

PSHE Curriculum Themes – 3 Year Map to be integrated with myHappyMind in each class

Classes 2 and 3

Year A			
Classes 2 and 3	Autumn 1 Relationships What is the same and different about us? Ourselves and others; similarities and differences; individuality; our bodies	Autumn 2 Relationships Who is special to us? Ourselves and others; people who care for us; groups we belong to; families	
	Spring 1 Health and Wellbeing What helps us stay healthy? Being healthy; hygiene; medicines; people who help us with health	Spring 2 Living in the Wider World What can we do with money? Money; making choices; needs and wants	
	Summer 1 Health and Wellbeing Who helps to keep us safe? Keeping safe; people who help us	Summer 2 Living in the Wider World How can we look after each other and the world? Ourselves and others; the world around us; caring for others; growing and changing	
	Year B		
	Classes 2 and 3	Autumn 1 Relationships What makes a good friend? Friendship; feeling lonely; managing arguments	Autumn 2 Relationships What is bullying? Behaviour; bullying; words and actions; respect for others
		Spring 1 Living in the Wider World What jobs do people do? People and jobs; money; the role of the internet	Spring 2 Health and Wellbeing What helps us to stay safe? Keeping safe; recognising risk; rules
Summer 1 Health and Wellbeing		Summer 2 Health and Wellbeing	

	<p>What helps us to grow and stay healthy?</p> <p>Being healthy; eating; drinking; playing and sleeping</p>	<p>How do we recognise our feelings?</p> <p>Feelings; mood; times of change; loss and bereavement; growing up</p>
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Year C		
Classes 2 and 3	<p>Autumn 1 Relationships How can we be a good friend?</p> <p>Friendship; making positive friendships, managing loneliness, dealing with arguments</p>	<p>Autumn 2 Health and Wellbeing What keeps us safe?</p> <p>Keeping safe; at home and school; our bodies; hygiene; medicines and household products</p>
	<p>Spring 1 Relationships What are families like?</p> <p>Families; family life; caring for each other</p>	<p>Spring 2 Living in the Wider World What makes a community?</p> <p>Community; belonging to groups; similarities and differences; respect for others</p>
	<p>Summer 1 Health and Wellbeing Why should we eat well and look after our teeth?</p> <p>Being healthy; eating well; dental care</p>	<p>Summer 2 Health and Wellbeing Why should we keep active and sleep well?</p> <p>Being healthy, keeping active, taking rest</p>

Classes 4 and 5

Year A		
Classes 4 and 5	Autumn 1 Health and Wellbeing What strengths skills and interests do we have? Self-esteem; self-worth; personal qualities; goal setting; managing set backs	Autumn 2 Relationships How do we treat each other with respect? Respect for self and others; courteous behaviour; safety; human rights
	Spring 1 Health and Wellbeing How can we manage our feelings? Feelings and emotions; expressions of feelings; behaviour	Spring 2 Health and Wellbeing How can we manage risk in different places? Keeping safe; out and about; recognising and managing risk
	Summer 1 Living in the Wider World How can our choices make a difference to others and the environment? Caring for others; the environment; people and animals; shared responsibilities; making choices and decisions	
	Summer 1 (Year 6 only) Health and Wellbeing How will we grow and change? Growing and changing; puberty	
	Summer 2 (Year 6 only) Relationships What will change as we become more independent? Different relationships; changing and growing; adulthood; independence; moving to secondary school	

Year B		
Classes 4 and 5	Autumn 1 Health and Wellbeing	Autumn 2 Living in the Wider World

	<p>What makes up our identity?</p> <p>Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes</p>	<p>What decisions can people make with money?</p> <p>Money; making decisions; spending and saving</p>
	<p>Spring 1 Health and Wellbeing How can we help in an accident or emergency?</p> <p>Basic first aid; accidents; dealing with emergencies</p>	<p>Spring 2 Relationships How can friends communicate safely?</p> <p>Friendships; relationships; becoming independent; online safety</p>
	<p>Summer 1 Health and Wellbeing How can drugs common to everyday life affect health?</p> <p>Drugs; alcohol; tobacco; healthy habits</p>	<p>Summer 2 Living in the Wider World What jobs would we like?</p> <p>Careers; aspirations; role models; the future</p>
	<p>Summer 1 and 2 (Year 6 only) Relationships What will change as we become more independent?</p> <p>Different relationships; changing and growing; adulthood; independence; moving to secondary school</p>	

Year C		
Classes 4 and 5	<p>Autumn 1 and 2 Health and Wellbeing How can we keep healthy as we grow?</p> <p>Looking after ourselves; growing up; becoming independent; taking more responsibility</p>	
	<p>Spring 1 and 2 Living in the Wider World How can the media influence people?</p> <p>Media literacy and digital resilience; influences and decision making; online safety</p>	
	<p>Summer 1 and 2 (Year 6 only) Relationships</p>	

What will change as we become more independent?

Different relationships; changing and growing; adulthood; independence; moving to secondary school