



Subject: PSHE

Term	Christmas		Lent		Whitsun	
PP1	<p>BM (Being Me in My World)</p> <ol style="list-style-type: none"> 1. Help others to feel welcome 2. Try to make our school community a better place 3. Think about everyone’s right to learn 4. Care about other people’s feelings 5. Work well with others 6. Choose to follow the Learning Charter 	<p>CD (Celebrating Difference)</p> <ol style="list-style-type: none"> 1. Accept that everyone is different 2. Include others when working and playing 3. Know how to help if someone is being bullied 4. Try to solve problems 5. Use kind words 6. Know how to give and receive compliments 	<p>DG (Dreams and Goals)</p> <ol style="list-style-type: none"> 1. Stay motivated when doing something challenging 2. Keep trying even when it is difficult 3. Work well with a partner or in a group 4. Have a positive attitude 5. Help others to achieve their goals 6. Are working hard to achieve their own dreams and goals 	<p>HM (Healthy Me)</p> <ol style="list-style-type: none"> 1. Have made a healthy choice. 2. Have eaten a healthy, balanced diet 3. Have been physically active 4. Have tried to keep themselves and others safe 5. Know how to keep calm and deal with difficult situations 	<p>RL (Relationships)</p> <ol style="list-style-type: none"> 1. Know how to make friends 2. Try to solve friendship problems when they occur 3. Help others to feel part of a group 4. Show respect in how they treat others 5. Know how to help themselves and others when they feel upset or hurt 6. Know and show what makes a good relationship 	<p>CM (Changing Me)</p> <ol style="list-style-type: none"> 1. Understand that everyone is unique and special 2. Can express how they feel when change happens 3. Understand and respect the changes that they see in themselves 4. Understand and respect the changes that they see in other people 5. Know who to ask for help if they are worried about change 6. Are looking forward to change <p><i>Unit linked to JIL</i></p>
PP2	<p>BM (Being Me in My World)</p> <p>'Who am I and how do I fit?'</p>	<p>CD (Celebrating Difference)</p> <p>Respect for similarity and difference. Anti-</p>	<p>DG (Dreams and Goals)</p> <p>Aspirations, how to achieve goals and understanding the</p>	<p>HM (Healthy Me)</p> <p>Being and keeping safe and healthy</p>	<p>RL (Relationships)</p> <p>Building positive, healthy relationships</p>	<p>CM (Changing Me)</p> <p>Coping positively with change</p> <p><i>Unit linked to JIL</i></p>



		bullying and being unique	emotions that go with this/ Saving Londoner's Lives-emergency calls, first aid, fire safety			
Prep	BM (Being Me in My World) 1. Getting to Know Each Other 2. Our Nightmare School 3. Our Dream School 4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter	CD (Celebrating Difference) 1. Families 2. Family conflict 3. Witness and feelings 4. Witness and solutions 5. Words that harm 6. Celebrating difference: compliments	DG (Dreams and Goals) 1. Dreams and Goals 2. My Dreams and Ambitions 3. A New Challenge 4. Our New Challenge 5. Our New Challenge - Overcoming Obstacles 6. Celebrating My Learning	HM (Healthy Me) 1. Being Fit and Healthy 2. Being Fit and Healthy 3. What Do I Know About Drugs? 4. Being Safe 5. Safe or Unsafe 6. My Amazing Body	RL (Relationships) 1. Family Roles and Responsibilities 2. Friendship 3. Keeping Myself Safe Online 4. Being a Global Citizen 1 5. Being a Global Citizen 2 6. Celebrating My Web of Relationships	CM (Changing Me) 1. How Babies Grow 2. Babies 3. Outside Body Changes 4. Inside Body Changes 5. Family Stereotypes 6. Looking Ahead Unit linked to JIL
Els	BM (Being Me in My World) 1. Becoming a class team 2. Being a citizen at school 3. Rights, responsibilities and democracy 4. Rewards and consequences 5. Our learning charter 6. Owing our learning charter	CD (Celebrating Difference) 1. Judging by appearances 2. Understanding influences 3. Understanding bullying 4. Problem solving 5. Special me 6. Celebrating difference - how we look	DG (Dreams and Goals) 1. Hopes and dreams 2. Broken dreams 3. Overcoming disappointment 4. Creating new dreams 5. Achieving goals 6. We did it	HM (Healthy Me) 1. My friends and me 2. Group dynamics 3. Smoking 4. Alcohol 5. Healthy friendships 6. Celebrating my inner strength and assertiveness	RL (Relationships) 1. Jealousy 2. Love and loss 3. Memories 4. Getting on and falling out 5. Girlfriends and boyfriends 6. Celebrating my relationships with people and animals	CM (Changing Me) 1. Unique me 2. Having a baby 3. Puberty and menstruation 4. Circles of change 5. Accepting change 6. Looking ahead Unit linked to JIL



