

(A) PHSE	Health and Wellbeing: It's my body	Relationships: Being 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
<b>What We Will Learn</b>	Pupils will explore choices that pupils can make about looking after their bodies. They look at key areas where pupils can make safer choices: their body, sleep and exercise, diet, cleanliness and substances. Pupils will learn facts about each of these areas and learn strategies to manage them. The message of choice and consent runs through the unit and pupils are encouraged to get help from trusted adults when necessary.	This unit is inspired by the idea that having confidence to 'be yourself' can have a positive impact on mental health and emotional wellbeing. It aims to enable pupils to recognise their positive qualities and appreciate their individuality. In this unit, pupils are encouraged to recognise different emotions and explore different strategies to help them manage any uncomfortable feelings they experience. They will learn about how big life changes impact on feelings and emotions and explore the importance of sharing their thoughts and feelings	This unit is inspired by the idea that if a team works well together, it can have a positive impact on all of its members and what they can achieve. It aims to enable the pupils to develop successful collaborative working skills, such as good listening. In this unit, pupils learn about the importance of being kind to others, the effects of bullying and teasing and what to do about it if they see it happening to others or if it happens to them. They will also think about effective learning skills and how to identify good and not-so good choices.	In this unit of work, pupils will learn about everyday dangers, in the home and outside, and how they can keep themselves safe. Pupils will also learn rules to keep themselves safe around strangers, both in real life and online. They will be taught about The Underwear Rule, which includes information about appropriate and inappropriate touching and knowing that what is inside their underwear is private. Pupils will also learn about people who help them and how to get help when needed, as well as their growing responsibility for their own safety.	This unit is based on the concept that we should all be rights respecting citizens in our communities. It is inspired by the fact that all people have rights that are shared and that it is important for us all to respect these rights. It aims to enable the pupils to explore the concepts of difference and fairness and encourages them to reflect on how we should behave towards those who are different from us and why it is important to be fair.	This unit is inspired by the idea that we can benefit from learning about people living in different places to us and their ways of life. It aims to enable the pupils to explore their own family life, home and school and compare these to pupils' family life, homes and school from around the world which are different from their own. Pupils will learn about the relationship between people and their environment and how this affects their way of life. They will also learn about how people use the earth's resources and the importance of protecting the earth for ourselves and future generations and how we can work together to do this.
<b>What We Will Do</b>	Pupils will explain how much sleep they need; discuss why exercise is good for them; understand they can choose what happens to their bodies; its healthy snacks; know to ask a trusted adult if uncertain about whether something is safe to eat or drink; demonstrate hygienic ways to look after their bodies.	Pupils will identify their own special traits and qualities; identify and name common feelings; select times and situations that make them feel happy; talk about what makes them feel unhappy or cross; explain how change and loss make them feel; understand the importance of sharing their thoughts and feelings.	Pupils will show the teams they belong to through cutting out appropriate images; follow instructions and create a tower by applying good listening; use key vocabulary and the Acts of Kindness Poster to think of ways to show kindness to others; work in a group to discuss what they could do if they saw others being teased or bullied, using Chase the Cheetah to support if necessary.; work as a group to sort thoughts given into helpful and not-so-helpful categories; sort images of behaviours into good and not-so-good choices.	Pupils will identify some everyday dangers. Understand some basic rules that help keep people safe. Know what to do if they feel in danger. Identify some dangers in the home. Identify some dangers outside. Identify which information they should never share on the Internet. Know that their private body parts are private. Recall the number to call in an emergency. list some people who can help them stay safe	Pupils will know that all people have rights; understand that there are people who protect their rights; know what to do if they don't feel safe; talk about what respect means and how to show it; identify ways in which people can be different; explain what being fair means; recognise that making a positive difference in school is important.	Pupils will talk about special people in their life and say why they are special. They will discuss different homes around the world and identify how they are the same as and different from their own. Pupils will describe what their school is like and explain what an environment is. They will explain what natural resources are and identify how people use them and say what they love about the world in which they live and describe how they would feel if these things disappeared.
<b>Skills Learned</b>	Pupils will be able to recognise when there is something wrong/different with their body and be able to identify a trusted adult to share this information with.	Pupils will be able to identify their emotions, discuss what makes them unique and consider that everyone is different.	Pupils will be able to identify key skills such as respect, fairness and turn-taking to be able to become a team player.	Pupils will be able to further develop their knowledge of health and safety to be able to keep themselves safe in their local community.	Pupils 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.