

Year 3

	Autumn 1 <i>Walk like an Egyptian</i>	Autumn 2 <i>Come & Join the Celebration</i>	Spring 1 <i>Out of the Box</i>	Spring 2 <i>Ug!</i>	Summer 1 <i>May the Force Be With You</i>	Summer 2 <i>Green Fingers</i>
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PSHCE (Health and Wellbeing & Living in the Wider World)	Rights and Responsibilities	Internet Safety	Jobs & Money	Managing Risk	Healthy Me!	Environment
	<ul style="list-style-type: none"> Why we need rules? What happens if we don't follow them? What rules & responsibilities do we have at home? How can we keep each other and our things safe? Being kind. Belongings need to be treated with respect (need to share and return things we have borrowed) How to look after classroom equipment 	<ul style="list-style-type: none"> Benefits of the internet How to choose appropriate and secure websites Why social media and some computer games are age restricted What information to keep private and how Where and how to report concerns 	<ul style="list-style-type: none"> Where money comes from About the special people who work in the community (inc those who look after and protect us) What jobs do our carers do? What jobs do we need in the world? What am I good at in school and at home? What job would I like to do? 	<ul style="list-style-type: none"> To differentiate between 'risk', 'danger' and 'hazard' To recognise, predict and assess risks in school and at home and decide how to manage them Home: kitchen, household products, electricity, fire, Identify examples of risky behaviour To recognise when they need help and develop skills to ask To manage dares and peer pressure 	<ul style="list-style-type: none"> Benefits of exercise (physically and mentally) Healthy diet vs unhealthy diet Which foods are bad for you and your teeth Importance of seeing a dentist . What they do Dental hygiene 	<ul style="list-style-type: none"> What harms our local and natural environment? How we can look after them? What improves them? How we can reduce plastic waste e.g. recycling What alternatives can we use to plastic? Can we reuse things? What can we make? What is recycling? What can be recycled?

Healthy Eating Week
The Digger and the Flower
The Dreaming Tree

PSHCE RE	Respectful Relationships	Communication	Friendship	Safe Relationships	Online Relationships	Families & Parenthood
	<ul style="list-style-type: none"> The importance of respecting others even if they are different from them (e.g. physically, in character, gender, personality or background) or make different choices or have different preferences of beliefs Our actions and words affect others Difference between a joke and teasing 	<ul style="list-style-type: none"> What does being happy and safe feel like? What does being unhappy/unsafe feel like? When may people make us feel unsafe (e.g. bullying & teasing online and offline) How to report feelings of being unsafe or bad about someone (inc. adults) How to tell someone we like/ don't like something & how not to put up with something if it makes us feel uncomfortable 	<ul style="list-style-type: none"> How important friendships are in making us feel happy and secure How people choose and make friends What do we like about our friends? What do my friends like about me? Healthy friendships are positive and welcome towards others and do not exclude people or make them feel lonely 	<ul style="list-style-type: none"> What is the difference between secrets and surprises? It is not always right to keep secrets (if they relate to being and feeling safe) Where to get advice and support (family, school etc) 	<ul style="list-style-type: none"> People sometimes behave differently online, including by pretending to be someone they are not What to do if someone contacts you that you don't know 	<ul style="list-style-type: none"> That families are important because they give us love, security and stability Characteristics of healthy family life (commitment, protection, care, spending time together and sharing each other's lives) Who is important/ special i our lives and what do they do for us?

Anti-Bullying Week
Chicken Clicking
Digi Duck
Kidsmart- Smartie the Penguin

Year 4

	Autumn 1 <i>It's all Under Attack</i>	Autumn 2 <i>The Spirit of Christmas</i>	Spring 1 <i>From Out of the Shadows</i>	Spring 2 <i>Window on the World</i>	Summer 1 <i>When Mickey Met Wallace</i>	Summer 2 <i>Rocky the Findosaur</i>
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PSHCE (Health and Wellbeing & Living in the Wider World)	<u>Rights and Responsibilities</u>	<u>Mental Wellbeing</u>	<u>Community</u>	<u>Hygiene</u>	<u>Healthy Choices</u>	<u>Money</u>
	<ul style="list-style-type: none"> • People and living things have rights e.g. right to be treated fairly • What is right & wrong • We need to protect these • Who makes laws in the UK? • How we can vote to choose whether something should be made law • Freedom of speech and listening to others' opinions • Importance of voting 	<ul style="list-style-type: none"> • Range of emotions and a scale of emotions that we can experience • How to recognise their own and others' emotions • Mental wellbeing is a normal part of life • Identify what makes us feel different emotions e.g. bullying makes us sad • Who can help us? 	<ul style="list-style-type: none"> • That we belong to different groups and communities such as family , school, Scouts, church groups • What we have in common with other people. How we are the same • How we can look after others in our community • What anti-social behaviour is 	<ul style="list-style-type: none"> • Personal hygiene (how often to wash hands, body, hair) • How to wash our hair • Why hand washing is important • When we should wash our hands and how • How germs are spread and treated 	<ul style="list-style-type: none"> • Is it an emergency? • Fire drills at school and home • How do we know when we are ill? • Who can help us? Appropriate touch • Basic first aid (cuts, burns, and knowing how & when to get help) • How to reduce risk of sun stroke and sun damage 	<ul style="list-style-type: none"> • Is money important? • What do we need money for? • What do we spend money on? • How do we keep money safe? • Good and bad places to eep money (inc. a bank) • Choices whether to spend or save money

