safety L1- using the internet safely	Online Safety L2 – online emotions		Online Safety L3- always be kind and considerate	Online Safety L4- posting and sharing online	KS1 Safety Day How to stay safe online
Inclusion Diversity Equality	<p>What's in your Bag? Opera Singer Week 1 Dentist Week 2 Bharatanatyam Dancer Week 3 Palaeontologist Week 4 Hairdresser Week 5 Beekeeper Week 6</p> <p>Black History Month Workshops</p> <p>English Mo Farah Serena Williams</p>	<p>Anti-Bullying Week November Reminder of Anti-Bullying Policy How to be a good friend/Anti-Bullying Session Celebrating differences/Express Yourself Kindness Assembly</p> <p>Christmas from around the world celebrations</p> <p>What's in your Bag? Rhythmic Gymnast Week 1 Iman Week 2 Wildlife Photographer Dancer Week 3 Civil Engineer Week 4 Canoeist Week 5 Vet Week 6</p> <p>History (Significant Individuals) Hellen Keller – deaf and blind Freddie Mercury- Musician from Tanzania Malala Yousafzai- Pakistani activist Frida Kahlo- Mexican female painter Louis Pasteur- discovered the vaccine.</p> <p>RE Judaism</p>	<p>What's in your Bag? Poet Week 1 Sports Reporter Week 2 Organist Week 3 Doctor Week 4 Upcycler Week 5 Bhangra Dancer Week 6</p>	<p>What's in your Bag? Astronomer Week 1 Swimmer Week 2 Midwife Week 3 Bagpiper Week 4 Chef Week 5 Lifeguard Week 6</p>	<p>What's on your head? Episodes 1-6 Firefighter Week 1 Hijab Week 2 Scuba Week 3 Turban Week 4 Cycling Week 5 Barrister Week 6</p> <p>RE Islam</p>	<p>What's on your head? Episodes 7-10 Bishop Mitre Week 1 Racing Driver Week 2 Kippah Week 3 Helicopter Paramedic Week 4</p>
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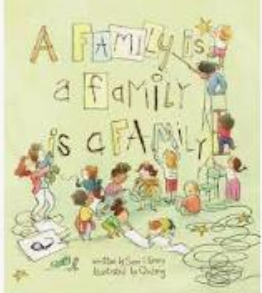
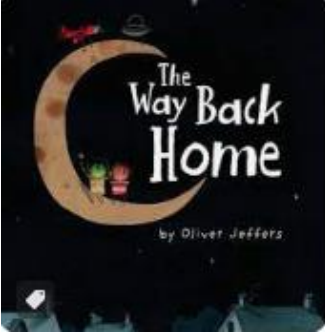
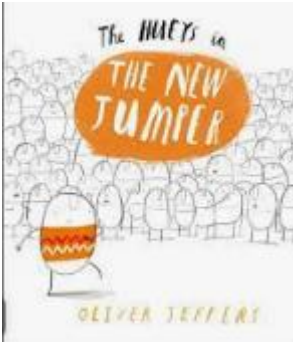

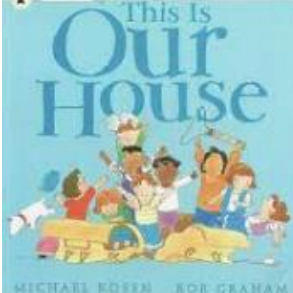

<p>British Values Stories</p>	<p>Democracy</p>  <p>The Election A picture book for young children that explains, through a fun story with engaging illustrations, what an election is and how voting works. Alex's family backs the party whose posters have stripes on them. Eve's family backs the party whose posters have spots on them. But which party will win?</p>	<p>Rule of Law</p>  <p>But Why Can't I? George thinks rules are silly. When Jenny comes to babysit, George refuses to keep to the rules. But that makes playing dangerous and not fun at all! Can George learn why rules are important?</p>	<p>Individual Liberty</p>  <p>Children who Changed the World From the heroes familiar to everyone, such as Malala Yousafzai, to the amazing activists you might not have heard of, like Baruni Ndume, the teenager who gave a voice to follow refugee children in Tanzania, discover the incredible true stories of child activists.</p>	<p>Mutual Respect + Tolerance</p>  <p>Along Came a Different Reds love being red. Yellows love being yellow. And Blues love being blue. The problem is that they just don't like each other. But one day, along comes a different colour who likes Reds, Yellows and Blues, and suddenly everything starts to change.</p>	<p>Democracy</p>  <p>How to Change the World Could you and your friends change the world? This book will inspire you with 15 true stories of groups of amazing humans who've changed the world. Discover the astonishing things humans can achieve, from the campaign for women's votes, to the efforts to heal the ozone layer. Or travel back to the start of democracy in Ancient Greece, and into space to see the incredible teamwork on the international space station.</p>	<p>Rule of Law</p>  <p>Why do we need rules? This humorous picture book helps children explore the big questions around rules and people's rights. Questions include: Why should I follow rules? Who makes them? How do we make them fair? And do rules really make things better?</p>	<p>Individual Liberty</p>  <p>Peaceful Fights for Equal Rights Protesting. Standing up for what's right. Fighting around the common good—these have questions about all of these things they see and hear about each day. Through sparse and lyrical writing, Rob Sanders introduces abstract concepts like "fighting for what you believe in" and turns them into something actionable.</p>	<p>Mutual Respect + Tolerance</p>  <p>The Only Way is Badger Badgers are best. Or so Badger thinks. "If it's not black and white then it's just not right!" he says. But what if he's wrong? A book about acceptance, difference and learning to say sorry.</p>
<p>Other</p>	<p>Zones of Regulation Lessons</p>	<p>History/Remembrance</p> <p>Purple poppy- remembering animals in war</p> <p>Significant people Helen Keller – blind and deaf person</p>			<p>Healthy Living and Mental Health Week June Mental Health Sessions- how to look after our mental health Importance of Exercise and moving your body</p> <p>Dog's Trust Dog Safety Workshop May</p>	<p>KS1 Safety Day July E-Safety PANTS Friendship/Bullying</p>		
