

## CURRICULUM OVERVIEW PSHCE (Juniors)



Year Group	The order in which topics are delivered over the year will be at the discretion of the teachers who will dovetail content to compliment other areas of learning.		
<b>R</b>	Me – a special person My special people	Being healthy & safe Growing and changing	People who help us
<b>1</b>	<p><b>Health and wellbeing</b> It's My Body:</p> <ul style="list-style-type: none"> <li>• My body, My business</li> <li>• Active &amp; asleep</li> <li>• Happy, healthy food</li> <li>• Clean as a whistle</li> <li>• Can I eat it?</li> <li>• I can choose</li> </ul> <p>Safety First:</p> <ul style="list-style-type: none"> <li>• Keeping safe</li> <li>• Staying safe at home</li> <li>• Staying safe outside</li> <li>• Staying safe around strangers</li> <li>• Safe secrets &amp; surprises</li> <li>• People who can help</li> </ul>	<p><b>Relationships</b> TEAM:</p> <ul style="list-style-type: none"> <li>• Together Everyone Achieves More</li> <li>• Listening</li> <li>• Being kind</li> <li>• Bullying &amp; teasing</li> <li>• Brilliant brains</li> <li>• Making good choices</li> </ul> <p>Be Yourself:</p> <ul style="list-style-type: none"> <li>• Marvellous Me</li> <li>• Feelings</li> <li>• Things I like</li> <li>• Uncomfortable feelings</li> <li>• Changes</li> <li>• Speak up!</li> </ul>	<p><b>Living in the Wider World</b> One World:</p> <ul style="list-style-type: none"> <li>• Families</li> <li>• Homes</li> <li>• Schools</li> <li>• Environments</li> <li>• Resources</li> <li>• Planet protectors</li> </ul> <p>Money matters:</p> <ul style="list-style-type: none"> <li>• Money</li> <li>• Where money comes from</li> <li>• Look after it</li> <li>• Save or spend?</li> <li>• Want or need?</li> <li>• Going shopping</li> </ul>
<b>2</b>	<p><b>Health and Wellbeing</b> Think Positive:</p> <ul style="list-style-type: none"> <li>• Think happy, Feel happy</li> <li>• It's your choice</li> <li>• Go-getters</li> <li>• Let it out</li> <li>• Be thankful</li> <li>• Be mindful</li> </ul> <p>Growing Up:</p> <ul style="list-style-type: none"> <li>• Our bodies</li> <li>• Is it OK?</li> <li>• Pink &amp; blue</li> <li>• Your family. My family</li> <li>• Getting older</li> <li>• Changes</li> </ul>	<p><b>Relationships</b> VIPs:</p> <ul style="list-style-type: none"> <li>• Who are your VIPs?</li> <li>• Families</li> <li>• Friends</li> <li>• Falling out</li> <li>• Working together</li> <li>• Showing you care</li> </ul> <p>Digital wellbeing:</p> <ul style="list-style-type: none"> <li>• The internet &amp; me</li> <li>• Online &amp; offline</li> <li>• Staying safe online</li> <li>• Personal information</li> <li>• Communicating online</li> <li>• True or false?</li> </ul>	<p><b>Living in the Wider World</b> Diverse Britain:</p> <ul style="list-style-type: none"> <li>• My school</li> <li>• My community</li> <li>• My neighbourhood</li> <li>• My country</li> <li>• British people</li> <li>• What makes me proud of Britain?</li> </ul> <p>Aiming high:</p> <ul style="list-style-type: none"> <li>• Star qualities</li> <li>• Positive learners</li> <li>• Bright futures</li> <li>• Jobs for all</li> <li>• Going for goals</li> <li>• Looking forward</li> </ul>

