



PSHEE Progressive Programme of Study 2018-19

	Alpha	Beta	Prep 1	Prep 2
Autumn 1 6.5 weeks	<u>Mindset and Mental Health</u> How can we be happy? Fixed vs Growth Mindset My feelings Social interaction & awareness Friendships (use of friendship coins) Acts of Kindness	<u>Mindset and Mental Health</u> How can we be happy? Fixed vs Growth Mindset Emotional Wellbeing- hopes & worries Being away from home Friendships and working as a team Conflict resolution	<u>Mindset and Mental Health</u> How can we be happy? Fixed vs Growth Mindset Resilience and responding to adversity -belonging -learning -coping -core self	<u>Mindset and Mental Health</u> How can we be happy? Fixed vs Growth Mindset Coping with Success & Disappointment External Pressure & Peer Pressure Self Esteem & Managing Stress Keeping Myself Safe: Making Choices and Decisions
Autumn 2 6 weeks	<u>People that Help Us</u> Jobs that people do in our school Job that people do in our community <i>Guest speakers include:</i> catering staff, cleaners, matron, firemen, police, paramedics etc.	<u>Social Skills</u> Developing social skills and emotional intelligence Developing good relationships Acts of Kindness	<u>Sex and Relationships</u> <i>(Note: different timetable this half term)</i> Personal Hygiene Puberty and Menstruation	<u>Online Safety & Screen Time</u> Online Communication Sharing Information Online Searching the Internet Cyber Bullying Effects of Screen Time
Spring 1 5 weeks	<u>Safety</u> Road Safety Personal Safety (home and school) Online Safety and Online Bullying	<u>British Values</u> How our country functions The role of our government. Large government departments: the DoE, The NHS, The Highways Agency and The Police Service	<u>Emotions</u> Types and reasons for them How to deal with positive & negative emotion	<u>Financial Education</u> Personal Finance Debt, Saving, Banking, Interest, Mobile Phone Tariffs & Enterprise Affordability, Appropriateness and Consequence of Borrowing
Spring 2 6 weeks		<u>Sex and Relationships</u> Marriage and relationships Separation & step parents	<u>British Values</u> The history of the UK The British Empire Commonwealth	<u>British Values</u> Civil and Criminal Laws of England Preparation for life in modern Britain Demonstration of skills & attitudes that allow contribution to society
Summer 1 5 weeks	<u>British Values</u> Individual liberty, mutual respect and tolerance	<u>Healthy Eating</u> Importance of exercise & keeping fit and healthy Importance of different food groups	<u>Philosophy for Children</u> What is philosophy? What is a philosophical question? Themes include: Arguments, Problem Solving, Wisdom and Sophistry, Existence and Perception	<u>Sex and Relationships</u> <i>(Note: different timetable this half term)</i> Reproduction How babies are born Body Image
Summer 2 5 weeks	<u>Sex and Relationships</u> Physical differences We all start as babies Understanding personal space			

