

SMSC/PSHE Curriculum Overview for 2019/2020

| | | 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 I | 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) Barnardos FGM lessons and assembly –summer term. 1 day. Yrs. 3-6 | | | | | 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 Safe | Smoking |
| | | | | | Year 4 | Growing Up | Alcohol |
| | | | | | Year 5 | Puberty | Legal and Illegal Drugs |
| Year 6 | Puberty, Relationships and Reproduction | Preventing Early Use | | | | | |