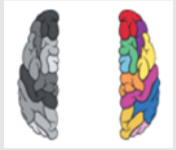
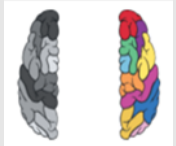


United Curriculum: PSHE



	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p>Growth Mindset How do I develop a growth mindset?</p>	<p>Growth Mindset Which strategies help me to learn?</p>	<p>Growth Mindset How do I respond to a mistake?</p>	<p>Growth Mindset What is the impact of words and phrases on mindsets?</p>	<p>Growth Mindset How do we use different mindsets and what are their strengths?</p>	<p>Growth Mindset What are the barriers to my learning and how can I overcome them?</p>
Autumn 2	<p>Mental and Emotional Health What makes me happy? What are feelings? What is the difference between good secrets and bad secrets? •How does my behaviour affect others?</p>	<p>Mental and Emotional Health What is the difference between small feelings and big feelings? How can I keep safe online? What makes others happy? What is the different between joking, teasing, and bullying?</p>	<p>Mental and Emotional Health How do my feelings affect my behaviour? How can I manage my feelings? What are the ways we communicating online? What am I good at?</p>	<p>Mental and Emotional Health What is resilience? What does it mean to have responsibility over my choices and actions? What is discrimination?</p>	<p>Mental and Emotional Health What is mental health? How do I negotiate and compromise? How do I stay safe on a mobile or tablet? How can I be happy being me? (body image)</p>	<p>Mental and Emotional Health How can I challenge negative thoughts and feelings? What is stereotyping? How can the internet positively and negatively affect our mental health?</p>
Spring 1	<p>Keeping Safe What are the rules for keeping me safe at school and outside? What are rules about household substances? •What is an emergency and what do I do?</p>	<p>Keeping Safe How do medicines help us when we are unwell? •How do I keep safe at home? What is my responsibility for keeping myself and others safe?</p>	<p>Keeping Safe What happens when I breathe smoke in the air? How do I recognise risks in my life? What do I do in an emergency?</p>	<p>Keeping Safe How do I manage risks in my life? What is self-control? What is the difference between legal and illegal drugs? Are all drugs harmful?</p>	<p>Keeping Safe How do I respond to dares? What are 'habits'? Who or what influences me?</p>	<p>Keeping Safe How do drugs affect the mind and body? How do I manage peer pressure? What is basic emergency first aid skills?</p>

United Curriculum: PSHE



	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Spring 2	<p>Healthy Lifestyles</p> <p>What foods should I eat?</p> <p>How can I look after my teeth?</p> <p>Why is it important to wash my hands?</p>	<p>Healthy Lifestyles</p> <p>How do I keep myself healthy?</p> <p>Why is it important to keep active?</p> <p>How can I prevent diseases spreading?</p>	<p>Healthy Lifestyles</p> <p>What is a healthy diet?</p> <p>What is an unhealthy diet?</p> <p>How do I keep safe in the sun?</p> <p>Why is personal hygiene important?</p>	<p>Healthy Lifestyles</p> <p>How do I make sure I sleep well?</p> <p>What is fuel for the body?</p> <p>How do I know if I'm physically ill?</p>	<p>Healthy Lifestyles</p> <p>How can we stop the spread of infection?</p> <p>Why is it important to know about nutritional content of food?</p>	<p>Healthy Lifestyles</p> <p>How is my mental and physical wellbeing connected?</p> <p>How do I keep physically healthy?</p> <p>Can I plan and prepare a healthy meal?</p>
Summer 1	<p>Living in the Wider World</p> <p>What are class rules? (British Values)</p> <p>Where does our money come from?</p> <p>What is the environment?</p>	<p>Living in the Wider World</p> <p>What groups and communities am I a part of?</p> <p>How do we make choices about spending money?</p> <p>How can we look after the environment?</p>	<p>Living in the Wider World</p> <p>How do rules and law protect me?</p> <p>What is the difference between my local British communities and global communities?</p> <p>What are the links between work and money?</p>	<p>Living in the Wider World</p> <p>What are the rights of the child?</p> <p>How do we look after our money?</p> <p>What is sustainability?</p>	<p>Living in the Wider World</p> <p>How are rules and law made and changed?</p> <p>What is Fair Trade?</p> <p>How can I develop my enterprise skills?</p>	<p>Living in the Wider World</p> <p>Why is it important to be critical of the media online and offline?</p> <p>How do people manage money?</p> <p>What do I want to be?</p>
Summer 2	<p>Relationships and Sex Education</p> <p>Who are the people in my life who love and care for me?</p> <p>What are the differences and similarities between people?</p> <p>What are the similarities between girls and boys?</p>	<p>Relationships and Sex Education</p> <p>What groups and communities am I a part of?</p> <p>•How do we make choices about spending money?</p> <p>How can we look after the environment?</p>	<p>Relationships and Sex Education</p> <p>What is personal space?</p> <p>What does a healthy relationship look like?</p> <p>Why is being equal important in relationships?</p>	<p>Relationships and Sex Education</p> <p>What is diversity?</p> <p>•Do boys and girls have different roles?</p> <p>What changes happen to my body?</p>	<p>Relationships and Sex Education</p> <p>What is puberty?</p> <p>What are the different relationships in my life?</p> <p>What is unwanted touch?</p>	<p>Relationships and Sex Education</p> <p>What changes happen in my life?</p> <p>What happens in a loving relationship and what is marriage?</p> <p>How is a baby made?</p>

