

Corpus Christi Catholic Primary School - PSHE Overview

Whole School Mental Health Focus: Waves of Wellbeing

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>The Hermit Crab Dealing with Change</i>	<i>The Bottlenose Dolphin Tackling Bullying</i>	<i>The PufferFish Think Before You React</i>	<i>Pilot Fish Working as a Team</i>	<i>Spotted Lobster (EY/KS1) Nettle Jellyfish (KS2) Growing Up</i>	<i>Coral Learning and Growing</i>
<i>The Zebra Seahorse Keeping Calm</i>	<i>The Sea Otter Dealing with Loneliness</i>	<i>Salmon Finding Your Inner Drive</i>	<i>Mimic Octopus Being Adaptable</i>	<i>Tube Dwelling Anenome Leaving the Comfort Zone</i>	

Early Years and Key Stage 1

Year A		Theme 1	Theme 2	Theme 3	Theme 4	Theme 5	Theme 6
		Being Healthy		Relationships		Wider World	
E Y	Theme	What makes me special? <i>TenTen Mod. 1 Unit 1&2</i>	How do I feel today? <i>TenTen Mod. 1 Unit 3</i>	Who is in my family? <i>TenTen Mod 2 Unit 1&2</i>	How can I be a good friend?	Who helps me? <i>TenTen Mod 2 Unit 3</i>	How can we look after our world? <i>TenTen Mod 3 Unit 1&2</i>
	Key Concept	<i>To develop a positive sense of themselves and develop respect for others</i>	<i>ELG 07 To talk about how they and others show feelings, talk about their own and others' behaviour and its consequences</i>	<i>ELG 13 To know about similarities and differences between themselves and others, and among families, communities and traditions</i>	<i>ELG 08 To show sensitivity to others' needs and feelings, and form positive relationships</i>	<i>To know who keeps them safe at home, in school and in the wider community.</i>	<i>ELG 14 To talk about the features of their own immediate environment and how environments might vary from one another</i>
Y r 1 / 2	Theme	How do I look after my body? <i>TenTen Mod. 1 Unit 2</i>	Am I always happy? <i>TenTen Mod. 1 Unit 3</i>	Who is special to me? <i>TenTen Mod 2 Units 1&2</i>	What makes a good friend?	Who is my neighbour? <i>TenTen Mod 3 Unit 1</i>	How can I help others? <i>TenTen Mod 3 Unit 2</i>
	Key Concept	<i>- To know that simple hygiene routines help keep germs from spreading - To know how to clean teeth and why dentist visits are important</i>	<i>- To recognise and name a range of feelings - To describe different things they can do to manage big feelings, to calm themselves down or change their mood</i>	<i>- To identify the people who love and care for them and what they do</i>	<i>- To describe how people make friends - To identify what makes a good friend</i>	<i>- To know about the different roles and responsibilities people have in their community - To recognise the ways they are the same as, and different to, other people</i>	<i>- To describe things they can do to make their community a better place</i>

Year B		Theme 1	Theme 2	Theme3	Theme 4	Theme 5	Theme 6
E Y	Theme	What makes me special? <i>TenTen Mod. 1 Unit 1&2</i>	How do I feel today? <i>TenTen Mod. 1 Unit 3</i>	Who is in my family? <i>TenTen Mod 2 Unit 1&2</i>	How can I be a good friend?	Who helps me? <i>TenTen Mod 2 Unit 3</i>	How can we look after our world? <i>TenTen Mod 3 Unit 1&2</i>
	Key Concept	<i>To develop a positive sense of themselves and develop respect for others</i>	<i>ELG 07 To talk about how they and others show feelings, talk about their own and others' behaviour and its consequences</i>	<i>ELG 13 To know about similarities and differences between themselves and others, and among families, communities and traditions</i>	<i>ELG 08 To show sensitivity to others' needs and feelings, and form positive relationships</i>	<i>To know who keeps them safe at home, in school and in the wider community.</i>	<i>ELG 14 To talk about the features of their own immediate environment and how environments might vary from one another</i>

