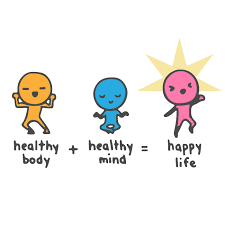
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| **Colour Codes** | |
| **Mental Wellbeing** |  |
| **No Outsiders** |  |
| **School Values** |  |
| **Safeguarding** |  |
| **British Values** |  |
| **PSHE** |  |

** Healthy Body, Healthy Mind Strategy 2024/25**

**Incorporates: Equality and Diversity, RSE, safeguarding, anti-bullying, mental wellbeing, British Values and PSHE**

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| **This year’s equality and diversity focus is on different cultures, beliefs and religions in the UK** | | | | | | | | | |
| **TERM 1** | | | | | | | | | |
| **PSHE**  Unit on Families and Relationship | **Assemblies Theme** |  | Reception | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|  | No Outsiders book  Half term  Differences & acceptance | To choose what I like  You Choose  Nick Sharratt & Pippa Goodheart | I Like the Way I Am  Elmer  David McKee | To Understand What Diversity is  The Great Big Book of Families  M Hoffman | To Understand What Discrimination Means  This is Our House  Michael Rosen | To Help Someone Accept Difference  Along Came a Different – Tom McLaughlin | To explore friendships – The Girls – Lauren Lee and Jenny Lovelie | To show acceptance  Introducing Teddy – Jessica Walton |
| Wk1  School  Values | No Bystanders  School Values –  Respect & Kindness | No bystander pledge  People who are famous for being respectful and kind | No bystander pledge  People who are famous for being respectful and kind | No bystander pledge  People who are famous for being respectful and kind | No bystander pledge  People who are famous for being respectful and kind | No bystander pledge  People who are famous for being respectful and kind | No bystander pledge  People who are famous for being respectful and kind | No bystander pledge  People who are famous for being respectful and kind |
| Wk  E-Safety | Stranger Danger –online and in person - 3 whistles  Safeguarding –  Project Evolve ICT –  Online Relationships | 3 Whistles  Stranger Danger  Recognise ways the internet is used to communicate- examples with people they know | 3 Whistles  Stranger Danger  Recognise importance of asking permission to go online, use the internet with adult support. | 3 Whistles  Stranger Danger  Recognise dangers of communicating with people online who they do not know. | 3 Whistles  Stranger Danger  Recognise the difference between know and trust online and how people with similar interests can get together | 3 Whistles  Stranger Danger  Know how to stay safe online whilst having fun, ie gaming  Recognise healthy and unhealthy online behaviour | 3 Whistles  Stranger Danger  Give examples of forms of communication ie emojis, GIFs, memes  How some interactions are positive but also how to get help if needed. | 3 Whistles  Stranger Danger  Explain how sharing information online can be positive and negative.  Recognise use of respect, boundaries, privacy settings. |
| Wk  Democracy | School Council  British Values - democracy New Beginnings | Discuss choices they have over their own learning, accessing continuous provision resources. Introduce voting. | School Council  KS1 – What is a vote? Why do we vote? Why is voting important? | School Council – vote (2)  KS1 – Why do we vote? Why is voting important? | School Council – vote (2)  KS2 - How does the voting process work?  What is democracy – link to parliament | School Council – vote (2)  KS2 - How does the voting process work?  What is democracy – link to parliament | School Council – vote (2)  KS2 - How does the voting process work?  What is democracy – link to parliament | School Council – vote (4)  KS2 - How does the voting process work?  What is democracy – link to parliament |
| Wk  Resilience and growth mindset | Mental Wellbeing Discover  Discuss 5 pillars of wellbeing – Sleep, Sunshine, Support, Strength (diet) and Exercise | Try something new | Making Mistakes | Perseverance | Practice make Progress | Resilience | Growth Mindset | Goal Setting |
| Wk  School  Values | School Values – Aspiration & Determination | People who are famous for being aspirational and show determination | People who are famous for being aspirational and show determination | People who are famous for being aspirational and show determination | People who are famous for being aspirational and show determination | People who are famous for being aspirational and show determination | People who are famous for being aspirational and show determination | People who are famous for being aspirational and show determination |