<p>Year 2</p>	<p>Autumn 1 PSHE-CONNECT Exercise</p> <p>Children learn the benefits of exercise, and notice changes in our pulse and breath when we engage in physical activities. Children practise mindfulness exercises and think about how our thoughts can affect our exercise behaviours.</p> <p>Lesson 1 (D) -pre topic brainstorm + To learn a new way to exercise.</p> <p>Lesson 2(N)- To understand how different activities affect my heart rate.</p> <p>Lesson 3 (A)- To notice my feelings and how my body feels when I exercise.</p> <p>Lesson 4 (N)- To identify how exercising for longer periods of time affects my body.</p> <p>Lesson 5 (D)- To identify which types of exercise I love doing.</p>	<p>Autumn 2 PSHE-CONNECT Connect with Others</p> <p>Children learn ways to support others, which Values are important in how we want others think of us, and how our Advisor can help build confidence. Lessons explore online safety, safe secrets, and coping with big changes.</p> <p>Lesson 1 (D)- pre topic brainstorm + to learn what I can do if I am being bullied.</p> <p>Lesson 2 (N)- To identify how my mind feels when I practice yoga.</p> <p>Lesson 3- To remember how to stay safe.</p> <p>Lesson 4 (A)- To think about how I would like my special people to describe me.</p> <p>Lesson 5 (V)-To use my Advisor skills to think about what being a friend means to me</p>	<p>Spring 1 PSHE-CONNECT Self-Care</p> <p>Children develop their understanding of self-care to include enjoying sugary snacks in moderation, emotional self-regulation skills, and noticing risks and staying safe at home, in the community, and online.</p> <p>Lesson 1 (D)- pre topic brainstorm + To think about which snacks are treats and which are healthy with more energy.</p> <p>Lesson 2 (N)- To decide which activities I need in my Self-Care plan and when is best to do them.</p> <p>Lesson 3 (A)- To use my Noticer skills to recognise when I need to be kind to myself.</p> <p>Lesson 4 (N)-To use my Noticer skills to spot things that are not safe.</p> <p>Lesson 5 (V) – To understand what is meant by the term Values and Values-based action in DNA-V.</p>	<p>Spring 2 PSHE-CONNECT Give to Others</p> <p>Children practise sharing with others and think about charitable causes that are important to them. Lessons encourage children to choose ways to help the planet in line with their Values.</p> <p>Lesson 1 (D)- pre topic brainstorm + to spot times I can Give To Others.</p> <p>Lesson 2 (N)- To think of someone special to me and a time they made me smile.</p> <p>Lesson 3 (A)- To choose the kind of charity I would like to have and who I would like to help most.</p> <p>Lesson 4 (V)- To think about my values and what is most important to me in terms of Climate Change.</p> <p>Lesson 5 (D)- To choose how I want to spend an hour of my time giving to others.</p>	<p>Summer 1 PSHE-CONNECT Challenge Yourself</p> <p>Children develop their confidence to challenge themselves. Lessons explore understanding emotions, and techniques for relating flexibly to, and defusing from, tricky thoughts. Children discuss their strengths and plan new actions in line with their Values.</p> <p>Lesson 1 (D)- pre topic brainstorm +To see how my feelings change as I challenge myself.</p> <p>Lesson 2 (N)- To try reversing my tricky thoughts.</p> <p>Lesson 3 (A)- To see what it's like to 'unhook' from unhelpful thoughts.</p> <p>Lesson 4 (V)- To use my Values to choose how to act, even if I don't feel like it.</p> <p>Lesson 5 (D)-To link my Discoverer to personal Values and values-actions.</p>	<p>Summer 2 PSHE-CONNECT Embrace the Moment</p> <p>Children further practise noticing and being mindful of what's going on inside and around them. Children explore spotting help and unhelpful thoughts, and workout what their Values are by thinking about the things they enjoy the most.</p> <p>Lesson 1 (D) – pre topic brainstorm + to give examples of how I can use BOLD skills in my own life.</p> <p>Lesson 2 (N)- To use my Noticer when listening to music and notice my feelings because of listening.</p> <p>Lesson 3 (A)- To notice and write down some of my thoughts, and whether they are helpful or unhelpful.</p> <p>Lesson 4 (V)-To think about what is important to me and how I can be a BOLD Mindful Warrior</p> <p>Lesson 5 (N)-I can use my Noticer skills on a Noticer walk around the school.</p>		
<p>E-Safety</p>	<p>Kapow Online Safety L1- What happens when I post online?</p>		<p>Kapow Online Safety L2-How do I keep my things safe online?</p>	<p>Kapow Online Safety L3-Who should I ask?</p>	<p>Kapow Online Safety L4- It's my choice</p>	<p>Kapow Online Safety L5- Is it true?</p>		

<p>Inclusion Diversity Equality</p>	<p>What's in your Bag? Opera Singer Week 1 Dentist Week 2 Bharatanatyam Dancer Week 3 Palaeontologist Week 4 Hairdresser Week 5 Beekeeper Week 6</p> <p>Black History Month Workshops</p>	<p>Anti-Bullying Week November Reminder of Anti-Bullying Policy How to be a good friend/Anti-Bullying Session Celebrating differences/Express Yourself Kindness Assembly</p> <p>Christmas from around the world celebrations</p> <p>What's in your Bag? Rhythmic Gymnast Week 1 Iman Week 2 Wildlife Photographer Dancer Week 3 Civil Engineer Week 4 Canoelist Week 5 Vet Week 6</p> <p>RE Judaism</p>	<p>What's in your Bag? Poet Week 1 Sports Reporter Week 2 Organist Week 3 Doctor Week 4 Upcycler Week 5 Bhangra Dancer Week 6</p>	<p>What's in your Bag? Astronomer Week 1 Swimmer Week 2 Midwife Week 3 Bagpiper Week 4 Chef Week 5 Lifeguard Week 6</p>	<p>What's on your head? Episodes 1-6 Firefighter Week 1 Hijab Week 2 Scuba Week 3 Turban Week 4 Cycling Week 5 Barrister Week 6</p>	<p>What's on your head? Episodes 7-10 Bishop Mitre Week 1 Racing Driver Week 2 Kippah Week 3 Helicopter Paramedic Week 4</p> <p>RE Islam</p>
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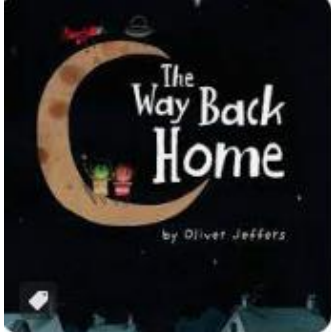
<p>Protected Characteristics Lessons</p>	<p>WALT make friends with others and celebrate differences</p> <p>RACE</p> 	<p>WALT understand that all families are different</p> <p>SEXUAL ORIENTATION</p> <p>GENDER REASSIGNMENT</p> <p>MARRIAGE/ CIVIL PARTNERSHIP</p> 	<p>WALT make friends with someone different</p> <p>DISABILITY</p> 	<p>WALT understand that it's ok to like different things</p> <p>GENDER DIVERSITY</p> 	<p>WALT say what we think</p> 	
