

SMSC / PSHCE Curriculum Overview 2017/2018

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PATHS (20 – 40mins) Anti-bullying focus – link to P4C	Rec/ Y1		Unit 3: Basic feelings	Unit 4: Self-Control	Unit 5: Sharing, Caring and Friendship	Unit 6: Problem solving Unit 7: Intermediate feelings	Unit 8: Advanced Feelings
	Y2	Unit 1: Establishing Positive Classroom Rules Unit 2: Introduction to Feelings	Unit 3: Feelings and Behaviours Unit 4: Self-Control and Anger Management	Unit 5: Anger Management and Problem Solving	Unit 6: Friendship and Feeling Lonely	Unit 7: Manners and Listening	Unit 8: Feelings / Emotions / Behaviours
	Y3	Unit 1: Enhancing Self-Esteem Unit 2: Basic Emotions	Unit 4: Improving Self-Awareness and Anger Management Unit 4: Thinking Skills	Unit 5: Getting Along With Others 1	Unit 6: Feelings and Relationships 1	Unit 7: Getting along with Others 2 Unit 8: Feelings and Expectations	Unit 9: Feelings About School Unit 10: Feelings in Relationships
	Y4	Unit 1: Getting Started	Unit 2: Feelings and Relationship (lesson 6-12)	Unit 2: Feelings and Relationship (L13 - 20)	Unit 3: Making Good Decisions	Unit 4: Being Responsible and Caring for Others Unit 5: Problem Solving (L29-33)	Unit 5: Problem Solving (L34-42)
	Y5	Unit 1: Getting Started	Unit 2: Problem Solving	Unit 3: Goals and Identity Unit 4: Making and Keeping Friends (L21-23)	Unit 4: Making and Keeping Friends (L24-29)	Unit 5: Being Responsible and Caring for Others (L30-35)	Unit 5: Being Responsible and Caring for Others (L36-41)
	Y6	Unit 1: Refresher	Unit 2: Study and Organisational Skills	Unit 3: Conflict Resolution	Unit 4: Number the Stars	Unit 4B: Respect	Unit 6: Endings and Transitions
Mindfulness (20 – 40mins)	Introducing Brain Breaks.	Lesson 1 – How our Brain Works Lesson 2 – Mindful Awareness Lesson 3 – Focussed Awareness Lesson 4 – Mindful Listening	Lesson 5 – Mindful Seeing Lesson 6 – Mindful Smelling Lesson 7 – Mindful Tasting	Lesson 8 - Mindful Movement I Lesson 9 - Mindful Movement II Lesson 10 – Perspective Taking	Lesson 11 – Choosing Optimism Lesson 12 – Appreciating Happy Experiences Lesson 13 – Expressing Gratitude	Lesson 14 – Performing Acts of Kindness Lesson 15 – Taking Mindful Action in the World	
P4C (40mins – 60mins)	Focus: Democracy	Focus: Law	Focus: Liberty	Focus: Tolerance	Focus: Faith	Focus: Health	
Christopher Winter Project (SRE and Drugs & Alcohol Education)				Reception	Our Lives		
				Year 1	Growing and Caring for Ourselves	Medicines and People Who Help Us	
				Year 2	Differences	Keeping Safe	
				Year 3	Valuing Difference and Keeping Sage	Smoking	
				Year 4	Growing Up	Alcohol	
				Year 5	Puberty	Legal and Illegal Drugs	
				Year 6	Puberty, Relationships and Reproduction	Preventing Early Use	