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| **Autumn 1 2020** |
|  | **First few days** | **Week 1**PHMWB | **Week 2**PHMWB | **Week 3** FF | **Week 4** FF | **Week 5** FF | **Week 6** FF | **Week 7** FF |
| Year 5 | Establishing Ground RulesEmbracing ChangeNew Beginnings | **From Summer Term**that bacteria and viruses can affect health• how they can prevent the spread of bacteria and viruses with everyday hygieneroutines• to recognise the shared responsibility of keeping a clean environment  | **From Summer Term**about the benefits of being outdoors and in the sun for physical and mental health• ways to boost their mood and improve emotional wellbeing | \*what makes a healthy friendship and how they make people feel included\*strategies to help someone feel included | \*that it is common for friendships to experience challenges\*strategies to positively resolve disputes and reconcile differences in friendships | \*about peer influence and how it can make people feel or behave\*the impact of the need for peer approval in different situations, including online | \*that friendships can change over time and the benefits of having new and differenttypes of friends\*how to recognise if a friendship is making them feel unsafe, worried, oruncomfortable | \*when and how to seek support in relation to friendships\*strategies to manage peer influence and the need for peer approval e.g. exitstrategies, assertive communication |
| **Resources** | PHSE Association Resources Embracing Change | See GB Resources in Google Drive | Red Cross Well Being PackPHSE Association Resources Mental Health  | <https://plprimarystars.com/resources/do-the-right-thing>Medway Health Year 3 Resources | <https://plprimarystars.com/resources/do-the-right-thing>Medway Health Year 3 Resources | PHSE Association Making Decisions Resources |  | PHSE Association Making Decisions Resources |
|  |  | PHMWB | PHMWB | FF | FF | FF | FF | RO&O |
| Year 6 | Embracing ChangeNew BeginningsEstablishing Ground Rules | **From Summer Term**\*that mental health is just as important as physical health and that both need lookingAfter\*to recognise that anyone can be affected by mental ill-health and that difficultiescan be resolved with help and support | **From Summer Term**\*how negative experiences such as being bullied or feeling lonely can affect mentalwellbeing\* positive strategies for managing feelings | \*to compare the features of a healthy and unhealthy friendship\*about the shared responsibility if someone is put under pressure to do somethingdangerous and something goes wrong | \*how to recognise and respond to pressure from others to do something unsafe orthat makes them feel worried or uncomfortable\*what consent means and how to seek and give/not give permission in differentsituations | \*strategies to respond to pressure from friends including online\*how to assess the risk of different online ‘challenges’ and ‘dares’ | \*how to get advice and report concerns about personal safety, including online\*what consent means and how to seek and give/not give permission in differentsituations | \*about the link between values and behaviour and how to be a positive role model\*how to discuss issues respectfully\*how to listen to and respect other points of view\*ways to participate effectively in discussions online and manage conflict ordisagreements |
| **Resources** | PHSE Resources Embracing Change | PHSE Association Mental Health ResourcesRed Cross – Well Being Pack | PHSE Association Mental Health ResourcesRed Cross -Well Being Pack | PHSE Association Making Decisions Resources | PHSE Association Making Decisions Resources | NSPCC Share aware<https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching>Think u Know play like share<https://www.thinkuknow.co.uk/professionals/resources/play-like-share/> | NSPCC Share aware<https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching>Think u Know play like share<https://www.thinkuknow.co.uk/professionals/resources/play-like-share/> | https://plprimarystars.com/resources/do-the-right-thing |

**KEY**

PHMWB = Physical Health and Mental Wellbeing

FF= Families and Friendships

RO&O = Respecting Ourselves and Others

SR = Safe Relationships

**NB**

* **Each lesson to start with a) Setting/Recapping the Ground Rules b) Time to Talk (opportunity to share worries, subjects children wish to discuss, recent events…) c) Reflection of previous lesson d) Baseline assessment – what do the children already know about lesson focus?**
* **Anonymous suggestions/questions box to be created and kept in each class**