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<p>British Values Stories</p>	<p>Democracy</p>  <p>The Election A picture book for young children that explains, through a fun story with engaging illustrations, what an election is and how voting works. Alex's family backs the party whose posters have stripes on them. Eve's family backs the party whose posters have spots on them. But which party will win?</p>	<p>Rule of Law</p>  <p>But Why Can't I? George thinks rules are silly. When Jenny comes to babysit, George refuses to keep to the rules. But that makes playing dangerous and not fun at all! Can George learn why rules are important?</p>	<p>Individual Liberty</p>  <p>Children who Changed the World From the heroes familiar to everyone, such as Malala Yousafzai, to the amazing activists you might not have heard of, like Banani Ndumu, the teenager who gave a voice to fellow refugee children in Tanzania, discover the incredible true stories of child activists.</p>	<p>Mutual Respect + Tolerance</p>  <p>Along Came a Different Reds love being red. Yellows love being yellow. And Blues love being blue. The problem is that they just don't like each other. But one day, along comes a different colour who likes Reds, Yellows and Blues, and suddenly everything starts to change.</p>	<p>Democracy</p>  <p>How to Change the World Could you and your friends change the world? This book will inspire you with 15 true stories of groups of amazing humans who've changed the world. Discover the astonishing things humans can achieve, from the campaign for women's votes, to the efforts to heal the ozone layer. Or travel back to the start of democracy in Ancient Greece, and into space to see the incredible teamwork on the international space station.</p>	<p>Rule of Law</p>  <p>Why do we need rules? This humorous picture book helps children explore the big questions around rules and people's rights. Questions include: Why should I follow rules? Who makes them? How do we make them fair? And do rules really make things better?</p>	<p>Individual Liberty</p>  <p>Peaceful Fights for Equal Rights Protesting. Standing up for what's right. Uniting around the common good—kids have questions about all of these things they see and hear about each day. Through sparse and lyrical writing, Rob Sanders introduces abstract concepts like "fighting for what you believe in" and turns them into something actionable.</p>	<p>Mutual Respect + Tolerance</p>  <p>The Only Way is Badger Badgers are bad. Or so Badger thinks. "If it's not black and white then it's just not right!" he says. But what if he's wrong? A book about acceptance, difference and learning to say sorry.</p>
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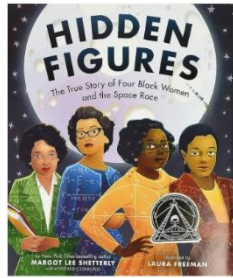
Other	<p>Zones of Regulation introduction</p> <p>History Mary Seacole, Florence Nightingale and Edith Cavell. Saint Mother Theresa. Women's rights in the 1800s and how Mary, Edith and Florence overcome challenges. Mary Seacole – overcoming challenges of racism. Nursing in the locality – the History of St Peter's hospital.</p>	<p>History/Remembrance Remembrance in the locality. Visit to Chertsey memoria</p> <p>Texts in English Wombat Goes Walkabout *(Australia) Wombat Stew (Australia)</p>	<p>Great Fire of London Day – Fire safety</p>	<p>World wonders – world wonders from around the world (Geography)</p>	<p>Healthy Living and Mental Health Week June Mental Health Sessions- how to look after our mental health Importance of Exercise and moving your body</p> <p>Dog's Trust Dog Safety Workshop May</p> <p>History King George VI – Speech impediment. Needed 1x hour daily speech therapy Royalty in another country – Danish Royal Family Links to the royal family in the locality – Chertsey Bridge, Chertsey Abbey, Windsor Castle</p>	<p>KS1 Safety Day July E-Safety PANTS Friendship/Bullying</p> <p>Geography – World wonders – wonders from different countries around the world.</p>
Year 3	<p>Autumn 1 PSHE-CONNECT Exercise</p> <p>Children practise using their Discoverer, Noticer, Advisor and Values skills to understand their own physical activity, and using Values to guide what they do.</p> <p>Lesson 1 (D)- pre topic brainstorm + to track the benefits of engaging in exercise and physical activity. Lesson 2 (N)- To notice and reflect on the physical and social effects of engaging in exercise and physical activity. Lesson 3 (A)- To be able to distinguish between unhelpful and helpful Advisor thoughts and how these can affect how we approach exercising and physical activity. Lesson 4 (V)- To understand that we can use the actions of our personal heroes and heroines to help guide our own actions. Lesson 5 (FSV)- To understand what is meant by the terms Flexible Self-View and Flexible Social-View in DNA-V. Lesson 6- topic celebration, recap and end of unit brainstorm</p>	<p>Autumn 2 PSHE-CONNECT Connect with Others</p> <p>Children explore different types of relationships. Lessons explore how to skilfully use Values and Advisor skills to navigate friendships, such as when friends disagree and fall out.</p> <p>St. Anne's stance on different types of relationships is that love is love.</p> <p>Lesson 1(D) - pre topic brainstorm + To explore how to use our Discoverer skills to build positive relationships with others. Lesson 2(N)- To explore how to use our Noticer skills to build positive relationships with others. Lesson 3 (A)- To understand how we can use Advisors skilfully within our many relationships with others. Lesson 4 (V)- To explore some of the values that we want to show in our relationships with others. To understand how our social values can be expressed in specific actions and behaviours. Lesson 5 (FSV)- To understand that we can use our DNA-V skills to build strong friendships, even when those friendships are experiencing difficult times.