Y r 1 / 2	Theme	What helps me to grow and stay healthy? <i>TenTen Mod. 1 Unit 4</i>	What dangers are there in my home? <i>TenTen Mod.2 Unit 3</i>	What is the same and different about us?	What is bullying?	What jobs do people do?	What can we do with money?
	Key Concept	- To know about growing and changing from young to old - To know how healthy eating and physical activity keeps us healthy	- To recognise risk in simple everyday situations and what action to take - To know basic rules to keep safe online	- To recognise the ways in which they are the same and different to others	-To know that bodies and feelings can be hurt by words and actions; that people can say hurtful things online	- To describe different jobs that people they know or people who work in the community do	- To know what money is; forms that money comes in; that money comes from different sources

Key Stage 2

Year A		Theme 1	Theme 2	Theme3	Theme 4	Theme 5	Theme 6
		Being Healthy		Relationships		Wider World	
Y r 3 / 4	Theme	Why should I eat well and look after my teeth? <i>TenTen Mod 1 Unit 2</i>	Do I have healthy online habits? <i>TenTen Mod 2 Unit 3</i>	How can I be a good friend? <i>TenTen Mod 2 Unit 2</i>	Can I trust friends I meet online? <i>TenTen Mod 1 Unit 3</i>	What makes a community? <i>TenTen Mod 3 Unit 1</i>	Am I a responsible citizen? <i>TenTen Mod 3 Unit 2</i>
	Key Concept	- To describe what constitutes a healthy diet - To know how to maintain good oral hygiene	- To know about the benefits of the internet; the importance of balancing time online with other activities	-To know the importance of friendships; strategies for building positive friendships;	- To know about why someone may behave differently online, including pretending to be someone they are not; recognising risks, harmful content and contact; how to report concerns	-To know about the different groups that make up their community; what 'community' means - To know: what diversity means; valuing the benefits of living in a diverse community;	- To know ways of carrying out shared responsibilities for protecting the environment ----- PLUS - Y4: What is puberty? <i>TenTen Mod 1 Unit 2</i> - To know what the term puberty means and when they can expect it to take place
Y r 5 / 6	Theme	How do I stay safe? <i>TenTen Mod 2 Unit 3 and 4</i>	Are we addicted to being online? <i>TenTen Mod 2 Unit 3</i>	How can we resolve conflict?	Y5: What happens to us during puberty? Y6: How are families made? <i>TenTen Module 1 Units 1-4</i>	How can rules bring freedom?	How does the media influence stereotypes? Y6 (additional): How can I prepare for change?

