

Holymead Primary School
PSHC Curriculum Overview

Elements							
UNICEF Rights Respecting School		British Values		Jigsaw Scheme of Work		Mental Health and Wellbeing	Sustainable Global Development Goals
Whole School Units	Term 1 – Being Me in my World	Term 2 – Celebrating Difference	Term 3 – Dreams and Goals	Term 4 – Healthy Me	Term 5 - Relationships	Term 6 – Changing Me	Mental Health and Wellbeing
Year R	<p>Create RRS charter. Recognising and talking about feelings and emotions. Learning how to be a good friend.</p> <p>Naming emotions</p>	<p>What makes us special. Sharing our achievements. Similarities and differences in our homes and families.</p>	<p>Perseverance, resilience and having a positive attitude. Challenging ourselves, setting goals. Celebrating our achievements.</p>	<p>How to stay healthy. Learning about the importance of sleep, healthy food and keeping clean.</p> <p>Identifying what mental wellbeing is</p>	<p>How to resolve conflicts with others What is bullying? Recognising when they or others are feeling upset or hurt and how to help.</p> <p>Learning how to express our emotions Learning about the impact of bullying on wellbeing</p>	<p>Thinking about how we change as we grow. Learn to express how they feel when things change. Label different body parts. Understanding the role of mental wellbeing in our lives Learning self-care techniques and strategies</p>	<p>Identifying what mental wellbeing is Understanding the role of mental wellbeing in our lives Naming emotions Identifying the degrees of emotions Identifying things that can impact our mental wellbeing Learning how to express our emotions Learning how to behave and respond appropriately and proportionately Exploring how physical and social activity can affect our wellbeing Learning self-care techniques and strategies Identifying isolation and loneliness and how to seek support Learning about the impact of bullying on wellbeing Recognising when our wellbeing is deteriorating and where and how to seek support Learning how to support the wellbeing of others</p>
Year 1	<p>Create class RRS charters Decision making Rewards and consequences</p> <p>Naming emotions</p>	<p>Identifying how we are different Understanding what makes us unique</p>	<p>Identifying how we feel when we succeed in a new challenge</p> <p>Learning how to express our emotions</p>	<p>Understanding what makes our bodies amazing Learning how to keep our bodies healthy</p> <p>Identifying what mental wellbeing is</p>	<p>Appreciating someone special to us</p>	<p>Identifying how our bodies parts are different. Understanding that some body parts are private Looking back and moving forward Understanding the role of mental wellbeing in our lives Learning self-care techniques and strategies</p>	
Year 2	<p>Create class RRS charters Decision making Rewards and consequences</p> <p>Identifying the degrees of emotions</p>	<p>Identifying how we are different Learning to value our differences</p>	<p>Working cooperatively as part of a group</p> <p>Learning how to express our emotions</p>	<p>Learning how to keep our bodies healthy Exploring healthy food and snacks</p> <p>Identifying what mental wellbeing is Exploring how physical and social activity can affect our wellbeing</p>	<p>Recognising things that cause conflict between me and my friends Learning how to resolve conflicts</p> <p>Learning how to behave and respond appropriately and proportionately</p>	<p>RSE - Identifying how our bodies parts are different. Looking back and moving forward Understanding the role of mental wellbeing in our lives Learning self-care techniques and strategies</p>	
Year 3	<p>Create class RRS charters Decision making Rewards and consequences Growth mindset and positive attitude</p> <p>Learning how to support the wellbeing of others</p>	<p>Understanding the impact of words Standing up for ourselves and others</p>	<p>Identifying dreams and ambitions Managing obstacles Evaluating our learning and setting next steps</p>	<p>Expressing how being safe or unsafe feels Identifying things, people and places that make me feel safe Looking after our bodies</p> <p>Identifying what mental wellbeing is</p>	<p>Exploring how the work of people help and influence lives Understanding how influence could affect me</p>	<p>RSE - Naming body parts scientifically Looking back and moving forward Understanding the role of mental wellbeing in our lives Learning self-care techniques and strategies</p>	

Year 4	Create class RRS charters Decision making Rewards and consequences Understanding roles in the school community Learning how to support the wellbeing of others	Being aware of assumptions and prejudice Exploring how our impressions of people can change	Learning how to set goals and plans to achieve them Building resilience	Identifying peer pressure and ways to help myself make my own choices Identifying what mental wellbeing is	Recognising how and why relationships change Managing friendships	RSE - Identifying how our bodies can change Looking back and moving forward Understanding the role of mental wellbeing in our lives Learning self-care techniques and strategies
Year 5	Create class RRS charters Decision making Rewards and consequences My role as a global citizen Learning how to support the wellbeing of others	Explaining the difference between direct and indirect bullying Identifying racism Explaining different types of bullying Identifying isolation and loneliness and how to seek support Learning about the impact of bullying on wellbeing	Describing the dreams and goals of a young person from a different culture Recognise the contribution made by people in different jobs	Exploring the important role of food Identifying issues around body image Considering how to make healthy lifestyle choices Identifying what mental wellbeing is	Understanding what makes a good friend and strategies for conflict resolution. Reflecting on my relationship with technology and online.	RSE - Identifying changes through puberty Looking back and moving forward Understanding the role of mental wellbeing in our lives Learning self-care techniques and strategies
Year 6	Create class RRS charters Goal setting Decision making Rewards and consequences Using pupil voice Learning how to support the wellbeing of others Identifying what mental wellbeing is	Explaining how difference can be a source of conflict or a cause for celebration Showing empathy Understanding why people use power or bullying behaviours Identifying isolation and loneliness and how to seek support Learning about the impact of bullying on wellbeing	Identifying my learning strengths Take small steps and motivate myself to achieve realistic goals Describe some ways in which I can work with other people make the world a better place	Caring for our physical and emotional health Understanding what it means to be emotionally well Recognise stress and triggers that affect mental health Recognising when our wellbeing is deteriorating and where and how to seek support Learning self-care techniques and strategies	Understanding my mental health Recognising power and control in relationships Using technology positively and safely Learning how to behave and respond appropriately and proportionately	RSE - Describing how a baby develops from conception Recognising the impact of body image Looking back and moving forward Understanding the role of mental wellbeing in our lives

Events, Trips and Visits

	Peer mediator applications and training New RAG applications Forum meeting	Anti – Bullying Week Aspiration Day Film Night Bedtime Stories	Sikh visitor Y5 Forum meeting John Wesley visitor Y3	Y6 Camp	SDGS poster competition Forum meeting Pavement Professors Y1	Year 4 Camp T6 Y6/7 Transition Days Sports Days Lifeskills trip
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