| Wk  Harvest | Culture, religions and beliefs in the UK  British Values – tolerance/acceptance of those with different faiths and beliefs | Culture, religions and beliefs in the UK  Explore a culture, race or religion through a story | Culture, religions and beliefs in the UK  Explore a culture, race or religion through a story | Culture, religions and beliefs in the UK  Explore a culture, race or religion through a story | Culture, religions and beliefs in the UK  What is a belief?  Why do we have beliefs? | Culture, religions and beliefs in the UK  Identifying the different religions and their places of worship in the UK | Culture, religions and beliefs in the UK  Comparison study between two sets of cultures in the UK: what are the main differences between cultures? | Culture, religions and beliefs in the UK  Diverse Britain – how many religions, different cultures, languages etc |
| HALF TERM | | | | | | | | | |
| **PSHE**  Unit on  Health and Well-being | Wk 5.11 RW | No Outsiders Book  Half term  Self-confidence – respect and kindness | It’ OK to Like Different Things  Red Rockets and Rainbow Jelly- Sue Heap | To Join In  Going to the Volcano – Andy Stanton | To Have Self-Confidence  How to be a lion – Ed Vere | To be welcoming  Beegu – Alexis Deacon | To be proud of who you are  Red : A Crayon’s Story | To recognise when someone needs help  How to heal a broken wing – Bob Graham | To overcome fears about difference  Leaf – Sandra Dieckmann |
| Wk 12.11  Determination  JaH | Determination  School Values | What is determination?  Look at how personalities show determination in different ways. | What is determination?  Look at how personalities show determination in different ways. | What is determination?  Look at how personalities show determination in different ways. | What is determination?  Look at how personalities show determination in different ways. | What is determination?  Look at how personalities show determination in different ways. | What is determination?  Look at how personalities show determination in different ways. | What is determination?  Look at how personalities show determination in different ways. |
| Wk 19.11  Pants are Private  LM | Keeping Myself Safe (remind 3 whistles)  Project Evolve – Online Reputations | Talk PANTS  ‘Pants are Private’  Can I understand ways in which information is put on the internet? | Talk PANTS  ‘Pants are Private’  Recognise that information can stay online and could be copied. What should I not put online without asking an adult? | Talk PANTS  ‘Pants are Private’  Explain how information online can last for a long time and can be seen by anyone. Who do we go to if it is incorrect? | Talk PANTS  ‘Pants are Private’  Explain how to search for information about others online – how careful do we need to be before sharing anything online?  Who do we report things to that are incorrect? | Talk PANTS  ‘Pants are Private’  Describe how to find out information about others online – how could this information be created, copied or shared? | Talk PANTS  ‘Pants are Private’  Search for information about an individual online. Recognise that judgements made on this detail can be incorrect. | Talk PANTS  ‘Pants are Private’  Ho do we develop a positive online reputation? How do we protect our digital personality? |
| Wk 26.11  The 5 Pillars of wellbeing  JB | Mental Wellbeing  Take Notice  5 pillars | My surroundings | Sound | Colour Expression | Making a difference | My thoughts | Others around me | Myself |
| Wk  Anti-Bullying  Safeguarding  Assembly  JuH  (Wed 4.12) | Project Evolve – Online Bullying  What constitutes bullying? STOP | Describe ways people can be unkind  How does this make people feel? | Describe how to behave in ways that do not upset others (online as well) | Explain what bullying is and how people bully others – what might it feel like?  How do we help? | What is appropriate behaviour? (online) and how could bullying appear? (online) | Recognise when someone is upset, hurt or angry (and online). How are people bullied through media? | How is bullying different in the physical world – to online? What is banter? How do we report or get help if bullied online? | How do we capture evidence of online bullying? How do we report online bullying? |