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<b>3</b>	<p><b>Health and Wellbeing</b> It's My Body:</p> <ul style="list-style-type: none"> <li>• My body, My choice</li> <li>• Fit as a fiddle</li> <li>• Good night, Good day</li> <li>• Cough, splutter, sneeze!</li> <li>• Drugs: healing or harmful?</li> <li>• Choices everywhere</li> </ul> <p>Think Positive:</p> <ul style="list-style-type: none"> <li>• Happy minds, happy people</li> <li>• Thoughts &amp; feelings</li> <li>• Changes</li> <li>• Keep calm &amp; relax</li> <li>• You're the boss</li> <li>• Always learning</li> </ul>	<p><b>Relationships</b> TEAM:</p> <ul style="list-style-type: none"> <li>• A new start</li> <li>• Together Everyone Achieves More</li> <li>• Working together</li> <li>• Being considerate</li> <li>• When things go wrong</li> <li>• Responsibilities</li> </ul> <p>Be Yourself:</p> <ul style="list-style-type: none"> <li>• Pride</li> <li>• Feelings</li> <li>• Express yourself</li> <li>• Know your mind</li> <li>• Media-wise</li> <li>• Making it right</li> </ul>	<p><b>Living in the Wider World</b> One World:</p> <ul style="list-style-type: none"> <li>• Chiwa &amp; Kwende</li> <li>• Chiwa's dilemma</li> <li>• Chiwa's sugar</li> <li>• Chiwa's world</li> <li>• Charity for Chiwa</li> </ul> <p>Aiming high:</p> <ul style="list-style-type: none"> <li>• Achievements</li> <li>• Goals</li> <li>• Always learning</li> <li>• Jobs &amp; skills</li> <li>• No limit</li> <li>• When I grow up</li> </ul>
<b>4</b>	<p><b>Health and Wellbeing</b> Safety First:</p> <ul style="list-style-type: none"> <li>• New responsibilities</li> <li>• Risks, hazards &amp; danger</li> <li>• Under pressure</li> <li>• Safety when out &amp; about</li> <li>• Dangerous substances</li> <li>• Injuries &amp; emergencies</li> </ul> <p>It's My Body (UKS2 Unit):</p> <ul style="list-style-type: none"> <li>• Your body is your own</li> <li>• Exercise right, sleep tight</li> <li>• Taking care of our bodies</li> <li>• Harmful substances</li> <li>• How we think &amp; feel about our bodies</li> <li>• Healthy choices</li> </ul>	<p><b>Relationships</b> Digital Wellbeing:</p> <ul style="list-style-type: none"> <li>• The digital world</li> <li>• Digital kindness</li> <li>• Do I know you?</li> <li>• Online information</li> <li>• Keep it private</li> <li>• My digital wellness</li> </ul> <p>VIPs:</p> <ul style="list-style-type: none"> <li>• Families &amp; friends</li> <li>• Fabulous friends</li> <li>• Is this a good relationship?</li> <li>• Falling out</li> <li>• What is bullying?</li> <li>• Stand up to bullying</li> </ul>	<p><b>Living in the Wider World</b> Diverse Britain:</p> <ul style="list-style-type: none"> <li>• Living in the British Isles</li> <li>• Democracy</li> <li>• Rules, laws &amp; responsibilities</li> <li>• Liberty</li> <li>• Tolerance &amp; respect</li> <li>• What does it mean to be British?</li> </ul> <p>Money Matters:</p> <ul style="list-style-type: none"> <li>• Where does money come from?</li> <li>• Ways to pay</li> <li>• Lending &amp; borrowing</li> <li>• Priorities</li> <li>• Advertising</li> <li>• Keeping track</li> </ul>

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<b>5</b>	<p><b>Health and Wellbeing</b> Growing Up (LKS2 Unit):</p> <ul style="list-style-type: none"> <li>• Human reproduction</li> <li>• Changes in boys</li> <li>• Changes in girls</li> <li>• Changing emotions</li> <li>• Relationships &amp; families</li> <li>• Where do I come from?</li> </ul> <p>Think Positive:</p> <ul style="list-style-type: none"> <li>• The cognitive triangle</li> <li>• Thoughts are not facts</li> <li>• Face your feelings</li> <li>• Choices &amp; consequences</li> <li>• Being present</li> <li>• Yes, I can!</li> </ul>	<p><b>Relationships</b> Digital Wellbeing:</p> <ul style="list-style-type: none"> <li>• My digital life</li> <li>• Staying safe, healthy &amp; happy online</li> <li>• Online relationships</li> <li>• Social media</li> <li>• Saying No to online bullying</li> <li>• Fake news</li> </ul> <p>TEAM:</p> <ul style="list-style-type: none"> <li>• Together Everyone Achieves more</li> <li>• Communicate</li> <li>• Compromise &amp; collaborate</li> <li>• Care</li> <li>• Unkind behaviour</li> <li>• Shared responsibilities</li> </ul>	<p><b>Living in the Wider World</b> One World:</p> <ul style="list-style-type: none"> <li>• Global citizens</li> <li>• Global warming</li> <li>• Energy</li> <li>• Water</li> <li>• Biodiversity</li> <li>• In our hands</li> </ul> <p>Aiming high</p> <ul style="list-style-type: none"> <li>• You can achieve anything!</li> <li>• Breaking down barriers</li> <li>• Future Focus</li> <li>• Equal opportunities</li> <li>• The world of work</li> <li>• Onwards &amp; upwards</li> </ul>
<b>6</b>	<p><b>Health and Wellbeing</b> Safety First:</p> <ul style="list-style-type: none"> <li>• You are responsible</li> <li>• What are the risks?</li> <li>• Making your mind up</li> <li>• In an emergency</li> <li>• Home – safe &amp; sound</li> <li>• Outdoors – playing it safe</li> </ul> <p>Growing Up (UKS2 Unit):</p> <ul style="list-style-type: none"> <li>• Changing bodies</li> <li>• Changing emotions</li> <li>• Just the way you are</li> <li>• Relationships</li> <li>• Let's talk about sex</li> <li>• Human reproduction</li> </ul>	<p><b>Relationships</b> Be Yourself:</p> <ul style="list-style-type: none"> <li>• You are unique</li> <li>• Let it out!</li> <li>• Uncomfortable feelings</li> <li>• The confidence trick</li> <li>• Do the right thing</li> <li>• Making amends</li> </ul> <p>VIPs:</p> <ul style="list-style-type: none"> <li>• People we love</li> <li>• Think before you act</li> <li>• It's OK to disagree</li> <li>• You decide</li> <li>• Secrets</li> <li>• False Friends</li> </ul>	<p><b>Living in the Wider World</b> Diverse Britain:</p> <ul style="list-style-type: none"> <li>• Identities</li> <li>• Communities</li> <li>• Respecting the Law</li> <li>• Local Government</li> <li>• National Government</li> <li>• Making a Difference</li> </ul> <p>Money matters:</p> <ul style="list-style-type: none"> <li>• Look after it!</li> <li>• Critical consumers</li> <li>• Value for money &amp; ethical spending</li> <li>• Budgeting</li> <li>• Borrowing &amp; saving</li> <li>• Money in the wider world</li> </ul>