</p>	<p>Spring 1 PSHE-CONNECT Self-Care</p> <p>Children explore the concept of self-care in terms of eating a balanced diet, using the Noticer and Advisor to spot and manage risks and dangers and how to seek help and support from others.</p> <p>Lesson 1 (D)- pre topic brainstorm + To explore and identify how balanced our own diets are at present. Lesson 2 (N)- To use our Noticer skills to distinguish between situations that may involve risks, hazards and dangers and those that may not. Lesson 3 (A)- To use our Advisors skilfully to navigate potentially hazardous situations, including the use of community safety skills. Lesson 4 (V)- To accurately categorise substances in terms of their legal status. Lesson 5 (FSV)- To know who I can ask for help when I need it. To understand that being helpful to others can be helpful to ourselves.</p> <p>Additional Connect Lesson: Permission seeking- To understand the importance of permission-giving, both for actions that require physical contact and for other social interactions. https://www.combivt.co.uk/eng/2019/08/20/permission-seeking/</p>	<p>Spring 2 PSHE-CONNECT Give to Others</p> <p>Children further their understanding of ways to give back to the people in their lives that they appreciate, their community, to charitable causes, and to the planet. They learn about climate change and sustainable living practises.</p> <p>Lesson 1 (D)- pre topic brainstorm + To understand that being kind and giving toward someone can have a positive effect on them and on our relationship with them. Lesson 2 (N)- To identify a charitable cause that you care about and to plan for a charitable event to raise money for this cause. Lesson 3 (A)- To understand that we all have rights and responsibilities with regard to looking after the planet Lesson 4 (V)- To explore ways in which we can care for our planet. To understand that behaviours that demonstrate caring for our planet can be guided by personal Values. Lesson 5 (FSV) - To know what a community is and to identify some of my own communities and my roles within these communities</p>	<p>Summer 1 PSHE-CONNECT Challenge Yourself</p> <p>Children learn how to skilfully use their Discoverer, Values, & Flexible Self-View skills to stretch themselves within their hobbies and schoolwork. Other topics include what is a 'habit' and breaking bad habits, as well as understanding school rules and society's laws.</p> <p>Lesson 1 (D)- pre topic brainstorm + To identify a way of using my Discoverer skills to try out a new challenge. Lesson 2 (N)- To use our Noticer skills to identify good and not-so-good personal habits. Lesson 3 (A)- To understand why certain rules and laws exist. To create some Advisor rules to help work through challenging learning experiences. Lesson 4 (V)- To understand how we can use our Values to work through challenging learning in class. Lesson 5 (FSV)- To understand that we have a choice about whether we listen to our Advisor when it tells us we can't improve our curriculum skills.</p>	<p>Summer 2 PSHE-CONNECT Embrace the Moment</p> <p>Children practise mindful awareness in a range of contexts, including outdoors. Children learn to spot helpful and unhelpful Advisor thoughts and think about how Values guide their actions.</p> <p>Lesson 1 (D)- pre topic brainstorm + To use my Discoverer skills to try out a new way of doing a routine daily activity (walking). Lesson 2 (N)- To understand how to use my Noticer skills to accept tricky emotions and sensations, when doing so is useful. Lesson 3 (A) - To understand how to use the Advisor to embrace opportunities, even if its messages are sometimes different and confusing. Lesson 4 (V)- To understand how to use Values to guide our actions when our Advisor is giving confusing messages. Lesson 5 (FSV)- To understand the benefits of telling others what we appreciate about them.</p>

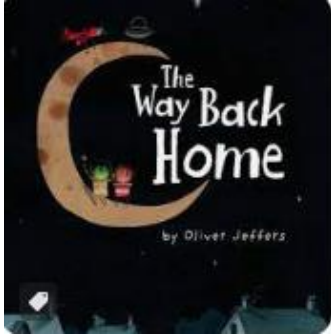

E Safety		Online Safety L1- beliefs, opinions and facts on the internet	Online Safety L2 -When being online makes me upset	Online Safety L3-sharing of information	NSPCC Live Lesson- how to keep your safe on and offline	Online Safety L4-rules of social media platforms
Inclusion Diversity Equality	<p>Black History Month Workshops</p> <p>Year 3 Grandparents day, Lesson on Marcus Rashford - History</p>	<p>Anti-Bullying Week November Reminder of Anti-Bullying Policy How to be a good friend/Anti-Bullying Session Celebrating differences/Express Yourself Kindness Assembly</p> <p>Christmas from around the world celebrations</p> <p>History/Remembrance Women's role in war</p> <p>RE Judaism</p> <p>Year 3 Food around the world - DT</p>	<p>Year 3 Escape from Pompeii – English Year 3 History – Romans, consider the view of Boudica of the invasion</p>	<p>Year 3 Geography – Our world</p>	<p>Year 3 The Firework Maker's Daughter, another culture and from female perspective – English</p>	<p>RE Islam</p>
Protected Characteristics Assemblies	<p>WALT understand diversity and know that God loves everyone</p> <p>MARRIAGE CIVIL PARTNERSHIP SEXUAL ORIENTATION</p> 	<p>WALT overcome language as a barrier</p> <p>RACE</p> 	<p>WALT use strategies to help someone who feels different</p> <p>DISABILITY</p> 	<p>WALT know when to be assertive</p> <p>GENDER REASSIGNMENT SEXUAL ORIENTATION</p> 	<p>WALT to understand what discrimination means</p> <p>PREGNANCY/ MATERNITY RELIGION GENDER</p> 	<p>WALT consider how our lives may change as we grow up</p> <p>AGE</p> 
British Values	<p>Assemblies focusing on: Democracy Rule of Law Mutual Respect Individual Liberty +</p> <p>Slide added to all PSHE lessons</p>					

