

## PSHE Sequence Overview Year 3 – Year 6

Year	Term	We are safe		We are healthy		We have positive relationships		We are part of a wider world	
		Class time	Assembly	Class time	Assembly	Class time	Assembly	Class time	Assembly
3	AUT	<b>Out and about (2.5 hours)</b> This unit enables children to become safer citizens in the local community. They will know who to approach in an emergency situation, including safe adults (eg police). They will be introduced to an app called What Three Words (navigation accuracy) and understand how this can help them in their time of need. Through this, they will develop confidence, awareness and the ability to ask for help.	<b>PANTS NSPCC</b> <b>Firework Safety</b>			<b>Our happy school (2.5 hours)</b> Children will be able to understand how to communicate effectively through active listening, compromise, taking it in turns and sharing resources. They will look at the importance of rules and the rights of citizens, and will understand that with rights come responsibility. This learning will be demonstrated in the school's BRIGHT SPARKS code (see below).	<b>Active listening</b> <b>Anti-Bullying Week</b> <b>Zones of regulation</b> <b>Bright Sparks</b>		<b>Black History</b> <b>Bright Sparks</b>
	SPR 1					<b>Healthy relationships (2 hours)</b> This unit focuses on relationships with friends and family. We celebrate differences at home and how all families are special. Children will develop empathy and understand who to contact if they feel they need support (Childline), building on their previous learning in Autumn. Separation, divorce and bereavement are touched upon, with support where necessary from the pastoral team.		<b>Rights Respecting</b> This unit explores the United Nations, specifically looking at the Convention on the Rights of the Child. Children will focus on why these are important; why we have them; how choices are made and how these relate to them in the 'real World'.	<b>Rights Respecting (2 x 30 mins year group assembly)</b>
	SPR 2/SUM 1		<b>Dog Trust</b>	<b>Healthy bodies, healthy minds (3 hrs 20 mins)</b> This unit explores how children can look after their health and personal hygiene. Children will learn how to make healthy choices including diet and exercise. Their knowledge will be supported by the NHS Eatwell Guide and	<b>Emotional wellbeing</b>		<b>Autism awareness</b>		<b>World book/maths day</b>

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				Change 4 Life. Children will also learn how to build healthy habits, including washing their hands properly.					
	SUM 2	<b>Ready, steady, go (3 hrs 30 mins)</b> Children will learn about different aspects of safety, including sun, sea, rail and stranger danger. They will build on existing knowledge of keeping themselves safe in the community. They will learn about risks and dangers in these situations and how to keep themselves and those around them safe.			Stress and anxiety			Value of money (Biannually)	
4	AUT		<b>PANTS NSPCC Firework Safety Road, rail, water and fire safety recap (30 mins assembly)</b>	<b>Self-image and self-esteem (4 hrs)</b> Children explore how body image is the thoughts, feelings and behaviours towards one's body and that body dissatisfaction contributes to unhealthy behaviours. They will talk about how even positive comments, can have a negative impact.			Active listening Anti-Bullying Week Zones of regulation Bright Sparks	<b>Economic wellbeing (4 hours)</b> Children will learn what bank accounts are used for and the services they offer; the choices they have with their own money, including budgeting; and how financial circumstances can affect emotional wellbeing, including having an understanding of debt and its impact.	Black History Bright Sparks
	SPR 1								
	SPR 2/SUM 1		Dog Trust				Autism awareness		World book/maths day
	SUM 2				Stress and anxiety				
5	AUT		<b>PANTS NSPCC Firework Safety</b>				Active listening Anti-Bullying Week Zones of regulation Bright Sparks	<b>Current Affairs (6.5 hrs)</b> This unit will move with whatever news is current and relevant, but should focus on areas such as: <ul style="list-style-type: none"> <li>• Climate change</li> <li>• Democracy</li> <li>• Diversity</li> <li>• Media</li> <li>• Eco issues</li> <li>• Different cultures</li> </ul>	Black History Bright Sparks