	Key Concept	<ul style="list-style-type: none"> - To know strategies for keeping safe in the local environment or unfamiliar places (road, rail, water, road) - To know about the importance of keeping personal information private; strategies for keeping safe online https://campaignresources.phe.gov.uk/schools/resources/self-care-Y6-short-activities 	<ul style="list-style-type: none"> - To recognise ways in which the internet and social media can be used both positively and negatively - To know some strategies for managing time online - Bullying/Cyberbullying: https://campaignresources.phe.gov.uk/schools/resources/urces/bullying-and-cyberbullying-year-6-lesson-plan 	<ul style="list-style-type: none"> - To understand that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely - Loneliness and Building Connections: https://campaignresources.phe.gov.uk/schools/resources/building-connections-year6-lesson-plan-pack 	<p>Y5: To know about the physical and emotional changes that happen when approaching and during puberty (including menstruation, erections and wet dreams)</p> <p>Y6: To know about the processes of reproduction and birth as part of the human life cycle; how babies are conceived, born and cared for</p>	<ul style="list-style-type: none"> - To recognise reasons for rules and laws; consequences of not adhering to rules and laws - To know about the relationship between rights and responsibilities 	<p>To know about how text and images in the media and on social media can be manipulated or invented;</p> <ul style="list-style-type: none"> - To know about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes
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Year B		Theme 1	Theme 2	Theme3	Theme 4	Theme 5	Theme 6
Y r s 3 / 4	Theme	How can I spot risks and keep myself safe? <i>TenTen Mod 2 Unit 3</i>	Why should we be active and sleep well? <i>TenTen Mod 1 Unit 2</i>	What is respect?	What are families like? <i>TenTen Mod 2 Unit 2</i>	What do I want to be when I grow up?	Should I spend, save or donate?
	Key Concept	<ul style="list-style-type: none"> - To know about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe 	<ul style="list-style-type: none"> - To know how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile) - To know how sleep contributes to a healthy lifestyle; 	<ul style="list-style-type: none"> - To know what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties) 	<ul style="list-style-type: none"> - To recognise and respect that there are different types of family (e.g. single parents, step-parents, blended families, foster parents); that families of all types can give love, security and stability 	<ul style="list-style-type: none"> - To recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes - To identify the kind of job that they might like to do when they are older 	<ul style="list-style-type: none"> - To recognise that people make spending decisions based on priorities, needs and wants <p>-----</p> <p>PLUS - Y4: What is puberty? <i>TenTen Mod 1 Unit 2</i></p> <ul style="list-style-type: none"> - To know what the term puberty means and when they can expect it to take place
Y r 5 / 6	Theme	How does peer pressure and social media influence me? <i>TenTen Mod 2 Unit 2, Mod 1 Unit 3</i>	Are drugs always dangerous? <i>TenTen Mod 2 Unit 3</i>	What makes up my identity and how is this different to my peers?	Y5: What happens to us during puberty? Y6: How are families made? <i>TenTen Module 1 Units 1-4</i>	How can I get my dream job?	What is a budget? Y6 (additional): How can I prepare for change?

Key Concept	<p>- To know strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others</p> <p>Worry: https://campaignresources.phe.gov.uk/schools/resources/what-to-do-about-worry-year6-lesson-plan-pack</p> <p>Social Media: https://campaignresources.phe.gov.uk/schools/resources/social-media-year6-lesson-plan-pack</p>	<p>- To know about the risks and effects of legal drugs common to everyday life and their impact on health</p> <p>- To know. how medicines, when used responsibly, contribute to health</p>	<p>- To know about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)</p> <p>- To know about respecting the differences and similarities between people and recognising what they have in common with others</p>	<p>Y5: To know about the physical and emotional changes that happen when approaching and during puberty (including menstruation, erections and wet dreams)</p> <p>Y6: To know about the processes of reproduction and birth as part of the human life cycle; how babies are conceived, born and cared for</p>	<p>- To know about what might influence people's decisions about a job or career</p> <p>- To recognise a variety of routes into careers (e.g. college, apprenticeship, university)</p>	<p>- To know different ways to keep track of money</p> <p>- To know about the different ways to pay for things and the choices people have about this</p> <p>- To identify the ways that money can impact on people's feelings and emotions</p> <p>Secondary Transition: https://campaignresources.phe.gov.uk/schools/resources/transition-to-secondary-school-lesson-plan-pack</p>
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FIRST AID (Summer Term 2)

St. John's Ambulance Service Teaching Resources

<https://www.sja.org.uk/get-advice/first-aid-lesson-plans/key-stage-2-first-aid-lesson-plans/>

YEAR A			YEAR B		
KS1	LKS2	UKS2	KS1	LKS2	UKS2
<p>-To know about what to do if there is an accident and someone is hurt</p> <p>-To know how to get help in an emergency (how to dial 999 and what to say)</p>	<p>-To know how to complete a primary survey and use the recovery position</p>	<p>-To know what to do to help someone who is bleeding</p> <p>-To know what to do to help someone with a burn</p>	<p>-To know about what to do if there is an accident and someone is hurt</p> <p>-To know how to get help in an emergency (how to dial 999 and what to say)</p>	<p>-To know what to do if someone is having an allergic reaction</p> <p>-To know what to do if someone is having an asthma attack</p>	<p>-To know what to do to help someone who is choking</p> <p>-To know what to do to help someone with a head injury</p>