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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 bookHalf termDifferences & acceptance | To choose what I likeYou ChooseNick Sharratt & Pippa Goodheart | I Like the Way I AmElmerDavid McKee | To Understand What Diversity isThe Great Big Book of FamiliesM Hoffman | To Understand What Discrimination MeansThis is Our HouseMichael Rosen | To Help Someone Accept DifferenceAlong Came a Different – Tom McLaughlin | To explore friendships – The Girls – Lauren Lee and Jenny Lovelie | To show acceptanceIntroducing Teddy – Jessica Walton |
| Wk1School Values | No BystandersSchool 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 |
| WkE-Safety | Stranger Danger –online and in person - 3 whistlesSafeguarding –Project Evolve ICT –Online Relationships | 3 Whistles Stranger DangerRecognise ways the internet is used to communicate- examples with people they know | 3 Whistles Stranger DangerRecognise importance of asking permission to go online, use the internet with adult support. | 3 Whistles Stranger DangerRecognise dangers of communicating with people online who they do not know. | 3 Whistles Stranger DangerRecognise the difference between know and trust online and how people with similar interests can get together | 3 Whistles Stranger DangerKnow how to stay safe online whilst having fun, ie gamingRecognise healthy and unhealthy online behaviour | 3 Whistles Stranger DangerGive examples of forms of communication ie emojis, GIFs, memesHow some interactions are positive but also how to get help if needed. | 3 Whistles Stranger DangerExplain how sharing information online can be positive and negative.Recognise use of respect, boundaries, privacy settings. |
| WkDemocracy  | School CouncilBritish 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 |
| WkResilience and growth mindset | Mental Wellbeing DiscoverDiscuss 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 |
| WkSchool 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 |
| WkHarvest | Culture, religions and beliefs in the UK British Values – tolerance/acceptance of those with different faiths and beliefs | Culture, religions and beliefs in the UKExplore a culture, race or religion through a story | Culture, religions and beliefs in the UKExplore a culture, race or religion through a story | Culture, religions and beliefs in the UKExplore a culture, race or religion through a story | Culture, religions and beliefs in the UKWhat is a belief?Why do we have beliefs? | Culture, religions and beliefs in the UKIdentifying 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 onHealth and Well-being | Wk 5.11 RW | No Outsiders BookHalf termSelf-confidence – respect and kindness | It’ OK to Like Different ThingsRed Rockets and Rainbow Jelly- Sue Heap | To Join InGoing to the Volcano – Andy Stanton | To Have Self-ConfidenceHow to be a lion – Ed Vere | To be welcomingBeegu – Alexis Deacon | To be proud of who you areRed : A Crayon’s Story | To recognise when someone needs helpHow to heal a broken wing – Bob Graham | To overcome fears about differenceLeaf – Sandra Dieckmann |
| Wk 12.11DeterminationJaH | DeterminationSchool 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 19.11Pants 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 26.11The 5 Pillars of wellbeingJB  | Mental WellbeingTake Notice5 pillars  | My surroundings | Sound | Colour Expression | Making a difference | My thoughts | Others around me | Myself |
| WkAnti-BullyingSafeguardingAssemblyJuH (Wed 4.12) | Project Evolve – Online BullyingWhat constitutes bullying? STOP | Describe ways people can be unkindHow 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? |
| WkRespect10.12 VW | British ValuesMutual 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? |
| WkChristmasHappy and Sad17.12 LM | Mental Wellbeing5 PillarsFeelings & emotions (link to Xmas) | 5 Pillars – SupportRelationships, families | 5 Pillars – SupportRelationships, families | 5 Pillars – SupportRelationships, families | 5 Pillars – SupportRelationships, families | 5 Pillars – SupportRelationships, families | 5 Pillars – SupportRelationships, families | 5 Pillars – SupportRelationships, 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 bookHalf termDiversity | To Say HelloHello Hello – Brendan Wenzel | Share the world with many peopleMy World, Your World – Melanie Walsh | To welcome different peopleCan’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 acceptanceJulian is a Mermaid – Jessica Love | To consider consequences to choices around diversityKenny Lives with Erica and Martina – Olly Pike | To consider language and freedom of speechThe Only way is Badger – Stella J Jones |
| Wk 1 RW6.1.25Aspirations and setting goals – New Year | School Value Aspirations | Going for GoalsWhat is it to have goals?Look at what aspirations personalities have had and how they met them.  | Going for GoalsWhat is it to have goals?Look at what aspirations personalities have had and how they met them | Going for GoalsWhat is it to have goals?Look at what aspirations personalities have had and how they met them | Going for GoalsWhat is it to have goals?Look at what aspirations personalities have had and how they met them | Going for GoalsWhat is it to have goals?Look at what aspirations personalities have had and how they met them | Going for GoalsWhat is it to have goals?Look at what aspirations personalities have had and how they met them | My Big AmbitionWhat is it to have goals?Look at what aspirations personalities have had and how they met them |