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								<ul style="list-style-type: none"> <li>British Values</li> </ul> Children will learn skills in empathy, discussion and debate, and active listening; and understand the difference between fact and opinion – or real v fake news.	
	SPR 1			<b>Puberty (1.5 hrs)</b> Children will learn what puberty means; when it will occur; what changes will happen.		<b>Puberty (2 hrs)</b> Children will learn about the different types of family; what constitutes healthy or unhealthy relationships; and the concept of consent.			<b>Youth Cabinet and Youth Parliament elections</b>
	SPR 2/SUM 1		<b>Dog safety</b> <b>Road, fire, water safety,</b> <b>PANTS refresher</b>	<b>Self-esteem and resilience (8 hrs)</b> Children will explore themes of kindness and a positive mindset, identifying their own strengths, and their fears and how to overcome them.	<b>Emotional wellbeing</b>		<b>Autism awareness</b>	<b>Current Affairs (7.7 hrs)</b> This unit will move with whatever news is current and relevant, but should focus on areas such as: <ul style="list-style-type: none"> <li>Climate change</li> <li>Democracy</li> <li>Diversity</li> <li>Media</li> <li>Eco issues</li> <li>Different cultures</li> <li>British Values</li> </ul> Children will learn skills in empathy, discussion and debate, and active listening; and understand the difference between fact and opinion – or real v fake news.	<b>World book/maths day</b>
	SUM 2	<b>Fire safety (1.5 hrs)</b>  Children will revisit how fires start and spread; how to prevent them; and how to safely manage situations where their safety may be at risk. Fire triangle – oxygen, heat and	<b>County lines</b> <b>Homefield park/Skatepark</b>		<b>Stress and anxiety</b> <b>Smoking (biannually)</b> <b>Addiction (biannually)</b>				<b>Value of money (Biannually)</b> <b>County lines</b> <b>Homefield park/Skatepark</b>
6	AUT		<b>PANTS NSPCC</b> <b>Firework Safety</b>	<b>Puberty (2 hrs)</b> Children will be taught further on what puberty means; when it will occur; and what kind of bodily and emotional changes they can expect. They will be taught the differences between male and female puberty. The boys will explore penis hygiene and the girls periods and personal hygiene.			<b>Active listening</b> <b>Anti-Bullying Week</b> <b>Zones of regulation</b> <b>Bright Sparks</b>	<b>Current Affairs (6.5 hrs)</b> This unit will move with whatever news is current and relevant, but should focus on areas such as: <ul style="list-style-type: none"> <li>Climate change</li> <li>Democracy</li> <li>Diversity</li> <li>Media</li> <li>Eco issues</li> <li>Different cultures</li> <li>British Values</li> </ul> Children will learn skills in empathy, discussion and	<b>Black History</b> <b>Bright Sparks</b>

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				Children will also be taught about reproduction and sexual relationships – how babies are made and the different types of relationship, including LGBT.				debate, and active listening; and understand the difference between fact and opinion – or real v fake news.	
	SPR 1							<p><b>Current Affairs (3 hrs)</b>                  This unit will move with whatever news is current and relevant, but should focus on areas such as:</p> <ul style="list-style-type: none"> <li>• Climate change</li> <li>• Democracy</li> <li>• Diversity</li> <li>• Media</li> <li>• Eco issues</li> <li>• Different cultures</li> <li>• British Values</li> </ul> <p>Children will learn skills in empathy, discussion and debate, and active listening; and understand the difference between fact and opinion – or real v fake news.</p>	<p><b>Youth Cabinet and Youth Parliament elections</b></p>
	SPR 2/SUM 1		Dog safety		Emotional wellbeing		Autism awareness	<p><b>Current Affairs (5 hrs)</b>                  This unit will move with whatever news is current and relevant, but should focus on areas such as:</p> <ul style="list-style-type: none"> <li>• Climate change</li> <li>• Democracy</li> <li>• Diversity</li> <li>• Media</li> <li>• Eco issues</li> <li>• Different cultures</li> <li>• British Values</li> </ul> <p>Children will learn skills in empathy, discussion and debate, and active listening; and understand the difference between fact and opinion – or real v fake news.</p>	<p><b>World book/maths day</b></p>
								<p><b>Magistrates (3hrs)</b>                  This unit will teach children the workings of a magistrate’s court, including the roles and the different types of cases.</p>	

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	SUM 2		County lines Homefield park/Skatepark	<p><b>Healthy lifestyles and choices (5.5 hrs)</b> This unit will look at healthy lifestyles in terms of making the right choices if faced with peer pressure situations eg drugs, alcohol and knife crime. It will also look at stereotyping and homophobia.</p> <p>Transition preparation and strategies from Year 6 to secondary school will also be covered.</p>	Stress and anxiety Smoking (biannually) Addiction (biannually)	<p><b>Real Love Rocks (4 hrs)</b> This unit focuses on healthy and unhealthy relationships, illustrating the aspects and dangers of grooming, peer pressure and staying safe online, with particular reference to social media and online profiles.</p>		<p><b>Current Affairs (2.5)</b> This unit will move with whatever news is current and relevant, but should focus on areas such as:</p> <ul style="list-style-type: none"> <li>• Climate change</li> <li>• Democracy</li> <li>• Diversity</li> <li>• Media</li> <li>• Eco issues</li> <li>• Different cultures</li> <li>• British Values</li> </ul> <p>Children will learn skills in empathy, discussion and debate, and active listening; and understand the difference between fact and opinion – or real v fake news.</p>	Value of money (Biannually) County lines Homefield park/Skatepark
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### Chesswood Bright-Sparks

- B**e the best we can be, at all times
- R**espect the rights of others and take our responsibilities seriously
- I**nnovate – we are creative, ask questions, investigate new ideas
- G**o “the extra mile” in everything we do
- H**old high expectations of ourselves and others
- T**urn up, turn up on time, turn up ready for action
- S**eize the opportunities we have and make the most of them
- P**ersevere when challenged - think positively, find solutions, never give up!
- A**spire to great things – ‘Dream Aspire Achieve,’ be extraordinary
- R**ecognise our part in the community – school, local, national and international
- K**now we are part of the Chesswood team – we are willing to help and be helped
- S**how courtesy, care and kindness, all of the time