Outline of units of work for PSHE 2016 onwards

	AUTUMN TERM	SPRING TERM	SUMMER TERM
YEAR 3	Back to school (6 sessions) – class charter, school council, seeing things from others' point of view, solving problems. Keeping Safe (5 sessions) – Road safety (Togo and Nogo) Anti-bullying and getting on with everyone (6 sessions)* - what is bullying, how to disagree, taking responsibility, consequences	Dealing with Feelings (7 sessions) – feelings are OK, anger and conflict, worry and anxiety, sticks and stones, relaxation, being assertive, motivation Healthy Eating (6 sessions) – where does food come from; diet, physical activity and energy balance	Growing Up & Relationships (SRE) (6 sessions) – self esteem, similarities and differences, family differences, friendship, safety – influences, personal hygiene Drugs (3 sessions) – smoking, dangers and effects, reasons to give up, age appropriate behaviour. Money & Me (6 sessions) – growing a money tree, wants and needs, where our money goes, where money comes from, standards of living, fair trade
YEAR 4	Back to school (6 sessions) – class charter, school council, friendship qualities, working together Keeping Safe (7 sessions) – fire safety, first aid, water safety Anti-bullying and getting on with everyone (5 sessions)* - what is bullying, empathy, ways of stopping bullying, peer pressure, co-operation	Dealing with Feelings (7 sessions) – understanding feelings, resolving conflict, envy and jealousy, feelings good about myself, being assertive, motivation, perseverance Money & Me (6 sessions) – to link in with charity afternoon – a world without money, first currency, 20th C money, where does money come from, where does money go, what is a job worth?	Growing Up & Relationships (6 sessions) – changes, lifecycle and body changes, what is puberty, puberty and hygiene, personal safety and touch, periods (girls only) Drugs (3 sessions) – Household produces, volatile subtances; correct use, effects of misuse. Alcohol: effects and risks, types and brands, coping skills. Healthy Eating (7 sessions) – diet, physical activity and energy balance; food choices and experiences
YEAR 5	Back to school (7 sessions) – class charter, school council, friendship, managing conflict Keeping Safe (6 sessions) – firework safety, water safety, safety in the home, internet safety, rail safety Anti-bullying and getting on with everyone (6 sessions)* - what is bullying, why do people bully, making people feel good, disagreeing, managing conflict	Dealing with Feelings (7 sessions) – what's the feeling, understanding feelings, anger and consequences, proud and boastful, acting on impulse, motivation Money & Me (6 sessions) – why do we have banks, what do banks do, spend v. save, savings accounts and interest, different ways to pay, credit and debit cards	Growing Up & Relationships (7 sessions) – what is puberty, puberty for boys and girls (separate sessions), puberty and hygiene, social changes during puberty, relationships, safe communication/internet safety, support networks Drugs (3 sessions) – smoking: reasons why people smoke or not, tobacco facts, dangers of smoking to ourselves and others, coping skills. Healthy Eating (6 sessions) – where does food come from; food and drink choices; diet, physical activity and energy balance
YEAR 6	Back to school (6 sessions) – class charter, school council, feelings and differences, conflict resolution Drugs (3 sessions) – different drugs and their risks and effects, coping skills and ways of saying no. Alcohol: effects, risks and consequences, coping skills Anti-bullying and getting on with everyone (6 sessions)* - what is bullying, name calling, how can we help bullies to stop, dealing with difficult situations, breaking friends, challenging stereotypes	Dealing with Feelings (7 sessions) – anger and consequences, worrying and anxiety, feeling good about myself, assertiveness, persistence, excuses!, motivation Money & Me (7 sessions) – jobs, tax and public services, value for money, supply and demand, the Bank of England, Millions	Growing Up & Relationships (7 sessions) – puberty changes, relationships, reproduction and conception, how babies are born, safe relationships, chatting with care/internet safety Keeping safe (6 sessions) – firework safety, first aid, street safety, internet safety Healthy Eating (6 sessions) – food and drink choices; diet, physical activity and energy balance

*delivered during Anti-Bullying Week