Other	Zones of Regulation Lessons				<p>Healthy Living and Mental Health Week June Mental Health Sessions- how to look after our mental health Importance of Exercise and moving your body</p> <p>Dog's Trust Dog Safety Workshop May</p>	<p>FIRST AID- Bites and stings https://www.sja.org.uk/key-stage-first-aid-lesson-plans/key-stage-2-first-aid-lesson-plans/ks2-bites-and-stings-first-aid-lesson-plan-and-teaching-resources/</p>
Year 4	<p>Autumn 1 PSHE-CONNECT Exercise</p> <p>Children practise using their Discoverer, Noticer, Advisor and Values skills to understand their own physical activity, and using Values to guide what they do.</p> <p>Lesson 1 (D)- pre topic brainstorm + to track the benefits of engaging in exercise and physical activity. Lesson 2 (N)- To notice and reflect on the physical and social effects of engaging in exercise and physical activity. Lesson 3 (A)- To be able to distinguish between unhelpful and helpful Advisor thoughts and how these can affect how we approach exercising and physical activity. Lesson 4 (V)- To understand that we can use the actions of our personal heroes and heroines to help guide our own actions. Lesson 5 (FSV)- To understand what is meant by the terms Flexible Self-View and Flexible Social-View in DNA-V. Lesson 6- topic celebration, recap and end of unit brainstorm</p>	<p>Autumn 2 PSHE-CONNECT Connect with Others</p> <p>Children further develop their skills of managing relationships in relation to resolving conflict with empathy, dealing with secrets and dares, and learning about different types of partnership relationships.</p> <p>St. Anne's stance on different types of relationships is that love is love. Lesson 1 (D)- pre topic brainstorm + To use an example of a personal difficulty or argument I have had with someone as a way of empathising and understanding how to resolve such conflicts. Lesson 2 (N)- To explore and understand what kinds of social and physical contact is appropriate with others. Lesson 3 (A)- To be able to skilfully use our Advisors in situations where someone has told us a secret. Lesson 4 (V)- To understand how to use my DNA-V skills to manage dares safely. Lesson 5(FSV)- This lesson is not taught as we use 'A Journey in Love' to talk about relationships.</p>	<p>Spring 1 PSHE-CONNECT Self-Care</p> <p>Children develop their self-care skills by learning how to be more independent at home. Children identify the important people in their lives who look after them and learn the importance of seeking out emotional support when needed.</p> <p>Lesson 1 (D)- pre topic brainstorm + To use my Discoverer to further develop my Self-Care skills. Lesson 2 (N)- To use my Noticer skills to name some of the benefits of the Self-Care skills that I currently use in my life. Lesson 3 (A)-To recognise that my Advisor can give me different messages about the importance of Self-Care behaviours. Lesson 4 (V)- To understand who cares for me and how I can help them to do so. Lesson 5(FSV)-To understand that there are a variety of ways in which we can seek support from others when we are feeling worried, sad or upset.</p>	<p>Spring 2 PSHE-CONNECT Give to Others</p> <p>Children focus on being kind as a way of giving to others and plan their own random acts of kindness. Children identify what Values are important to them.</p> <p>Lesson 1 (D)- pre topic brainstorm + To understand the value that being giving and kind toward others can have on both us and on others Lesson 2 (N)- To use our Noticer skills to notice and express in words the experience of doing random acts of kindness. Lesson 3 (A)-To understand how the Advisor relates to acts of kindness. Lesson 4 (V)-To learn about and clarify how to express the wellbeing theme of Give To Others in our own personal ways. Lesson 5 (FSV)- To understand the benefits for others of recycling and donating our toys and clothes when we no longer use them.</p>	<p>Summer 1 PSHE-CONNECT Challenge Yourself</p> <p>Children explore how we can grow and learn by stepping out of our comfort zone. Students examine school rules and how rules can be helpful and unhelpful in different contexts.</p> <p>Lesson 1 (D)- pre topic brainstorm + To understand that stepping outside of our comfort zones can help us to develop, learn and grow. Lesson 2 (N)- To use our Noticers to describe emotions and other experiences before, during and after a personal challenge. Lesson 3 (A)- To use our Advisors to understand why various school rules are in place. Lesson 4 (V)-To understand how to apply our Values to our 'consumer-behaviour'. Lesson 5 (FSV)- This lesson is not taught as we use 'A Journey in Love' to learn about puberty</p>	<p>Summer 2 PSHE-CONNECT Embrace the Moment</p> <p>Children explore staying safe both physically during outdoor activities, and how to stay safe online. Lessons explore worrying, the reasons we worry and how to 'worry well'. Children discuss the activity that makes them happiest, and what this says about their Values.</p> <p>Lesson 1 (D)- pre topic brainstorm + I can use my DNA-V skills to identify health and safety considerations in my daily life and how to manage them well. Lesson 2 (N)- To understand that within a person's worries is usually something that is important to them. Lesson 3 (A)-To understand how to use our Advisors skilfully when feeling worried about something. Lesson 4 (V)- To explore and describe activities that make me feel happy. Lesson 5 (FSV)- To understand some of the important ways in which I can stay safe when using the internet.</p>
E Safety	E-Safety L1-what happens when I search online?	E-Safety L2- How o companies encourage us to buy online?	E-Safety L3- Fact, opinion or belief	E-Safety L4- What is a bot?	NSPCC Live Lesson- how to keep your safe on and offline	E-Safety L5- What is my tech timetable like?

