

The Meadow Community Primary School



PHSE Overview



<u>Year</u>	<u>Units 1 and 2</u>	<u>Units 3 and 4</u>	<u>Units 5 and 6</u>
1	<p>Relationships - TEAMS Belonging – rules of our class, school and community and how a positive learning environment creates success for all. Looking at behaviour, kindness, good choices and bullying and teasing.</p>	<p>Living in the wider world – aiming high We are going to be learning about having high aspirations, celebrating our strengths and how having a positive attitude to learning can help us achieve. Equal opportunities and the difficulties caused by stereotyping.</p>	<p>Health and wellbeing - safety first Learning about dangers and how to keep ourselves safe by making informed decisions. How to stay safe outside, inside the home, online and around strangers. Learning about the underwear rule.</p>
	<p>Relationships – be yourself – how being comfortable and confident with yourself can support positive mental health and wellbeing. Exploring our positive qualities and our individuality. Feelings and strategies for managing uncomfortable emotions.</p>	<p>Living in the wider world – one world How we can learn from people and their ways of life in different places around the world. Exploring similarities and differences – families, schools, home. Looking at how we can look after our world.</p>	<p>Health and wellbeing – it's my body Sharing the messages of choice and consent. How to take care of our bodies and make safe choices. Sleep and exercise, diet, cleanliness and substances.</p>
2	<p>Relationships - VIPs – This unit focuses on how we can nurture and develop positive and healthy relationships with the very important people in our lives. We will explore who these special people may be and how they can be different for everyone. We will develop strategies for resolving issues as they arise and getting help when we need it.</p>	<p>Living in the wider world - money matters In this unit, we will explore what money is and what forms it comes in. Children will discuss: coins and notes; debit cards; smart technology payments; contactless payments; online money transfers. We will discuss what people choose to buy and discuss what is meant by wants and needs. All discussions promote kindness and respect towards the spending decisions of others.</p>	<p>Health and wellbeing – think positive This unit supports children to adopt a positive outlook and explores the benefits of this. We develop our understanding of: thoughts and feelings; ways to express emotions and cope with uncomfortable feelings; gratitude; mindfulness.</p>
	<p>Relationships – digital wellbeing In this unit, we will explore how to use the Internet safely and responsibly. We consider the many ways the Internet helps us and the importance of balancing our online and offline activities in a healthy way. We will consider risks that we may face on the Internet and how to manage these as well as the fact that not everything we see on the Internet is true.</p>	<p>Living in the wider world – diverse Britain This unit is inspired by the positive effect we can each have on the groups and communities to which we belong. We will discuss: communities; being good neighbours; looking after the local environment. The theme of respect and kindness is central to all learning in this unit as we explore diversity across our society.</p>	<p>Health and wellbeing - growing up In this unit, we learn about how we change physically and emotionally as we grow. We will explore how we show respect to our own and others' bodies and what consent means. We learn about stereotypes and different types of families as well as how changes around us affect our emotions.</p>
3	<p>Relationships – TEAMS Exploring challenges that come with a new class, new school or new year group and ways we can manage these. It introduces ways we can work through conflict within our teams and promotes discussion of feelings and emotions.</p>	<p>Living in the wider world – aiming high Looking at the attitudes that help us to succeed and explore how a growth mindset can improve our learning outcomes. We will think a little bit about resilience and how we can break down aims to set ourselves short, medium and</p>	<p>Health and wellbeing – safety first Exploring ways we can take more responsibility for our own safety as we grow up. We will discuss decisions we can make to help protect ourselves and strategies for dealing with peer pressure. We will consider everyday hazards, risks and</p>