| Wk  Respect  10.12 VW | British Values  Mutual Respect | Senses – people around us who have different abilities, disabilities | Discuss respect of cultures which are different to our own | Discuss how it might feel to us when we are shown respect. How does it feel when we don’t show respect/ | Discuss learning from different civilisations and historical exploration | Discuss what respect is. How can we show this in the way we act and in what we say? | Discuss how we can show respect within our classroom, our school and our community. | Discuss how respect and tolerance are linked to our human rights- what does this mean? |
| Wk  Christmas  Happy and Sad  17.12 LM | Mental Wellbeing  5 Pillars  Feelings & emotions (link to Xmas) | 5 Pillars – Support  Relationships, families | 5 Pillars – Support  Relationships, families | 5 Pillars – Support  Relationships, families | 5 Pillars – Support  Relationships, families | 5 Pillars – Support  Relationships, families | 5 Pillars – Support  Relationships, families | 5 Pillars – Support  Relationships, families |

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| TERM 2 | | | | | | | | | |
| **PSHE**  Unit on Economic Well-being | Assemblies Theme |  | Reception | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|  | No Outsiders book  Half term  Diversity | To Say Hello  Hello Hello –  Brendan Wenzel | Share the world with many people  My World, Your World – Melanie Walsh | To welcome different people  Can’t I join our group – John Kelly and Steph Laberis | To consider living in Britain today – Planet Omar: Accidental Trouble Magnet – Zanib Mian | To show acceptance  Julian is a Mermaid – Jessica Love | To consider consequences to choices around diversity  Kenny Lives with Erica and Martina – Olly Pike | To consider language and freedom of speech  The Only way is Badger – Stella J Jones |
| Wk 1 RW  6.1.25  Aspirations and setting goals – New Year | School Value  Aspirations | Going for Goals  What is it to have goals?  Look at what aspirations personalities have had and how they met them. | Going for Goals  What is it to have goals?  Look at what aspirations personalities have had and how they met them | Going for Goals  What is it to have goals?  Look at what aspirations personalities have had and how they met them | Going for Goals  What is it to have goals?  Look at what aspirations personalities have had and how they met them | Going for Goals  What is it to have goals?  Look at what aspirations personalities have had and how they met them | Going for Goals  What is it to have goals?  Look at what aspirations personalities have had and how they met them | My Big Ambition  What is it to have goals?  Look at what aspirations personalities have had and how they met them |
| Wk JB  14.1.25  Safeguarding  Apps  Online info | Keeping Myself Safe (remind 3Wh)  Project Evolve – Managing Online Information | E-safety  Managing Online Information  How can we access information online? | E-safety  Managing Online Information  Give examples of searching and what we would do if we saw something we didn’t like | E-safety  Managing Online Information  Search using keywords and navigate the page. Will all information we see be true? | E-safety  Managing Online Information  Search using key phrases  Explore belief, opinion and fact and how these may be shared online | E-safety  Managing Online Information  Analyse information and decide whether it is accurate or not. Search from different sources. | E-safety  Managing Online Information  Explore digital content and whether it is trustworthy, looking at reviews, facts, opinions, beliefs, validity, reliability | E-safety  Managing Online Information  Explore digital content for influence, manipulation, persuasion, fake news,  Why it is important to validate facts |
| Wk LM  21.1.25  Celebrations around the world | Chinese New Year  British Values – tolerance acceptance of faiths and beliefs | Cultural resources and celebrations, include pictures, foods, celebrate diversity. | Cultural celebrations, ChInese New Year Food Tasting  Explore Shanghai | Cultural celebrations, ChInese New Year Lantern Festival | Cultural celebrations  Random acts of kindness.  How do people show acts of kindness in different cultures? | Cultural celebrations  Nirvana and Buddhist beliefs | Cultural celebrations  Maha Shivrati  Rangoli patterns | Celebrating Rosa Parks  What did she stand for? What was she trying to show? |