<p>Inclusion Diversity Equality</p>	<p>Black History Month Workshops</p>	<p>Anti-Bullying Week November Reminder of Anti-Bullying Policy How to be a good friend/Anti-Bullying Session Celebrating differences/Express Yourself Kindness Assembly</p> <p>Christmas from around the world celebrations</p> <p>History/Remembrance</p> <p>Black Poppy- remembering black, African and Caribbean people's efforts in the war</p> <p>RE Judaism</p>				<p>RE Islam</p>
<p>Protected Characteristics Assemblies</p>	<p>WALT understand diversity and know that God loves everyone</p> <p>MARRIAGE</p> <p>CIVIL PARTNERSHIP</p> <p>SEXUAL ORIENTATION</p> 	<p>WALT overcome language as a barrier</p> <p>RACE</p> 	<p>WALT use strategies to help someone who feels different</p> <p>DISABILITY</p> 	<p>WALT know when to be assertive</p> <p>GENDER REASSIGNMENT</p> <p>SEXUAL ORIENTATION</p> 	<p>WALT to understand what discrimination means</p> <p>PREGNANCY/ MATERNITY</p> <p>RELIGION</p> <p>GENDER</p> 	<p>WALT consider how our lives may change as we grow up</p> <p>AGE</p> 
<p>British Values</p>	<p style="text-align: center;"> Assemblies focusing on: Democracy Rule of Law Mutual Respect Individual Liberty + Slide added to all PSHE lessons </p>					

Other	Zones of Regulation Lessons				<p>Healthy Living and Mental Health Week June Mental Health Sessions- how to look after our mental health Importance of Exercise and moving your body</p> <p>Dog's Trust Dog Safety Workshop May</p>	<p>FIRST AID-Asthma https://www.sja.org.uk/key-stage-first-aid-lesson-plans/key-stage-2-first-aid-lesson-plans/</p>
Year 5	<p>Autumn 1 Exercise Children use their Discoverers to design a yoga pose and practise mindful noticing during different exercises. Lessons explore how to distance from tricky thought which get in the way of being active, and the importance of a growth mindset for developing in these activities.</p> <p>Lesson 1 (D)- pre topic brainstorm + To invent a new type of exercise and use my Discoverer skills to track its effects on me. Lesson 2 (N) -To use my Noticer skills to name and describe experiences during exercise. Lesson 3(A)-To understand that even if my Advisor is giving me reasons not to, I can still choose to explore different forms of exercise. Lesson 4 (V)-To reflect on my recent exercise behaviours and use this reflection to engage in more Values-based exercise going forward. Lesson 5 (FSV)-To understand that developing a Flexible Self-View can help me break bad habits and engage in positive exercise behaviours.</p> <p>Connect additional Lesson: Racism/belonging- https://pshe-association.org.uk/resource/primary-life-education-belonging-topics/ Different people's feelings about what it means to belong. How they can help themselves in new situations.</p>	<p>Autumn 2 PSHE-CONNECT Connect with Others Children explore the Restorative Approaches method of conflict resolution, and the importance of empathy. Children discuss protected characteristics and learn more about a religion or race.</p> <p>Lesson 1 (D)- pre topic brainstorm + To understand the value of resolving arguments and conflicts through two-way conversations and listening to others' points of view. Lesson 2 (N) -To understand the value of resolving arguments and conflicts through two-way conversations and listening to others' points of view (as in previous lesson). Lesson 3(A)- To understand that skilful use of the Advisor can help foster positive and healthy relationships with others. Lesson 4 (V)-To understand that I can learn many things from others around me who are different from myself in significant ways. Lesson 5 (FSV)-To be able to use a range of contextual clues to effectively empathise with others.</p>	<p>Spring 1 PSHE-CONNECT Self-Care Children learn about keeping themselves safe on the internet. Lessons explore how to practise self-care during times of significant change, and the people around us who can help look after us during these times.</p> <p>Lesson 1 (D)- pre topic brainstorm +To understand that whilst the internet has many benefits, there are a range of potential dangers that need to be considered when using it. Lesson 2 (N)-To articulate some common emotions experienced when going through life-changes. Lesson 3 (A)-To understand how to use my Advisor skills to navigate the often unhelpful media images and adverts that we encounter. Lesson 4 (V)- To understand the importance of rules in keeping us safe. Lesson 5 (FSV)-To understand that many people help keep me healthy and safe.</p> <p>Connect additional Lesson: First aid- To describe some simple first aid techniques https://www.connect-pshe.org/additional-lesson-plan-6</p>	<p>Spring 2 PSHE-CONNECT Give to Others Children explore and practise giving to others in a variety of ways, including paying compliments to their classmates and planning random acts of kindness Children research a chosen charitable cause.</p> <p>Lesson 1 (D) - pre topic brainstorm +To understand the positive effects that being kind and giving toward others can have on both them and myself. Lesson 2 (N)- To identify a just and/or charitable cause that has personal importance and to identify ways in which this cause can be supported. Lesson 3 (A)- To understand the value of being kind and giving toward others. Lesson 4 (V)-To understand the difference between Values and Values-based goals. Lesson 5 (FSV)-To understand the different qualities and types of relationships in my life.</p> <p>Connect additional lesson: Social Media-To understand why certain social media and online gaming activities have age restrictions https://www.connect-pshe.org/additional-lesson-plan-5</p>	<p>Summer 1 PSHE-CONNECT Challenge Yourself Children learn about dealing with challenges when working in groups, coping with exam stress, and with recycling. Lessons explore using our Values to push us to step out of our comfort zone, and how to think flexibly about things we are good at, and things we could get better at in future.