		long-term targets and achieve our goals.	dangers and how to manage these. We will consider safety around: <ul style="list-style-type: none"> • rail; • water; • road; • substances. We will also discuss basic first aid and how to respond in an emergency situation.
	Relationships – be yourself Promoting a positive sense of self, building on the foundations laid in the KS1 unit of the same name. It explores strategies for managing uncomfortable situations and being assertive when needed while maintaining respectful relationships. It considers the role of the media in promoting a particular image and supports children to view these more analytically.	Living in the wider world – one world Learning about our British Values – This unit of work focuses on the fact that people's opportunities and life experiences differ throughout the world and encourages children to consider how we can have a positive effect on others by being an active global citizen. We will discuss issues such as stereotypes, inequality, climate change and fair trade. The unit centres around a fictional character called Chiwa from Malawi.	Health and wellbeing – it's my body + SRE We will explore the different strategies which help us to take care of ourselves regarding: <ul style="list-style-type: none"> • cleanliness; • sleep and exercise; • diet; • substances. The focus on consent and respect remains central to the unit and children are invited to consider who their trusted adults are, for times when we need additional support.
4	Relationships – VIPs Talk about the importance of showing respect to people we care about; <ul style="list-style-type: none"> • discuss the positive qualities of healthy friendship and how these make us feel; • explain the choices we have in our relationships and understand that we are in control of our own actions; • describe which positive resolution might be most suited for each dispute; • talk about how bullying can affect people, including the bully; • talk about prejudice and discrimination and how these can lead to forms of bullying. 	Living in the wider world – money matters Learning about different types of money and reasons we need to spend. Exploring how we can plan our spending with budgets and keep track of what we spend, and what happens if people cannot afford what they need. Looking at the idea of borrowing money and debt, considering the emotional impact of this.	Health and Wellbeing – think positive understand that having a positive attitude is good for our mental health. <ul style="list-style-type: none"> • understand the causes of negative thoughts. • identify ways to cope with negative thoughts. • understand the impact certain changes can have on people and how it can affect them emotionally. • identify some mindfulness techniques and discuss which they like to use. • identify strategies to cope with uncomfortable emotions
	Relationships - digital wellbeing I can recognise why it is important to balance time online and offline for wellbeing; <ul style="list-style-type: none"> • empathise with a cyberbullying victim; • respond appropriately to different online scenarios; • recognise the role they play in sharing information responsibly online; • understand the consequences of sharing certain information, images and videos online; • explain the potential negative impact from sharing things online. 	Living in the wider world – diverse Britain This unit is inspired by and celebrates the fact that we live in a multicultural, diverse and democratic society. This promotes respect for differences between people and explores British values, such as: <ul style="list-style-type: none"> • rules; • the law; • liberty; • democracy. 	Health and wellbeing – growing up. Learning about different parts of the male and female bodies and the part they play in the reproductive process. We will explore how we change physically and emotionally as we grow and consider relationships and families.
5	Relationships - TEAM This unit builds on the importance of belonging and feeling secure in our various teams and communities by considering the positive qualities of a team. We will explore how to disagree respectfully and how to communicate effectively as well as how to collaborate and compromise. This unit also reflects on how we can manage and	Health and Wellbeing – safety first This unit will continue to look at various risks, hazards and dangers both inside and outside the home. This time, the unit will develop children's understanding by considering how we can take responsibility for our own safety and how to make informed, responsible decisions which keep us safe. This unit covers safety around:	Living in the wider world – aiming high In the context of achievements, aspirations and opportunities, children will have the chance to explore their own preferred learning style and consider what helps them to succeed. We will consider obstacles and barriers people face when learning and how we can work to overcome these. We will

	deal with bullying and unkind behaviour.	<ul style="list-style-type: none"> • rail; • road; • water; • fireworks; • dangerous substances; medicines. <p>Enrichment Whitemoor Lakes residential</p>	discuss what opportunities children have now and what opportunities they will have in the future and will also consider the damaging effects of stereotypes in the world of work.
	<p>Relationships – be yourself Celebrating children's individuality and promoting the idea that we are all unique. Looking at how making positive choices can help us to do the right thing and how we can manage uncomfortable feelings and peer pressure.</p>	<p>Health and Wellbeing – it's my body Continuing to think about the ways we can take care of our bodies and explore consent and autonomy. We will learn about body image, stereotypes and substances which can be harmful to our bodies. We will also discuss pressures we may face, where these pressures may come from and ways we can resist them.</p>	<p>Living in the wide world – one world Looking at global citizenship and how it supports children to grow as active, responsible citizens, considering our wonderful world and how we can positively affect it by the choices we make. We will learn about:</p> <ul style="list-style-type: none"> • sustainability; • biodiversity; • global warming; • natural resources. <p>All this learning will hold central the consideration of what we can do to make the world a better place.</p>
6	<p>Relationships: VIPs This unit continues to build on and help children to understand the close relationships which we are a part of, particularly focusing on family and friends. In this unit, we will explore:</p> <ul style="list-style-type: none"> • conflicts and resolutions; • secrets and dares; • healthy and unhealthy relationships. <p>Enrichment The warning zone trip</p> <p>Bikeability</p>	<p>Living in the wider world - money matters Identify ways that people can avoid financial risk. • talk about ways to establish the actual cost behind advertised products. • discuss the advantages of working to a budget. • explain how money can affect people's emotional wellbeing. • discuss the importance of paying tax as a contribution to society. • explain the different priorities people may have around spending. • discuss the importance of viewing other people's spending decisions with kindness and respect. • discuss the environmental impact of ethical spending.</p>	<p>Health and Wellbeing -iThink positive Developing children's confidence in discussing their thoughts, feelings and behaviours. Using distancing techniques, we will promote discussion of scenarios and consider how people's thoughts may affect how they feel and behave. We will explore strategies that can help us to manage uncomfortable feelings and help us to build positive thinking and resilience.</p>
	<p>Living in the wider world – diverse Britain Focussing on the idea that Britain represents a wide range of faiths and ethnicities and that the structures within it are there to support all. We will explore how local and national governments work and how we can make a positive contribution to our communities and to wider society.</p>	<p>Relationships - digital wellbeing We consider how to look after our wellbeing when using technologies. We consider risks and look at strategies for using the Internet safely and responsibly. This includes understanding what healthy and positive online communication looks like. We will explore ways we can get help if needed and the importance of doing this if something makes us uncomfortable. We will also explore cyberbullying, social media and fake news.</p>	<p>Health and wellbeing - growing up This topic builds on children's knowledge of how we grow and change, both physically and emotionally. It explores the different types of relationships that people have, discusses sexual relationships and sexually transmitted diseases, as well as the journey from conception to birth in human reproduction. We will also explore what it means to have a positive body image.</p>