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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 Rules  Embracing Change  New Beginnings | **From Summer Term**  that bacteria and viruses can affect health  • how they can prevent the spread of bacteria and viruses with everyday hygiene  routines  • 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 different  types of friends  \*how to recognise if a friendship is making them feel unsafe, worried, or  uncomfortable | \*when and how to seek support in relation to friendships  \*strategies to manage peer influence and the need for peer approval e.g. exit  strategies, assertive communication |
| **Resources** | PHSE Association Resources  Embracing Change | See GB Resources in Google Drive | Red Cross Well Being Pack  PHSE 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 Change  New Beginnings  Establishing Ground Rules | **From Summer Term**  \*that mental health is just as important as physical health and that both need looking  After  \*to recognise that anyone can be affected by mental ill-health and that difficulties  can be resolved with help and support | **From Summer Term**  \*how negative experiences such as being bullied or feeling lonely can affect mental  wellbeing  \* 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 something  dangerous and something goes wrong | \*how to recognise and respond to pressure from others to do something unsafe or  that makes them feel worried or uncomfortable  \*what consent means and how to seek and give/not give permission in different  situations | \*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 different  situations | \*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 or  disagreements |
| **Resources** | PHSE Resources  Embracing Change | PHSE Association Mental Health Resources  Red Cross – Well Being Pack | PHSE Association Mental Health Resources  Red 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**