</p> <p>Lesson 1 (D)- pre topic brainstorm + To use my Discoverer skills to extend my understanding of the importance of recycling and managing waste in sustainable ways. Lesson 2 (N)-To understand that when feeling stressed or worried, I can use my Noticer skills and my Values to help guide me. Lesson 3 (A)- To understand the importance of using my Advisor skilfully when doing group-based challenges. Lesson 4 (V)-To understand that being out of one's comfort zone, at times, can be really important for personal development and growth. Lesson 5 (FSV)-To understand that having a Flexible Self-View can help me embrace challenging and stretching learning experiences.</p>	<p>Summer 2 PSHE-CONNECT Embrace the Moment Children learn how to Embrace The Moment by showing gratitude for the things we appreciate, and showing Values in our actions. Children learn that worries are not all bad, and can be helpful depending on how we respond to them. Lessons explore understanding different perspectives.</p> <p>Lesson 1 (D)- pre topic brainstorm +To identify ways in which others we admire demonstrate important Values in their actions. Lesson 2 (N)-To write about people, attributes and/or experiences for which we feel a sense of gratitude and appreciation. Lesson 3 (A)-To understand that worrying is not a problem, in and of itself, and that sometimes our worries can be useful, as they can help orientate us toward important and purposeful action. Lesson 4 (V)-To understand that the Values we feel are important to express can differ according to the context we are in. Lesson 5 (FSV)-To appreciate that understanding others' points of view, and accepting that these can differ from our own, is a helpful skill for living well in a community with other people.</p>

	How they can help others in new situations — including their interactions and improving the environment					
E Safety	E-Safety L1- online protection	E-Safety L2-online communication	E-Safety L3- online reputation	E-Safety L4- online bullying	NSPCC Live Lesson- how to keep your safe on and offline	E-Safety L5- online health
Inclusion Equality Diversity	Black History Month Workshops	<p>Anti-Bullying Week November Reminder of Anti-Bullying Policy How to be a good friend/Anti-Bullying Session Celebrating differences/Express Yourself Kindness Assembly</p> <p>Christmas from around the world celebrations</p> <p>English (STEM links)</p>  <p>History/Remembrance</p> <p>2023 Remembrance theme – “Service”. Remembering 70th Anniversary of the Korean War</p> <p>RE Judaism</p>				RE Islam

<p>Protected Characteristics Assemblies</p>	<p>WALT understand diversity and know that God loves everyone</p> <p>MARRIAGE</p> <p>CIVIL PARTNERSHIP</p> <p>SEXUAL ORIENTATION</p> 	<p>WALT overcome language as a barrier</p> <p>RACE</p> 	<p>WALT use strategies to help someone who feels different</p> <p>DISABILITY</p> 	<p>WALT know when to be assertive</p> <p>GENDER REASSIGNMENT</p> <p>SEXUAL ORIENTATION</p> 	<p>WALT to understand what discrimination means</p> <p>PREGNANCY/ MATERNITY</p> <p>RELIGION</p> <p>GENDER</p> 	<p>WALT consider how our lives may change as we grow up</p> <p>AGE</p> 
<p>British Values</p>	<p>Assemblies focusing on:</p> <p>Democracy</p> <p>Rule of Law</p> <p>Mutual Respect</p> <p>Individual Liberty</p> <p>+</p> <p>Slide added to all PSHE lessons</p>					
<p>Other</p>	<p>Zones of Regulation Lessons</p>				<p>Healthy Living and Mental Health Week June</p> <p>Mental Health Sessions- how to look after our mental health</p> <p>Importance of Exercise and moving your body</p> <p>Dog's Trust Dog Safety Workshop May</p>	<p>FIRST AID-BLEEDING</p> <p>https://www.sja.org.uk/key-stage-first-aid-lesson-plans/key-stage-2-first-aid-lesson-plans/</p>

<p>Year 6</p>	<p>Autumn 1 PSHE-CONNECT Exercise</p> <p>Children discover exercising in a new way by creating their own 'circuit', and explore their personal Values related to exercise. Children check how 'on-track' they are with their chosen Values and set themselves a goal to move closer to this Value and be the fittest, healthiest person they can be.</p> <p>Lesson 1 (D)- pre topic brainstorm + To use my Discoverer skills to develop and try out different ways of exercising and track the effects of this on my body.</p> <p>Lesson 2 (N)- To describe my preferred future in terms of physical fitness and wellbeing.</p> <p>Lesson 3 (A)- To understand that our minds are almost constantly producing thoughts and that this is OK as it is what minds evolved to do.</p> <p>Lesson 4 (V)- To identify my areas of strength and areas for development around physical fitness and wellbeing.</p> <p>Lesson 5 (FSV)- To relate flexibly to the views that I currently hold about myself in terms of fitness and exercise.</p> <p>Additional Connect Lesson: Racism/belonging- https://pshe.org.uk/resources/primary-life-education/belonging-toolkit/</p> <p>Different people's feelings about what it means to belong.</p> <p>How they can help themselves in new situations.</p> <p>How they can help others in new situations — including their interactions and improving the environment.</p>	<p>Autumn 2 PSHE-CONNECT Connect with Others</p> <p>Children discuss cultural diversity and find out more about another culture. Children learn the importance of social inclusion and feeling valued, and practise responding skilfully to their Advisors - that they can choose which thoughts they should listen to.</p> <p>Lesson 1 (D)- pre topic brainstorm + To use my Discoverer to explore and appreciate cultural practices and beliefs that are different to my own</p> <p>Lesson 2 (N)-When I notice tricky feelings and thoughts, to use my DNA-V skills to be the best version of myself in my relationships with others.</p> <p>Lesson 3 (A)-To use my Advisor skills to identify helpful ways to include others and make them feel like a Valued part of a group.</p> <p>Lesson 4 (V)-To understand that I have a choice in the actions that I take and that having a choice is important and useful.