



PSHCE Curriculum 2 year rolling program

Curriculum Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
						Christopher Winters in Year groups/Goodness and mercy
Class 1 YN and YR Cycle Blue	Healthy Me Managing self Everybody's body Physical development-developing a healthy body-Physical exercise and being outdoors and helping other people can make us happy. Healthy eating	People who help us Understanding the world meeting important members of society such as police officers, nurses and firefighters.	Differences and similarities I'm special, I'm me Accepts everyone is different Can talk about the own likes and dislikes	British Values Being at nursery/reception Managing behaviour, following rules, considering the feelings of others.	Dreams and Goals Obstacles and support- making relationships Self-confidence and awareness Managing behaviour	Relationships and changing me Our lives - managing routines Keeping ourselves clean (YN/R)
Cycle Orange	Healthy Me Talk about my emotions, such as when I am happy, sad, angry or afraid and understand when they are helpful manage emotions, develop a positive	People who helps us Understanding the world Important people in our community Rev. Ron, Curate Hilary, our NCK community	Differences and similarities Houses and homes Explain own knowledge and understanding Ask questions of others	British Values Gentle hands, managing feelings and behaviour	Dreams and Goals Never giving up-managing behaviour Flight to the future- self-confidence and awareness	Relationships and changing me Families (YN/R)

	<i>sense of self,</i>					
Class 2 Y1 and Y2 Cycle Blue	Healthy Me Exercise and Foods Helpful and Harmful Knowing how to make healthy choices Knowing how germs can cause illness Medicine safety	Local Community Rights and responsibilities of being in my class Understand the consequences of my behaviour	Acceptance and celebration Accepting everyone is different Looking at similarities and differences within my class What is bullying and what can I do about it? Making new friends	British Values democracy, rule of law, individual liberty, mutual respect and tolerance for those with different faiths and beliefs	Inspirational roles Setting simple goals and how to achieve them Tackling new challenges by identifying barriers and how to overcome them	Relationships and changing me Growing and caring for ourselves Families and care (Y1)
Cycle Orange	Healthy Me Being relaxed, recognising when I am stressed and how to relax. Road safety How to keep ourselves safe	Local Community Being a school citizen How to make our school a better place Recognising our roles and responsibilities as a member of our school.	Acceptance and celebration Looking at stereotypes Understanding right from wrong Including others when working and playing	British Values democracy, rule of law, individual liberty, mutual respect and tolerance for those with different faiths and beliefs	Inspirational roles Goals to success Working together as a team Helping others achieve their goals	Relationships and changing me Differences male and female Naming our body parts (Y2)
Class 3 Y3 and Y4 Cycle Blue	Healthy Me Understand how exercise effects my body and why my heart and lungs are important organs Understand how complex my body is and how to take care of it. How medicines can be harmful-what do I know about drugs?	Global community Knowing the UN rights of a child and how these are not met for some children Newsround- global issues	Global diversity and discrimination Families Family conflict Witness and feelings Words that hurt.	British values All at Sea -fairness and the rule of law https://www.youngcitizens.org/resource/all-at-sea-a-story-about-fairness-and-the-rule-of-law/	Career paths My dreams and ambitions Identifying and celebrating my talents Overcoming challenges	Relationships and changing me Valuing differences and keeping safe (Y3)

<p>Cycle Orange</p>	<p>Healthy Me Facts about smoking and the impact on my body Facts about alcohol and the impact on my body Understand reasons why people start to smoke and drink</p>	<p>Finance David Leigh Evans -SARN associates Grandad workshop</p>	<p>Global diversity and discrimination Judging by appearance Understanding influence Valuing the ways in which we are different Cyberbullying online safety</p>	<p>British Values democracy, rule of law, individual liberty, mutual respect and tolerance for those with different faiths and beliefs</p>	<p>Career paths Hopes and dreams Overcoming disappointments Positive attitude People who inspire us</p>	<p>Relationships and changing me Growing and changing Puberty (Y4)</p>
<p>Class 4 Y5 and Y6 Cycle Blue</p>	<p>Healthy Me Healthy friendships-group dynamics My friends and me Body image My relationship with food</p>	<p>Global community Being a global citizen Recognising our actions affect people locally and globally Newsround-global issues</p>	<p>Global diversity and discrimination Different cultures Racism Rumours and name calling Understanding the differences of lives in developing countries</p>	<p>British values Politics and democracy (young citizens https://www.youngcitizens.org/resource/democracy-part-1/)</p>	<p>Career paths My dream job, investigating jobs and careers Dreams and aspirations of young people in other cultures and countries</p>	<p>Relationships and changing me Puberty and Hygiene (Y5)</p>
<p>Cycle Orange</p>	<p>Healthy Me First Aid Emotional and mental health Dealing with stress Drugs</p>	<p>Finance David Leigh Evans -SARN associates financial skills Fairtrade, ethical spending Enterprise</p>	<p>Global diversity and discrimination Understanding disability Give examples of people with disabilities leading amazing lives Understand how differences can be a source of conflict and a cause of celebration</p>	<p>British values democracy, rule of law, individual liberty, mutual respect and tolerance for those with different faiths and beliefs</p>	<p>Career Paths Personal learning goals Steps to success Helping to make a difference in our community</p>	<p>Relationships and changing me Puberty, relationships and reproduction (Y6)</p>