



Inkberrow Primary School
PSHE Medium Term Planning – Kestrels
 Highlighted lessons = related to safeguarding

	Rights and Respect	Keeping Safe	Me and My Relationships	Valuing Difference	Being My Best	Growing and Changing
Health and Well-Being		1. Spot bullying 2. Play, like, share 3. Decision dilemmas 5. Vaping: healthy or unhealthy? 6. Would you risk it? (o) 'Thinking' about habits (o) Drugs - true or false? (o) Smoking: what is normal	5. Our emotional needs 6. Being assertive		1. It all adds up! 2. Different skills 4. Independence and responsibility 5. Star Qualities?	1. How are they feeling? 4. Growing up and changing bodies 5. Changing bodies and feelings 6. Help! I'm a teenager – get me out of here! (o) Dear Hetty
Relationships		4. Ella's diary dilemma	1. Collaboration Challenge! 2. Give and take (o) Communication 3. How good a friend are you? 4. Relationship Cake Recipe	1. Qualities of friendship 2. Kind conversations 3. Happy being me 5. Is it true? (o) It could happen to anyone		2. Taking notice of our feelings 3. Dear Ash
Living in the Wider World	1. What's the Story? Rights, 2. Fact or opinion? 3. Mo makes a difference 4. Rights, respect and duties (British Values) 5. Spending Wisely 6. Lend us a Fiver! (o) Local Councils (BV)			4. Land of the Red people 6. Stop, start, stereotypes	3. School community 6. Basic First Aid	
No Outsiders	Kenny Lives with Erica & Martina	Mixed	Grandpa's Pride	My Name is Refugee	Perfectly Norman	The Girl With 2 Dads