| Wk JuH  28.1.25  Safeguarding  Stay safe, speak out  Assembly online | Safeguarding  NSPCC Stay safe, speak out | Assemblies for each KS plus online lesson plans and activities | Assemblies for each KS plus online lesson plans and activities | Assemblies for each KS plus online lesson plans and activities  Workshop booked | Assemblies for each KS plus online lesson plans and activities | Assemblies for each KS plus online lesson plans and activities | Assemblies for each KS plus online lesson plans and activities  Workshop booked | Assemblies for each KS plus online lesson plans and activities  Workshop booked |
| Wk 4.2.25  Christchurch  Connections positive relationships | Mental Wellbeing Connect  5 Pillars | Similarities and differences | Understanding others | Compliments | Shared interests | Pen pals | Working together | Community |
| WK VW  11.2.25  MLK | Freedom of Speech – Martin Luther King  British Values – Individual Liberty | Discuss how as children can make their own decisions, encourage them to understand impact of choices | Individual Liberty KS1 Ppt | Individual Liberty KS1 Ppt | A diverse Britain – What is liberty? | How do we show individual liberty within our school? | Why is liberty an important British Value? How do the choices we make, make us feel? | What are human rights and why are they important? |
| HALF TERM | | | | | | | | | |
| **PSHE**  Unit on Citizenship |  | No Outsiders Book  Half term  Refugees British Values – Individual Liberty | All Families Are Different  The Family Book – Todd Parr | Proud To Be Me  Hair – It’s a family affair – Mylo Freeman | To think About What Makes a Good Friend  Amazing – Steve Antony | To recognise a Stereotype  The Truth about old people – Elina Ellis | To find common ground  Aalfred and Aalbert – Morag Hood | To justify actions  Rose Blanche – Ian McEwan and Roberto Innocenti | Consider responses to immigration  King of the Sky – Nicola Davies |
| Wk JH  26.2.25  Kindness | School Values –  Kindness | What is kindness?  Look at how people can show kindness in different ways. | What is kindness?  Look at how people can show kindness in different ways. | What is kindness?  Look at how people can show kindness in different ways. | What is kindness?  Look at how people can show kindness in different ways. | What is kindness?  Look at how people can show kindness in different ways. | What is kindness?  Look at how people can show kindness in different ways. | What is kindness?  Look at how people can show kindness in different ways. |
| WK JuH  (Wednesday)  5.3.25  (World Book day assesmbly) | Keeping Myself Safe  Project Evolve, Health, Well-being and Lifestyle | Project Evolve, Health, Well-being and Lifestyle  Think of rules that help keep us safe and healthy in and beyond home using technology | Project Evolve, Health, Well-being and Lifestyle  Explain rules to keep themselves safe when using technology both home and beyond | Project Evolve, Health, Well-being and Lifestyle  Explain simple guidance for using technology  How do guides help us? | Project Evolve, Health, Well-being and Lifestyle  Explore how spending too much time on technology can be negative  Why some activities have age restrictions | Project Evolve, Health, Well-being and Lifestyle  Technology can be distracting – positive and negative  Limiting amount of usage | Project Evolve, Health, Well-being and Lifestyle  How apps can affect health both positive and negative  How information gained online about health should be balanced | Project Evolve, Health, Well-being and Lifestyle  Know about age-related programmes, pressures and persuasiveness of technology  Screen time and health |
| WK KL  11.3.25  School values  Determination  aspiration | Science week  Change and adapt  (Parent speakers. Visitors) | [www.britishscienceweek.org](http://www.britishscienceweek.org)  Resources available for Early Years – Be seen be safe, rockets | Resources available  Opal play-playground games | Resources available  Opal play - playground games | Resources available  Opal play - playground games | STEM activities | STEM activities  Forces | STEM activities |
