



CHELTENHAM
PREP SCHOOL

PSHE Long Term Plan 2023-2024 (Pre-Prep)

Year: 2023-2024

Year group: N, R,1,2

PSHE/RSE Coram Life Education SCARF curriculum	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and my Relationships Marvellous me I'm special People who are special to me	Valuing difference Me and my friends Friends and family Including everyone	Keeping myself safe People who help to keep us safe. Safety indoors and outdoors. What safe to go into my body.	Rights & Responsibilities Looking after myself. Looking after others. Looking after the environment.	Being my best What does my body need? I can keep trying. I can do it!	Growing & Changing Growing & changing in nature. When I was a baby. Girls, Boys and Families.
	Me and my Relationships All about me What makes me special Me and my special people Who can help me? My feelings My feelings (2)	Valuing difference I'm special, you're special. Same and different. Same and different families. Same and different homes. I am caring. I am a friend.	Keeping myself safe What safe to go into my body? Keeping myself safe – what's safe to go into my body (including medicines). Safe indoors & outdoors. Listening to my feelings. (NSPCC) Keeping safe online (CEOP) People who help to keep me safe.	Rights & Responsibilities Looking after my special people. Looking after my friends. Being helpful at home and caring for our classroom. Caring for our world. Looking after money (recognising, spending, using). Looking after money (saving and keeping it safe).	Being my best Bouncing back when things go wrong. Yes, i can! Healthy Eating. My healthy mind. Move your body. A good night's sleep.	Growing & Changing Seasons. Life stages – plants, animals, humans. Life stages – the human life stage: who will i be? Where do babies come from? Me and my body – girls and boys.
Reception						





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	Me & My Relationships	Valuing Difference	Keeping Myself Safe	Rights & Responsibilities	Being my Best	Growing & Changing
Year 1	Why we have classroom rules Thinking & feeling Our feelings Our special people Good Friends How are you listening	Same or different Unkind, tease, or bully? School Rules Who are our special people? It's not fair!	Healthy me Super Sleep Getting Lost Who can help me (1) Internet Safety (CEOP) Sharing Pictures Good or Bad touches (NSPCC)	Wash & Brush up Around and about the school Taking care of something Money How should we look after money First Aid	I can eat a rainbow Eat Well Catch it! Bin it! Kill it! Riding a Bike Pass on the praise Having a bad day	Inside my wonderful body Taking care of a baby Then and now Who can help (2) Surprises and secrets Keeping Privates Private (NSPCC)
Year 2	Me & My Relationships Our ideal Classroom (1) Our ideal classroom (2) How are you feeling today? Bullying or teasing. Don't Do That! Types of bullying. Being a good friend. Let's all be happy!	Valuing Difference What makes us who we are? How do we make others feel? My special people. When someone is feeling left out. An act of kindness. Solve the problem.	Keeping Myself Safe Harold's Picnic How safe would you feel? What should Harold say. I don't like that. Fun or not fun? Should I tell? Some secrets should never be kept (NSPCC). Internet Safety (CEOP)	Rights & Responsibilities Getting on with others. When I feel like erupting. Feeling safe. How can we look after our environment? Saving money. Camping. Playing games.	Being my Best You can do it! My Day. Being clean and healthy. The bathroom. My body needs... What does my body do?	Growing & Changing A helping hand. Moving away. Haven't you grown! My body, your body. Respecting privacy. First Aid.