</p> <p>Lesson 5 (FSV)-To take a flexible perspective on my existing friendships in order to build more and better social connections with others.</p>	<p>Spring 1 PSHE-CONNECT Self-Care</p> <p>Children explore the Principles of Self-Care, with a particular focus on meeting their own self-care needs, taking risks in a safe way, developing more self-care independence in their daily routines, and reaching out for support when needed.</p> <p>Lesson 1 (D)- pre topic brainstorm + To explore new types of food with an attitude of curiosity and openness.</p> <p>Lesson 2 (N)- To understand that there are many good Self-Care behaviours I can do to help me learn well at school.</p> <p>Lesson 3 (A)- To use my Advisor to engage in adaptive and healthy risk-taking behaviours.</p> <p>Lesson 4 (V)- To identify Self-Care behaviours that I do, and that I would like to do, and link those to my personal Values.</p> <p>Lesson 5 (FSV)- To use my DNA-V skills to access emotional support when I need it safely and appropriately.</p>	<p>Spring 2 PSHE-CONNECT Give to Others</p> <p>Children appreciate the importance of giving, sharing, and co-operating with others.</p> <p>Lessons also explore using Values to guide conflict resolution.</p> <p>Lesson 1 (D)- pre topic brainstorm +To understand that showing generosity in my actions towards others can be helpful to everyone, including myself.</p> <p>Lesson 2 (N)-To use my Noticer skills to identify how showing generosity toward others can positively affect relationships and wellbeing.</p> <p>Lesson 3 (A)-To understand the benefit of collaborating on group tasks, especially those that require more than one type of skill.</p> <p>Lesson 4 (V)-To understand that bullying can take a wide range of forms and includes, but is not limited to, physically harming someone.</p> <p>Lesson 5 (FSV)- To understand what the term stereotype means.</p>	<p>Summer 1 PSHE-CONNECT Challenge Yourself</p> <p>Children reflect on their proudest achievement and 'tracking' what works for them to cope with challenges. Children learn how even unpleasant thoughts can be helpful sometimes (and pleasant thoughts can be unhelpful!), and how to use their Values to guide them after a setback.</p> <p>Lesson 1 (D)- pre topic brainstorm + To describe the emotions and sensations that can show up when I am challenging myself.</p> <p>Lesson 2 (N)-To understand that achieving and creating things I am proud of often means being willing to challenge myself.</p> <p>Lesson 3 (A)-To understand how my Advisor thoughts can be helpful and unhelpful in different situations.</p> <p>Lesson 4 (V)-To use my Values to guide me through a personal challenge.</p> <p>Lesson 5 (FSV)-To experience not accomplishing a goal and identify other goals, underpinned by the same value, that I can work toward.</p> <p>Connect additional lesson</p> <p>Mental ill Health- To understand that all humans can experience poor mental wellbeing at times; that these difficult experiences can vary in intensity, duration and frequency; and that at these times we can choose to act in ways that improve our wellbeing.</p> <p>https://www.connect-pshe.org/additional-lesson-plan-2</p>	<p>Summer 2 PSHE-CONNECT Embrace the Moment</p> <p>Children learn about being enterprising. Lessons explore more ways to distance from tricky thoughts, and that we can choose which thoughts we listen to. Children discuss how to embrace the moment in uncomfortable situations.</p> <p>Lesson 1 (D)- pre topic brainstorm +To understand what is meant by the term 'enterprising'.</p> <p>Lesson 2 (N)-To understand what is meant by the term 'enterprising'.</p> <p>Lesson 3 (A)-To relate skilfully and flexibly to tricky and unhelpful thoughts.</p> <p>Lesson 4 (V)-To use my DNA-V skills to enjoy and appreciate those times when I feel annoyed, or in a hurry.</p> <p>Lesson 5 (FSV)-To understand that we all experience both positive and negative thoughts about our 'self'.</p>
<p>E Safety</p>	<p>E-Safety L1- life online</p>	<p>E-Safety L2-sharing online</p>	<p>E-Safety L3- creating a positive online reputation</p>	<p>E-Safety L4- capturing evidence</p>	<p>E-Safety L5- password protection</p> <p>NSPCC Live Lesson- how to keep your safe on and offline</p>	<p>E-Safety L6- think before you click</p>
<p>Inclusion Diversity Equality</p>	<p>Black History Month Workshops</p>	<p>Anti-Bullying Week November Reminder of Anti-Bullying Policy How to be a good friend/Anti-Bullying Session Celebrating differences/Express Yourself Kindness Assembly</p> <p>Christmas from around the world celebrations</p> <p>History/Remembrance</p> <p>Windrush</p> <p>RE Judaism</p>				<p>RE Islam</p>

<p>Protected Characteristics Assemblies</p>	<p>WALT understand diversity and know that God loves everyone</p> <p>MARRIAGE</p> <p>CIVIL PARTNERSHIP</p> <p>SEXUAL ORIENTATION</p> 	<p>WALT overcome language as a barrier</p> <p>RACE</p> 	<p>WALT use strategies to help someone who feels different</p> <p>DISABILITY</p> 	<p>WALT know when to be assertive</p> <p>GENDER REASSIGNMENT</p> <p>SEXUAL ORIENTATION</p> 	<p>WALT to understand what discrimination means</p> <p>PREGNANCY/ MATERNITY</p> <p>RELIGION</p> <p>GENDER</p> 	<p>WALT consider how our lives may change as we grow up</p> <p>AGE</p> 
<p>British Values</p>	<p>Assemblies focusing on:</p> <ul style="list-style-type: none"> Democracy Rule of Law Mutual Respect Individual Liberty <p>+</p> <p>Slide added to all PSHE lessons</p>					

	Zones of Regulation Lessons	Anti-Bullying Week November Reminder of Anti-Bullying Policy How to be a good friend/Anti-Bullying Session Celebrating differences/Express Yourself Kindness Assembly The Breck Foundation? Dates?			Healthy Living and Mental Health Week June Mental Health Sessions- how to look after our mental health Importance of Exercise and moving your body Dog's Trust Dog Safety Workshop May	FIRST AID-CHOKING https://www.sja.org.uk/key-stage-first-aid-lesson-plans/key-stage-2-first-aid-lesson-plans/
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