| WK JB  18.3.25  Giving | Mental Wellbeing  Give  5 Pillars | Kind words | Sharing | Generosity | Appreciation | Giving to my community | Paying it forward | Apologising |
| Wk VW  25.3.25  Racism | I Share the World with lots of people  Race - No Outsiders Book |  | To play with different people – Ten Little Pirates – Mike Brownlow | To feel proud of being different – Just Because – Rebecca Eliot | How difference can affect someone  Oliver – Birgitta SIf |  | To consider responses to racist behaviour  Mixed – Arree Chung | To consider causes of racism  The Island – Armin Greder |
| Wk LM  1.4.25  Having laws and staying safe | British Values – Rule of law | Discuss rules put in place to keep them safe, healthy and happy ie tidy up times | Rule of Law KS1 Ppt | Rule of Law KS1 Ppt | What are some of the rules we follow at home, at school, in our community? | Rules and law – what do we keep? What are the consequences for breaking them? | Discuss morals, choices and consequences. | Discuss morals, choices and consequences. |

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| TERM 3 | | | | | | | | | |
| **PSHE**  Unit on Safety and the Changing Body | Assemblies Theme |  | Reception | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|  | No Outsiders Book  Half term  Democracy | To celebrate my family  Mommy, Mama and Me – Lesley Newman | To work together  Errol’s Garden – Gillian Hibbs | To communicate in different ways  What the Jackdaw Saw – Julia Donaldson | To understand what a bystander is  We’re all Wonders – RJ Palacio | To choose when to be assertive – showing your choice  Dogs Don’t do Ballet – Anna Kemp and Sarah Oglivie | To be able to express an opinion  And Tango Makes Three – Justin Richardson | To consider democracy  A Day in the Life of Marlon Bundo – Marlon Bundo and Jill Twiss |
| Wk | School Values  Determination | What is determination?  Look at how people have shown determination and what they have achieved. | What is determination?  Look at how people have shown determination and what they have achieved. | What is determination?  Look at how people have shown determination and what they have achieved. | What is determination?  Look at how people have shown determination and what they have achieved. | What is determination?  Look at how people have shown determination and what they have achieved. | What is determination?  Look at how people have shown determination and what they have achieved. | What is determination?  Look at how people have shown determination and what they have achieved. |
| Wk | Mental Wellbeing Move  5 Pillars  Anxiety – SATs, stress,  Sleep | Being animals | Gardening | Nature Walk | Motion Detection | Making a beat | Adaptive Sports | Brain breaks |
| WK | British Values  Democracy  Citizenship  Choices & consequences | Discuss behaviour which is a choice and has a consequence  Discuss voting | What does democracy mean? | What is the importance of making decisions democratically? | What is democracy? Make a decision as a class | What is democracy?  What if I were prime minister what would I do? | What is democracy board game – questions on democracy and debates. | Geography – Exploring our capital – London,  Parliament and democracy |
| Wk | Keeping Myself Safe  Project Evolve – Privacy and Security | Project Evolve – Privacy and Security  Know simple examples of personal information – who would they share this with? | Project Evolve – Privacy and Security  Explain how passwords protect our information  Know more detailed examples of personal information – should we share this? | Project Evolve – Privacy and Security  Explain how passwords protect our information  What is meant by ‘private’? how do we keep information private? | Project Evolve – Privacy and Security  Describe strategies for creating passwords, keeping them private, who they should share information with and what to do if unsure. | Project Evolve – Privacy and Security  Describe strategies for keeping personal information private  What to do if online services want to store the content | Project Evolve – Privacy and Security  What is a strong password, how do we create one, Explain how free apps or services may read and share information | Project Evolve – Privacy and Security  Describe effective ways of managing passwords, what do we do if they are lost?  How do we increase our privacy on apps? |
| HALF TERM | | | | | | | | | |
