



	AUTUMN		SPRING		SUMMER	
Year 1	<p>Back to school Learning about school and class rules Exploring good learning behaviours Feelings and developing empathy Being a good friend What is a school council? Making choices</p> 	<p>Phunky Foods Healthy eating</p> <p>Where does our food come from? Greengrocers and farms Understand the importance of healthy eating and drinking water Strive for five! The importance of fruit and veg. The importance of being active</p> 	<p>Dealing with feelings Worries-Setting up a class worry box Dealing with fallouts with friends Relaxation Feeling proud Negative feelings and anger</p> 	<p>Keeping safe</p>  <p>Fire safety at home and in school Stranger danger</p> <p>Feeling safe Getting lost Internet safety Sun safety Know how to say no to friends Know that friends don't make you do things you don't want to Medicines safety What is safe to eat</p>	 <p>Growing up and relationships People who are important Different types of families People I can ask for help To know we are all different and we are all special Know some differences between boys and girls Know that we change as we get older Understand how to keep clean</p>	 <p>Money and me</p> <p>Understand the concept of money and saving Understand the link between jobs and money Understand that a business makes a profit Maths enterprise project linked to the Summer fair</p>
Year 2	<p>Back to school</p>  <p>A class charter and school rules Empathy School council voting Managing feelings Self-calming strategies Good learning behaviours-listening What makes a good friend</p>	<p>Phunky Foods Healthy eating</p>  <p>Understand what a balanced diet is Eat a rainbow The importance of breakfast Phunky banana gets active</p>	<p>Dealing with feelings Worries-Setting up a class worry box Dealing with fallouts with friends Relaxation Lonliness Assertiveness motivation</p> 	<p>Keeping safe Stranger danger Rail safety First aid Understand how being mean can affect others</p> <p>Drug education Alcohol <i>(Following the Wolverhampton agreed Decca program)</i></p> 	<p>Growing up and relationships Recognising and managing feelings Being loved and cared for Losing a loved one Differences between boys and girls Naming body parts People who will help me Good and bad secrets</p>	<p>Money and me</p> <p>Understand the law and lost/found money Understand sentimental value and monetary value</p>



	AUTUMN		SPRING		SUMMER	
Year 3	<p>Back to school School rules Creating a class charter 5 R's of good learning behaviour School council Different points of view Solving problems</p>	<p>Phunky Foods Healthy eating</p> <p>Where does our food come from UK food production Eating the seasons Cereal production</p>	<p>Dealing with feelings Recognising and Managing feelings Dealing with anger Worries and anxieties poetry Class worry box Relaxation Being assertive motivation</p>	<p>Keeping safe</p> <p>Stranger danger Washing hands Road safety To Go No Go Internet safety Drug education Smoking <i>(Following the Wolverhampton agreed Decca program)</i></p>	<p>Growing up and relationships</p> <p>Building self esteem Name body parts Different types of family Stereotypes Friendships Peer pressure and how to cope People who will help Good hygiene</p>	<p>Money and me</p> <p>Wants and needs Where does money come from? What is money spent on? Standards of living Fair trade</p>
Year 4	<p>Back to school School rules Creating a class charter 5 R's of good learning behaviour School council Friendships and issues Peaceful problem solving</p>	<p>Phunky Foods Healthy eating</p> <p>Healthy menus and healthy drinks Dairy and dental health Protein power Debating skills</p>	<p>Dealing with feelings Negative feelings and how to manage them Dealing with anger Worries-my huge bag of worries Class worry box Envy and jealousy Feeling good about myself Being assertive Perseverance</p>	<p>Keeping safe</p> <p>Stranger danger Fire safety Internet safety First aid Sun safety</p> <p>Drug education Aerosols <i>(Following the Wolverhampton agreed Decca program)</i></p>	<p>Growing up and relationships</p> <p>Consider changes we have made and will make Human lifecycle Puberty Importance of good hygiene in puberty Touches that we like and dislike Trusted adults</p>	<p>Money and me</p> <p>A world without money First currency 21st century money Jobs and salaries</p>



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Year 5	<p>Back to school</p>  <p>School rules Creating a class charter 5 R's of good learning behaviour School council Levels of friendship Peer pressure Managing conflict</p>	<p>Phunky Foods Healthy eating</p>  <p>Understand where food is produced and sold and why people eat what they do Food miles Love food hate waste Recycling packaging</p>	<p>Dealing with feelings</p> <p>Emotional Wellbeing Gauging Our feelings Anger, anxiety and stress coping strategies</p>  <p>It's okay to be proud-the difference between pride and boasting Acting on impulse motivation</p>	<p>Keeping safe</p>  <p>Stranger danger Firework safety Water safety Safety in the home Rail safety Internet safety Drug education Smoking and recap aerosols and alcohol <i>(Following the Wolverhampton agreed Decca program)</i></p>	<p>Growing up and relationships</p> <p>Detailed lessons on the physical emotional changes during puberty <i>(lesson plans are available to parents on request)</i> Good friends Safe communication</p> 	<p>Money and me</p> <p>What do banks do? Spending vs saving Interest Different ways to pay Cards and debit cards</p> 
Year 6	<p>Back to school</p>  <p>School rules Creating a class charter 5 R's of good learning behaviour School council Conflict resolution Being yourself Peer pressure</p>	<p>Phunky Foods Healthy eating</p> <p>Media influences on food choices Change for life Sugar shocks Energy and exercise</p> 	<p>Dealing with feelings</p> <p>Managing feelings recap of strategies Accepting who you are Assertiveness Perseverance Resilience Making excuses motivation</p> 	<p>Keeping safe</p> <p>Stranger danger including adults that you know Firework and bonfire safety First aid action Street safety-personal safety Cyber bullying  Internet safety Drug education Drugs <i>(Following the Wolverhampton agreed Decca program)</i></p>	<p>Growing up and relationships</p> <p>SRE lessons <i>(lesson plans are available to parents on request)</i> Body image Self esteem Personal safety Internet safety</p>	<p>Money and me</p> <p>Jobs Tax and public services Value for money The Bank of England</p> 



Castlecroft Primary School

TOPIC overview PSHE