<p>Figs</p>	<p>BM (Being Me in My World)</p> <ol style="list-style-type: none"> 1. My Year Ahead 2. Being a Citizen of My Country 3. Year 5 Responsibilities 4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter 	<p>Being a Citizen of My Country</p> <ol style="list-style-type: none"> 1. My Year Ahead 2. Being a Citizen of My Country 3. Year 5 Responsibilities 4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter 	<p>DG (Dreams and Goals)</p> <ol style="list-style-type: none"> 1. When I Grow Up (My Dream Lifestyle) 2. Investigate Jobs and Careers 3. My Dream Job. Why I want it and the steps to get there 4. Dreams and Goals of Young People in Other Cultures 5. How Can We Support Each Other? 6. Rallying Support 	<p>HM (Healthy Me)</p> <ol style="list-style-type: none"> 1. Smoking 2. Alcohol 3. Emergency Aid 4. Body Image 5. My Relationship with Food 6. Healthy Me 	<p>RL (Relationships)</p> <ol style="list-style-type: none"> 1. Recognising Me 2. Safety with Online Communities 3. Being in an Online Community 4. Online Gaming 5. My Relationship with Technology: screen time 6. Relationships and Technology 	<p>CM (Changing Me)</p> <ol style="list-style-type: none"> 1. Self and Body Image 2. Looking Ahead 1 3. Looking Ahead 2 <p>Unit linked to JIL</p>
<p>Ruds</p>	<p>BM (Being Me in My World)</p> <ol style="list-style-type: none"> 1. My Year Ahead 2. Being a Global Citizen 3. Being a Global Citizen 4. The Learning Charter 5. Our Learning Charter 6. Owing our Learning Charter 	<p>Being a Citizen of My Country</p> <ol style="list-style-type: none"> 1. Am I Normal? 2. Understanding Difference 3. Power Struggles 4. Why Bully? 5 and 6 Celebrating Difference 	<p>DG (Dreams and Goals)</p> <ol style="list-style-type: none"> 1. Personal Learning Goals 2. Steps to success 3. My Dream for the World 4 and 5 Helping to Make a Difference 6. Recognising Our Achievements 	<p>HM (Healthy Me)</p> <ol style="list-style-type: none"> 1. Taking responsibility for my health and well-being 2. Drugs 3. Exploitation 4. Gangs 5. Emotional and Mental Health 6. Managing Stress & Pressure 	<p>RL (Relationships)</p> <ol style="list-style-type: none"> 1. What is Mental Health? 2. My Mental Health 3. Love & Loss 4. Power & Control 5. Being Online: Real or Fake? Safe or Unsafe? 6. Using Technology Responsibly 	<p>CM (Changing Me)</p> <ol style="list-style-type: none"> 1. My Self Image 2. Puberty 3. Babies: conception to birth 4. Boyfriends and Girlfriends 5. Real self and ideal self 6. The year ahead <p>Unit linked to JIL</p>