| **PSHE**  Unit on Identity and Transition | WK | No Outsiders Book  Half term  Feelings and Mental Health | To make a new friend  Blue Chameleon – Emily Gravett | To find ways to play together  Want to Play Trucks – Ann Stott and Bob Graham | To know I belong  All Are Welcome – Alexandra Penfold | To recognise and help an outsider  The Hueys in the New Jumper – Oliver Jeffers | To look after my mental health  When sadness comes to call – Eva Eland | To explore friendship  The Girls – Lauren Lee and Jenny Lovlie | To consider how life changes as you grow up  Love you forever – Robert Munsch |
| WK | School Values  Respect | What is respect?  Look at how people have shown respect. What is the impact? | What is respect?  Look at how people have shown respect. What is the impact? | What is respect?  Look at how people have shown respect. What is the impact? | What is respect?  Look at how people have shown respect. What is the impact? | What is respect?  Look at how people have shown respect. What is the impact? | What is respect?  Look at how people have shown respect. What is the impact? | What is respect?  Look at how people have shown respect. What is the impact? |
| WK | British Values  Rule of Law  Making Good choices  Age of criminal responsibility | Discuss age-appropriate rules and boundaries.  Discuss routines in EYFS | History - Great Explorers and how they may have changed the world – laws | History – Monarchy  Laws that the Monarch upholds | History – What did the Ancient Egyptians believe – has the influenced our society? | History – The Vikings – What impact did they have on our laws? Did they make good choices? | History – The Tudors  How people abided by the laws – choices and consequences | Geography – London, Exploring our capital |
| WK | Keeping Myself Safe  Stranger Danger  Project Evolve – Copyright and Ownership | Road Safety  Rail Safety  Water Safety  Stranger Danger  Know that work they create belongs to them. Name their work. | Road Safety  Rail Safety  Water Safety  Stranger Danger  Why does work belong to them if they create it?  Know how to save work.  Know if it is not theirs it does not belong to them. | Road Safety  Rail Safety  Water Safety  Stranger Danger  Recognise that content on the internet may belong to other people. Know it belongs to them. | Road Safety  Rail Safety  Water Safety  Stranger Danger  Explain why copying from someone else’s work on the internet without permission isn’t fair. | Road Safety  Rail Safety  Water Safety  Stranger Danger  Why do we need to consider who owns information on the internet? Do we have a right to use it? | Road Safety  Rail Safety  Water Safety  Stranger Danger  Assess and justify when it is acceptable to use work of others. Give examples of content which can be used. | Road Safety  Rail Safety  Water Safety  Stranger Danger  Use search tools to find and access online content. How do we make references and acknowledge sources? |
| Wk | Mental Well being  Transition  Making new friends  Feelings – anxiety/ apprehension | Transition  Move up day, meeting our new teacher | Transition  Move up day, meeting our new teacher | Transition  Move up day, meeting our new teacher | Transition  Move up day, meeting our new teacher | Transition  Move up day, meeting our new teacher | Transition  Move up day, meeting our new teacher | Transition  Move up day, meeting our new teacher |
| Wk | Changes  Link to transition | Discuss what changes are taking place – home, school, growing up  What is new? What is familiar still? How do we deal with change? | Discuss what changes are taking place – home, school, growing up  What is new? What is familiar still? How do we deal with change? | Discuss what changes are taking place – home, school, growing up  What is new? What is familiar still? How do we deal with change? | Discuss what changes are taking place – home, school, growing up  What is new? What is familiar still? How do we deal with change? | Discuss what changes are taking place – home, school, growing up  What is new? What is familiar still? How do we deal with change? | Discuss what changes are taking place – home, school, growing up  What is new? What is familiar still? How do we deal with change? | Discuss what changes are taking place – home, school, growing up  What is new? What is familiar still? How do we deal with change? |