June- Money Week

PSHCE RE	<u>Respectful Relationships</u>	<u>Communication</u>	<u>Friendship</u>	<u>Safe Relationships</u>	<u>Online Relationships</u>	<u>Families & Parenthood</u>
	<ul style="list-style-type: none"> • Practical steps they can take in a range of different contexts to improve or support respectful relationships • Different types of bullying and how to get help • Responsibilities to look after our friends and to get help if they see a peer being bullied 	<ul style="list-style-type: none"> • Importance of self-respect ("pride and confidence in oneself; a feeling that one is behaving with honour and dignity") and how this links to our happiness • What are we good at? What do our friends and family say we are good at? • What do people like about us? 	<ul style="list-style-type: none"> • Most friendships have ups and downs • Difficulties can be worked through so that a friendships are repaired or even strengthened (e.g. through talking, compromise, negotiation, saying sorry) • Resorting to violence is never right 	<ul style="list-style-type: none"> • How to recognise who to trust and who not to trust in our community (online and offline) • What does a stranger look like? • How to respond safely and appropriately to adults they may encounter in all contexts (inc. online) whom they do not know • What information would you share with different people? 	<ul style="list-style-type: none"> • Same principles apply to online relationships as offline, including the importance of respect for others (even when we have never met people) • What is it appropriate to ask for and share online and offline? 	<ul style="list-style-type: none"> • Other people's families sometimes look different from our own but we should respect these differences. Other families are still characterised by love and care • The diversity of who we live with

Anti-Bullying Week

The Family Book- Todd Parr
The Mix- Arree Chung

Year 5

	Autumn 1 Bright Sparks	Autumn 2 Abracadabra	Spring 1 It's all Greek to me	Spring 2 This is your life	Summer 1 Back to the future	Summer 2 Spaced Out
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PSHCE (Health and Wellbeing & Living in the Wider World)	<u>Rights and Responsibilities</u>	<u>Healthy Me!</u>	<u>Jobs</u>	<u>Growing Up</u>	<u>Internet Safety</u>	<u>Managing Risk</u>
	<ul style="list-style-type: none"> Ethical responsibility (what we buy affects people and animals) Free range vs farmed hens Fair Trade (what it is, how it helps people, why fair wages are important) 	<ul style="list-style-type: none"> Risks associated with inactive lifestyle (and what is an inactive lifestyle) Importance of building exercise into regular routine and how to Forms of exercise How to plan and prepare healthy meals Who to see if worried about health Importance of sleep for physical and mental health 	<ul style="list-style-type: none"> What jobs do we need in the world? Are some jobs more important than others? (what would happen if we had no cleaners?) What am I good at in school and at home? What do my friends like about me and say I'm good at? What am I interested in? What job would I like to do? 	<ul style="list-style-type: none"> How we change as we get older (from baby to adulthood) Recognising other animals and their babies, life cycles How have we grown up? How do we look different from adults? 	<ul style="list-style-type: none"> How to manage the amount of time we spend online and on digital devices Risks of spending too much time on digital devices inc. late at night How to recognise unkind behaviours on digital devices and consider how our actions affect others Cyberbullying- what it is and what effect it has Where and how to report concerns 	<ul style="list-style-type: none"> To recognise, predict and assess risks in our local community and decide how to manage them: road safety, and how phones & digital devices can distract us, cycling, water safety, fire safety Build up their resilience Recognise how their increasing independence brings increased responsibility to keep themselves and others safe Identify risky, unhealthy and unacceptable behaviour How to manage peer pressure