| Wk JB14.1.25SafeguardingAppsOnline info | Keeping Myself Safe (remind 3Wh)Project Evolve – Managing Online Information | E-safetyManaging Online InformationHow can we access information online? | E-safety Managing Online InformationGive examples of searching and what we would do if we saw something we didn’t like | E-safetyManaging Online InformationSearch using keywords and navigate the page. Will all information we see be true? | E-safetyManaging Online InformationSearch using key phrasesExplore belief, opinion and fact and how these may be shared online | E-safetyManaging Online InformationAnalyse information and decide whether it is accurate or not. Search from different sources. | E-safetyManaging Online InformationExplore digital content and whether it is trustworthy, looking at reviews, facts, opinions, beliefs, validity, reliability | E-safetyManaging Online InformationExplore digital content for influence, manipulation, persuasion, fake news, Why it is important to validate facts |
| Wk LM21.1.25Celebrations around the world | Chinese New YearBritish Values – tolerance acceptance of faiths and beliefs | Cultural resources and celebrations, include pictures, foods, celebrate diversity.  | Cultural celebrations, ChInese New Year Food TastingExplore Shanghai | Cultural celebrations, ChInese New Year Lantern Festival | Cultural celebrationsRandom acts of kindness.How do people show acts of kindness in different cultures? | Cultural celebrationsNirvana and Buddhist beliefs | Cultural celebrationsMaha ShivratiRangoli patterns | Celebrating Rosa ParksWhat did she stand for? What was she trying to show? |
| Wk JuH28.1.25SafeguardingStay safe, speak outAssembly online | SafeguardingNSPCCStay 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 activitiesWorkshop 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 activitiesWorkshop booked | Assemblies for each KS plus online lesson plans and activitiesWorkshop booked |
| Wk 4.2.25ChristchurchConnections positive relationships | Mental Wellbeing Connect5 Pillars | Similarities and differences | Understanding others | Compliments | Shared interests | Pen pals | Working together | Community |
| WK VW11.2.25MLK | Freedom of Speech – Martin Luther KingBritish 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 BookHalf termRefugees British Values – Individual Liberty | All Families Are DifferentThe Family Book – Todd Parr  | Proud To Be MeHair – It’s a family affair – Mylo Freeman | To think About What Makes a Good FriendAmazing – Steve Antony | To recognise a StereotypeThe Truth about old people – Elina Ellis | To find common groundAalfred and Aalbert – Morag Hood | To justify actionsRose Blanche – Ian McEwan and Roberto Innocenti | Consider responses to immigrationKing of the Sky – Nicola Davies |
| Wk JH26.2.25Kindness | 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 SafeProject Evolve, Health, Well-being and Lifestyle | Project Evolve, Health, Well-being and LifestyleThink of rules that help keep us safe and healthy in and beyond home using technology | Project Evolve, Health, Well-being and LifestyleExplain rules to keep themselves safe when using technology both home and beyond | Project Evolve, Health, Well-being and LifestyleExplain simple guidance for using technologyHow do guides help us? | Project Evolve, Health, Well-being and LifestyleExplore how spending too much time on technology can be negativeWhy some activities have age restrictions | Project Evolve, Health, Well-being and LifestyleTechnology can be distracting – positive and negativeLimiting amount of usage | Project Evolve, Health, Well-being and LifestyleHow apps can affect health both positive and negativeHow information gained online about health should be balanced | Project Evolve, Health, Well-being and LifestyleKnow about age-related programmes, pressures and persuasiveness of technologyScreen time and health |
| WK KL11.3.25School valuesDeterminationaspiration | Science weekChange and adapt(Parent speakers. Visitors) | [www.britishscienceweek.org](http://www.britishscienceweek.org)Resources available for Early Years – Be seen be safe, rockets | Resources availableOpal play-playground games | Resources availableOpal play - playground games | Resources availableOpal play - playground games | STEM activities | STEM activitiesForces | STEM activities |
| WK JB18.3.25Giving | Mental Wellbeing Give5 Pillars | Kind words | Sharing | Generosity | Appreciation | Giving to my community | Paying it forward | Apologising |
| Wk VW25.3.25Racism | I Share the World with lots of peopleRace - 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 someoneOliver – Birgitta SIf |  | To consider responses to racist behaviourMixed – Arree Chung | To consider causes of racismThe Island – Armin Greder |
