

Morda CE Primary School PSHE 2 Year Program

| PHSE | YEAR | AUTUMN 1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER 1 | SUMMER 2 |
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| CLASS 1 BLUEBELLS | A&B | Growth Mindset Revisit concepts around Growth Mindset in the first week of school. Create display etc Families & Relationships Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair (Y1) | Health & Wellbeing Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, identifying and dealing with allergic reactions, people in the community who keep us healthy (Y1) | Safety & Body Changes Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying hazards in the home and people in the community who keep us safe (Y1) | Citizenship Learning about the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy (Y1) | Economic Wellbeing Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of jobs roles in schools. (Y1) | Transition Helping pupils prepare for the transition into the next year, challenge and opportunities this brings |
| CLASS 2 DAFFADILS | A | Growth Mindset Revisit concepts around Growth Mindset in the first week of school. Create display etc Families & Relationships Learning: that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect (Y2) | Health & Wellbeing Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals and developing a growth mindset and understanding dental hygiene (Y2) | Safety & Body Changes Lesson collection: Developing understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.(Y2) | Citizenship Lesson collection: learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion. (Y2) | Economic Wellbeing Learning about where money comes from, how to look after money and why we use banks and building societies. (Y2) | Transition Helping pupils prepare for the transition into the next year, challenge and opportunities this brings |
| | B | Growth Mindset Revisit concepts around Growth Mindset in the first week of school. Create display etc Families & Relationships Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist (Y3) | Health & Wellbeing Understanding that a healthy lifestyle includes physical activity, a balanced diet, and rest and relaxation; exploring identity through groups we belong to, and how our strengths can be used to help others; learning how to solve problems by breaking them down into achievable steps. (Y3) | Safety & Body Changes Learning how to call emergency services; responding to bites and stings; becoming a responsible digital citizen; learning about cyberbullying and identifying unsafe digital content; exploring influences and making independent choices; developing awareness of road safety (Y3) | Citizenship Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy (Y3) | Economic Wellbeing Introduction to creating a budget and learning about the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and careers (Y3) | Transition Helping pupils prepare for the transition into the next year, challenge and opportunities this brings |
| CLASS 3 ROSES | A | Growth Mindset Revisit concepts around Growth Mindset in the first week of school. Create display etc Families & Relationships Learning that families are varied and differences must be respected; understanding physical and emotional boundaries in friendships; exploring the roles of bully, victim and bystander; how behaviour affects others; manners in different situations and learning about bereavement (Y4) | Health & Wellbeing Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming and relaxing activities; developing independence in dental hygiene (Y4) | Safety & Body Changes Building awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma (Y4) Puberty Exploring the emotional and physical changes of puberty, including menstruation; (Y5) | Citizenship Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government (Y4) | Economic Wellbeing Exploring: choices associated spending, what makes something good value for money, career aspirations and what influences career choices (Y4) | Transition Helping pupils prepare for the transition into the next year, challenge and opportunities this brings |
| | B | Growth Mindset Revisit concepts around Growth Mindset in the first week of school. Create display etc Families & Relationships | Health & Wellbeing Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation (Y5) | Safety & Body Changes Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how | Citizenship An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community (Y5) | Economic Wellbeing Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace (Y5) | Transition Helping pupils prepare for the transition into the next year, challenge and opportunities this brings |

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| | | Developing an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our individual positive attributes (Y5) | | to administer first aid to someone who is bleeding. (Y5) Puberty Exploring the emotional and physical changes of puberty, including menstruation; (Y5) | | | |
| CLASS 4 SHAMROCKS | A | Growth Mindset Revisit concepts around Growth Mindset in the first week of school. Create display etc Growth Mindset Revisit concepts around Growth Mindset in the first week of school. Create display etc Families & Relationships Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief (Y6) | Health & Wellbeing Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goal (Y6) | Safety & Body Changes Learning about: the reliability of online information, the changes experienced during puberty, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive (Y6) Year 6 Only How a baby is conceived and develops, | Citizenship Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy (Y6) | Economic Wellbeing Exploring: attitudes to money, how to keep money safe, career paths and the variety of different jobs available (Y6) | Identity Year 6 Only Three lessons on the theme of personal identity, gender identity and body image Transition Year 5 Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings Transition Year 6 Helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have |
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