						Canals and River Trust Police visit
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PSHCE RE	<u>Respectful Relationships</u>	<u>Communication</u>	<u>Friendship</u>	<u>Safe Relationships</u>	<u>Online Relationships</u>	<u>Families & Parenthood</u>
	<ul style="list-style-type: none"> That they can expect to be treated with respect by others in school and in the community (and what this looks like) That they should show respect to others, including those in positions of authority How and where to get help if they experience or witness someone not being treated with respect 	<ul style="list-style-type: none"> Courtesy and manners Importance of seeking permission (and when we should ask permission) When we need to ask before we do things eg. borrowing, hugging, going out, (to keep ourselves and others safe) When to say, 'yes', 'no', 'I'll ask', 'I'll tell' Important of giving in relationships 	<ul style="list-style-type: none"> The characteristics of a good friend: mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems Stand up for each other if being teased or bullied What do our friends do for us? What are our friends like? 	<ul style="list-style-type: none"> What is privacy and why do we need it? What things are private? What is the difference between secrets and surprises? When is it okay to break a confidence and share a secret (even if an adult made us promise to keep one) Recap: When to say, 'yes', 'no', 'I'll ask', 'I'll tell' 	<ul style="list-style-type: none"> Rules and principles for keeping safe online inc strong passwords How to recognise risks, harmful content and contact How to report things that make us feel uncomfortable 	<ul style="list-style-type: none"> Marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong It is entered into freely

	Anti-Bullying Week					
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Year 6

	Autumn 1 In Your Element	Autumn 2 The Spirit Of Christmas	Spring 1 The Maya Cities of Stone	Spring 2 That's Life Episode 2	Summer 1 Music, Lights, Action	Summer 2 Eco Warriors
PSHCE (Health and Wellbeing & Living in the Wider World)	Community <ul style="list-style-type: none"> What does it mean and feel like to be part of a community? We are all part of the UK and global community To appreciate the range of ethnic and religious identities within our local and national community To consider the lives of people living in other places and with different customs 	Mental Wellbeing <ul style="list-style-type: none"> Benefits of exercise, outdoors, rest, sleep, hobbies and spending time with others is good for our mental wellbeing Recognising when we and friends are lonely and how to seek help Some people experience ill mental health and this can be resolved with support Sources of support if they are worried about their own or someone else's wellbeing 	Rights and Responsibilities <ul style="list-style-type: none"> To understand that there are basic human rights shared by all people These laws are there to protect everyone To recognise some of our rights What things are against the law and against school rules? What happens when people's rights aren't met abroad (why there are refugees) What happens if people don't follow the rules or break the law? Who can help us if people aren't being treated kindly or fairly? 	Growing Up <ul style="list-style-type: none"> How will our bodies change as we grow up? When will they change and how fast? Why do our bodies change? (What is puberty?) General changes and boy/girl changes (inc emotions) What is menstruation? (Natural, not illness) What happens? How can I be ready? Who can help me? 	Healthy Choices <ul style="list-style-type: none"> Good and bad drinks for us (energy drinks, alcohol) Where you get medicines from Dangers of taking someone else's medicine Who to ask if you are unsure How to make a clear and efficient call to emergency services (do they know their address and what to say, number to dial, who to ask for) 	Environment <ul style="list-style-type: none"> What is global warming? Is it important? Why do we need to do something about it? How can we reduce the amount of energy we use at school and at home? Reduce, Reuse, Recycle Investigate eco-friendly ways to travel Survey which classrooms have left lights / equipment on
PSHCE RE	Respectful Relationships <ul style="list-style-type: none"> What a stereotype is and how stereotypes can be unfair, negative or destructive Where and how to get support if they feel they or someone else is being treated unfairly 	Communication <ul style="list-style-type: none"> How to recognise if family (or other) relationships are making them feel unhappy or unsafe and how to seek help or advice from others if needed How to report concerns or abuse and the vocabulary and confidence to do so 	Friendship <ul style="list-style-type: none"> How to manage conflict How to manage difficult situations How to seek advice or help from others if needed How to judge when a friendship is making them unhappy or uncomfortable 	Safe Relationships <ul style="list-style-type: none"> What sort of boundaries are appropriate in friendships with peers and others (inc. online) What different relationships do we have? That each person's body belongs to them and the difference between appropriate and inappropriate or unsafe physical contact What do you do/not do with different people? How to get help/advice and to keep trying until they are heard 	Online Relationships <ul style="list-style-type: none"> How to critically consider online friendships (why best to only add friends you know already) Risks associated with people you have never met What is appropriate to share with people online & on digital devices 	Families & Parenthood <ul style="list-style-type: none"> That stable, caring relationships (which may be different types) are at the heart of families and are important for children's security as they grow up
	Anti-Bullying Week					