| Wk LM1.4.25Having 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 BookHalf termDemocracy | To celebrate my familyMommy, Mama and Me – Lesley Newman | To work togetherErrol’s Garden – Gillian Hibbs | To communicate in different ways What the Jackdaw Saw – Julia Donaldson | To understand what a bystander isWe’re all Wonders – RJ Palacio | To choose when to be assertive – showing your choiceDogs Don’t do Ballet – Anna Kemp and Sarah Oglivie | To be able to express an opinionAnd Tango Makes Three – Justin Richardson | To consider democracyA Day in the Life of Marlon Bundo – Marlon Bundo and Jill Twiss |
| Wk | School ValuesDetermination | 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 Move5 PillarsAnxiety – SATs, stress, Sleep | Being animals | Gardening | Nature Walk | Motion Detection | Making a beat | Adaptive Sports | Brain breaks |
| WK | British ValuesDemocracyCitizenshipChoices & consequences | Discuss behaviour which is a choice and has a consequenceDiscuss 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 SafeProject Evolve – Privacy and Security | Project Evolve – Privacy and SecurityKnow simple examples of personal information – who would they share this with? | Project Evolve – Privacy and SecurityExplain how passwords protect our informationKnow more detailed examples of personal information – should we share this? | Project Evolve – Privacy and SecurityExplain how passwords protect our informationWhat is meant by ‘private’? how do we keep information private? | Project Evolve – Privacy and SecurityDescribe strategies for creating passwords, keeping them private, who they should share information with and what to do if unsure. | Project Evolve – Privacy and SecurityDescribe strategies for keeping personal information privateWhat to do if online services want to store the content | Project Evolve – Privacy and SecurityWhat is a strong password, how do we create one, Explain how free apps or services may read and share information | Project Evolve – Privacy and SecurityDescribe 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 BookHalf term Feelings and Mental Health | To make a new friendBlue Chameleon – Emily Gravett | To find ways to play togetherWant to Play Trucks – Ann Stott and Bob Graham | To know I belongAll Are Welcome – Alexandra Penfold | To recognise and help an outsiderThe Hueys in the New Jumper – Oliver Jeffers | To look after my mental healthWhen sadness comes to call – Eva Eland | To explore friendshipThe Girls – Lauren Lee and Jenny Lovlie | To consider how life changes as you grow upLove you forever – Robert Munsch |
| WK | School ValuesRespect | 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 ValuesRule of LawMaking Good choicesAge 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 – MonarchyLaws 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 TudorsHow people abided by the laws – choices and consequences | Geography – London, Exploring our capital  |
| WK | Keeping Myself SafeStranger DangerProject Evolve – Copyright and Ownership | Road SafetyRail SafetyWater SafetyStranger DangerKnow that work they create belongs to them. Name their work. | Road SafetyRail SafetyWater SafetyStranger DangerWhy 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 SafetyRail SafetyWater SafetyStranger DangerRecognise that content on the internet may belong to other people. Know it belongs to them. | Road SafetyRail SafetyWater SafetyStranger DangerExplain why copying from someone else’s work on the internet without permission isn’t fair. | Road SafetyRail SafetyWater SafetyStranger DangerWhy do we need to consider who owns information on the internet? Do we have a right to use it? | Road SafetyRail SafetyWater SafetyStranger DangerAssess and justify when it is acceptable to use work of others. Give examples of content which can be used. | Road SafetyRail SafetyWater SafetyStranger DangerUse search tools to find and access online content. How do we make references and acknowledge sources? |
| Wk | Mental Well beingTransitionMaking new friendsFeelings – anxiety/ apprehension | TransitionMove up day, meeting our new teacher | TransitionMove up day, meeting our new teacher | TransitionMove up day, meeting our new teacher | TransitionMove up day, meeting our new teacher | TransitionMove up day, meeting our new teacher | TransitionMove up day, meeting our new teacher | TransitionMove up day, meeting our new teacher |
| Wk | ChangesLink to transition | Discuss what changes are taking place – home, school, growing upWhat is new? What is familiar still? How do we deal with change? | Discuss what changes are taking place – home, school, growing upWhat is new? What is familiar still? How do we deal with change? | Discuss what changes are taking place – home, school, growing upWhat is new? What is familiar still? How do we deal with change? | Discuss what changes are taking place – home, school, growing upWhat is new? What is familiar still? How do we deal with change? | Discuss what changes are taking place – home, school, growing upWhat is new? What is familiar still? How do we deal with change? | Discuss what changes are taking place – home, school, growing upWhat is new? What is familiar still? How do we deal with change? | Discuss what changes are taking place – home, school, growing upWhat is new? What is familiar still? How do we deal with change? |