

Mickleover Primary School PSHE overview

Year Group	Autumn	Spring	Summer	Resources
Reception	Knowing me, Staying Healthy, Being with other people, Peer Group pressure, Multi-cultural understanding, Protecting the environment	Knowing me, Staying Healthy, Being with other people, Living in the community, Political Literacy (!)Protecting the environment	Staying Healthy, Being with other people, Living in the community, Social justice, Protecting the environment	Story books (list updated regularly to incorporate current issues)
Year 1	All about me, Feelings, My Body	Friends, Making Rules, My World and your World, Responsible Jobs	Caring for Others, Solving Problems, Caring for the Environment, Look to the Future	Belair Lesson Bank PSHE and Citizenship 1
Year 2	This is Me, Dealing with Feelings, Beliefs and Rules, Keeping Healthy, Keeping Safe	My Family, Making Friends, Relationship Problems	We Can Help, Life Cycles, The Environment, Coping with Change	Belair Lesson Bank PHSE and Citizenship 2
Year 3	<u>Personal Development</u> -Who am I? Similarities & Differences <u>Citizenship</u> - Right & Wrong, Rules <u>Lifestyle</u> -Growing & Changing <u>Relationships</u> -Togetherness, What is a Friend?	<u>Personal Development</u> -Setting targets <u>Citizenship</u> -Responsibilities, Our environment <u>Lifestyle</u> -Dangerous places, Harmful materials, Help! <u>Relationships</u> -Other people's feelings, Understanding others	<u>Personal Development</u> - The work people do <u>Citizenship</u> - Communities, Caring Communities <u>Lifestyle</u> -Safe Choices, Things that influence us <u>Relationships</u> -Arguments, Bullying, Different Customs	Folens Book 1 (pupil book & Teacher guide) Jnr C p4,5,10,15,61
Year 4	<u>Personal Development</u> - Different feelings, What makes me feel this way? <u>Citizenship</u> - Talking about issues, Doing the right thing. <u>Lifestyle</u> -Leisure & Work, Exercise <u>Relationships</u> -Changing friendships, Looking after friendships	<u>Personal Development</u> -Points of View <u>Citizenship</u> -making Decisions , Consequences <u>Lifestyle</u> -Coping with stress, Personal safety, Influences <u>Relationships</u> -Family fallouts, secrets	<u>Personal Development</u> -I can do it! <u>Citizenship</u> -Making difficult decisions, Taking part <u>Lifestyle</u> -Growing & Changing, New baby. <u>Relationships</u> -Stereotypes, Challenging stereotypes	Folens Book 2 (pupil book & Teacher guide) Jnr C p13,14,22,23,74,79,80,81
Year 5	<u>Personal Development</u> -Personal Qualities <u>Citizenship</u> -Right & Wrong, Anti-social behaviour <u>Lifestyle</u> -Clean choices, Harmful substances <u>Relationships</u> -Liking & Loving	<u>Personal Development</u> -Resolutions, Learning from mistakes <u>Citizenship</u> -Responsibilities in family & School <u>Lifestyle</u> -Unsafe places, Playing safe <u>Relationships</u> -Prejudice, Teasing & offensive behaviour	<u>Personal Development</u> -A to Z of feelings, Emotions & Actions <u>Citizenship</u> -Services, local democracy, Debating environmental issues <u>Lifestyle</u> -Weighing it up, Emergency <u>Relationships</u> -Respecting other's feelings, People's lives	Folens Book 3 (pupil book & Teacher guide) Jnr C p8,9,16,17,26,27,28,29,54,55,,63,64, 65,66

Year 6	<u>Personal Development</u> -Growing independence, Points of View <u>Citizenship</u> -Interpreting right & wrong, Making rules & laws <u>Lifestyle</u> -Beating the bugs <u>Relationships</u> -Resolving differences, Dealing with bullying	<u>Personal Development</u> -All in a day's work, Money matters <u>Citizenship</u> -Rights & responsibilities in the community, Anti-social behaviour <u>Lifestyle</u> -Coping with pressure, a healthy mind, <u>Relationships</u> -Celebrating Variety	<u>Personal Development</u> -New school <u>Citizenship</u> -Decisions about resources, Pressure groups, making a difference <u>Lifestyle</u> -Changes during puberty ,New baby, Personal safety, Drugs <u>Relationships</u> -Moving on	Folens Book 4 (pupil book & Teacher guide) Jnr C p18,19,20,21,31,32,33,34,35,36,39,40, 70,71,72,73,75

In addition to this overview pupils also experience PSHE curriculum through theme weeks such as:

Anti-Bullying Week (November) incorporating British Values, Difference and Diversity work, Mental health awareness, Behaviour.

Internet Safety Day (February)

Sports Relief Week (March)

My Money Week (June) or Healthy Eating Week (June)

This year we will be hosting a World of Work week to develop financial awareness.

We encourage pupils to participate in charity fundraising through regular opportunities such as: Comic relief or Christmas Jumper Day.

We are a Healthy School and currently have a Bronze Schools Award and Catering Award from the Soil Association (which we have held since 2015).

Pupil Voice and British Values:

Pupils are encouraged to participate in the life of our school through our councils:

School Council (junior and infant councils)

Food Council

Eco-Council

Engaging parental voice:

Year 4, 5 and 6 parents are encouraged to attend information sessions on our SRE curriculum in the Summer term.

We also have a parents' forum, where curriculum changes are discussed each half term. This working party will be involved to help us prepare for any changes to the PSHE and C/ SRE curriculum from September 2019 onwards.

Mental Health Awareness:

In November 2017 we introduced focused work on growth mind-set and mental health and well-being. As part of this work we have introduced REAL TIME (Relax, Engage, Activate, Learn) days once per term, where pupils are given a chance to learn a new skill or practise an extra-curricular activity that they may enjoy. Pupils are put into mixed age-group sessions so that they are able to engage with other pupils who many have similar interests. We want to encourage a positive mind-set towards having a broad and balanced range of interests and allowing yourself time to relax.