

(A) PHSE	Health and Wellbeing: It's my body	Relationships: Be yourself	Relationships: Teams	Health and Wellbeing: Safety First	Living in the Wider World: Respecting Rights	Living in the Wider World: One world
	Autumn (1) 7 Weeks	Autumn (2) 8 Weeks	Spring (1) 6 Weeks	Spring (2) 6 Weeks	Summer (1) 5 Weeks	Summer (2) 6 Weeks
What We Will Learn	In this unit of work, pupils will learn about how to take care of their bodies. This will involve learning about consent and autonomy, learning about body image and stereotypes and learning about substances which are harmful to our bodies. Pupils will also learn about the importance of sleep, exercise and hygiene.	This unit is inspired by the idea that we are all individuals and that it is important to 'be yourself'. It aims to encourage the pupils to develop a positive view of themselves and enables them to recognise the importance of being proud of their individuality. In this unit, pupils focus on the importance of recognising situations where they need to make positive choices in order to do the right thing. They also explore how to avoid being led into tricky situations and how to recognise and respond to peer pressure.	This unit focuses on the positive qualities of a team, learning how to disagree respectfully and communicate effectively. It looks at the key qualities and skills needed for a team to be successful. The lessons address collaborative learning and teach Pupils how to compromise to ensure a group task is completed successfully. Pupils will discuss different types and effects of unkind behaviour and explore strategies for helping situations by creating team support networks.	In this unit of work, pupils will consider what it means to take responsibility for their own safety, including the decisions they make and how they can stand up to peer pressure in a range of situations. They will assess the risk associated with different situations and learn about what to do if they feel in danger. They will also learn about how to identify an emergency, what to do in this situation and how to get help when needed.	This unit is based on the concept that we can all make choices to live as rights-respecting citizens. It is inspired by human rights being shared by all people – no matter who they are or where they are from – and that these rights are there to protect all people, enabling them to live happy, safe and healthy lives. This unit helps pupils to understand that no one can take away their rights. It also aims to help the pupils to explore the ideas of equality and discrimination and the consequences of both.	This unit is based on the concept that we all have a responsibility to live as global citizens. It is inspired by the idea that we all have a responsibility to help the environment and all living things throughout the world through the choices we make. It aims to enable the pupils to explore the ideas of sustainability, the use of the earth's natural resources and the harmful effects of global warming. In this unit, pupils also learn about the steps they can take to reduce these harmful effects. They will also learn about biodiversity and its importance and explore what they would like to do to make the world a better place.
What We Will Do	Pupils will understand that they can choose what happens to their own bodies; know where and how to get help if they are worried; understand the importance of sleep, exercise and healthy eating; identify ways in which certain drugs, including tobacco and alcohol, can harm their bodies; identify positive aspects about themselves; discuss the choices related to health that they make each day; identify choices that will benefit their health and provide a 'balanced lifestyle'; identify ways to protect their bodies from ill health.	Pupils will discuss scenarios where pupils are torn between 'fitting in' and being true to themselves; explain how to communicate their feelings in different situations; create a role play to show different ways to manage uncomfortable feelings; discuss which situations would make people fight or flee and why; create resolutions to different tricky situations; identify the feelings involved in making a mistake and understand how to make amends.	Pupils will understand what successful teamwork skills are; express opinions respectfully; explain what collaborative working is; discuss what a compromise is; discuss different types of unkind behaviour; identify ways of showing care to others in their team; list shared responsibilities within the class team.	Pupils will describe what a dare is and identify situations involving peer pressure; know when to seek help in risky or dangerous situations; identify and discuss some school rules for staying safe and healthy; recall the number to dial in an emergency; list some of the hazards they might find at home; or in the community.	Pupils will explain that there are basic human rights that all people share; understand that pupils have their own rights; understand that human rights are universal and cannot be taken away; recognise that there are people across the world whose rights are not met; understand the importance of being rights-respecting citizens; identify that ideas about human rights change; explain what a human rights activist is and does.	Pupils will explain what a global citizen is; say what global warming is; understand that human energy use can harm the environment; understand the importance of not wasting water; understand what biodiversity is; understand that their choices can have far reaching consequences.
Skills Learned	Pupils will be able to recognise signs of illness and the importance of a healthy diet, they will be able to understand ways to keep themselves safe and healthy. They will be able to identify a trusted adult, if necessary.	Pupils will be able to identify how to respond appropriate to a negative situation and avoid peer pressure.	Pupils will be able to identify key qualities and skills needed for a team to be successful. They will be able to show through respect, fairness and turn-taking to be able to become a team player. They will be able to discuss conflict and provide a resolution.	Pupils will be able to further develop their knowledge of health and safety to be able to keep themselves safe in their local community. They will be able to identify key dangers and hazards within their home and community.	Pupils will be able to share their views and identify discrimination and equality within their community, they will be able to identify their basic human rights and develop their knowledge of right and wrong within society.	Pupils will be able to identify similarities and differences and show empathy and curiosity towards different cultures. They will be able to share their own opinion about the earth's natural resources and the harmful effects of global warming.