



Lydgate Junior School Curriculum Progression for PSHE



At Lydgate Junior School, we know how to look after and respect ourselves and others.

Core Themes

<p>Communities</p>	<p>Relationships</p>	<p>Mental Well-being</p>	<p>Health</p>
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Curriculum Overview

	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p><u>Physical Health</u> How do I keep my body healthy? How do I get a healthy diet?</p>	<p><u>Mental Health</u> Recap Zones of Regulation <u>Our Communities</u> How do we make the world fair?</p>	<p><u>Relationships</u> What makes a close friend? Can we be different and still be friends? <u>Mental Health</u> Recap Zones of Regulation</p>	<p><u>Relationships</u> What are stereotypes? <u>Physical Health</u> Where do I get my information from? <u>Mental Health</u> Recap Zones of Regulation</p>
Autumn 2	<p><u>Mental Health</u> The Zones of Regulation</p>	<p><u>Relationships</u> Are all friends the same? Are friendships always fun?</p>	<p><u>Relationships</u> Why do some people get married? <u>Our Communities</u> How can I be a great citizen?</p>	<p><u>Our Communities</u> What is prejudice? What is the history of prejudice? What should I do if I encounter prejudice?</p>
Spring 1	<p><u>Mental Health</u> How do I manage my feelings? <u>Online Safety</u> Strangers and Sharing Online</p>	<p><u>Mental Health</u> Are we happy all the time? <u>Online Safety</u> Friendships online and Personal information</p>	<p><u>Relationships</u> Should friends tell us what to do? Why are some people unkind? <u>Online Safety</u> Control and consent, Protecting identity, Meeting strangers, personal information, terms and conditions.</p>	<p><u>Relationships</u> Are families ever perfect? Is there such a thing as a normal family? <u>Physical Health</u> How do I save a life? <u>Online Safety</u> Analysing digital media and bias.</p>
Spring 2	<p><u>Online Safety</u> Digital Media <u>Relationships</u> Do families always stay the same? What makes a good friend?</p>	<p><u>Our Communities</u> How can we help the people around us?</p>	<p><u>Mental Health</u> Does everybody have the same feelings? Should we be happy all the time?</p>	<p><u>Mental Health</u> Why do we argue? Who am I? <u>Relationships</u> How do I accept my friends for who they are?</p>

Summer 1	<u>Our Communities</u> How do we make the world fair? Where do you feel like you belong?	<u>Physical Health</u> How do I stop getting ill?	<u>Our Communities</u> Why is money important? How should I spend my money? How can I earn money? <u>Physical Health</u> Is there such a thing as the perfect body? How can I stay fit and healthy?	<u>Our Communities</u> What makes us feel like we belong? What does it mean to be British? <u>Physical Health</u> How will my feelings change as I get older?
Summer 2		<u>Relationships</u> How should we treat people who are different? Are all families like mine?	<u>Physical Health</u> How will my body change as I get older? What is menstruation?	<u>Physical Health</u> Can I avoid getting ill? Why do some people take drugs?

At Lydgate Junior School we follow the Learn Sheffield scheme for RHE within PSHE. We ensure that this also covers the elements of British values and citizenship. As individual teachers (or if required as a staff) we ensure we are responsive to moments of significance in the news around the world. We also adapt our planning and lessons in accordance with relevant issues for pupils at our school or in our individual classes.