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|  | Getting focused (Mind up) / Self-esteem (ReSET) Emotions (ReSET)**New Beginnings**  **Going for Goals!** | Living in the wider world(Mind Up: Sharpening your senses)British Values **Say no to bully!** **Good to be me** | Health and Wellbeing**Respecting Others** **(Getting on and falling out)** * Working collaboratively
* Being a good friend
* Overcoming fear
* Solving a difficult problem with a friend

**Relationships/ Changes** |
|  | Autumn 1st half  | Autumn 2nd half | Spring 1st half | Spring 2nd half | Summer 1st half  | Summer 2nd half |
| Year 1/2  | Learning to Learn week: Unit 1: Getting focused:How our brains workMindful AwarenessFocused Awareness Who am I?Keeping Safe in schoolReSET Self-esteem short programme 1. Self-esteem questionnaire
2. I am unique
3. The Island
 | Being a good friendReSet: Emotions short programme Resolving arguments and working with others.  | Mind Up: Unit 2: Sharpening your sensesLiving togetherOutdoor safetyEnvironment  | Keeping track of moneySpend or save?Where money comes from?Rights and responsibilities Mind up Unit 3: It’s all about attitude  | Science Link:Knowing me: identify boys and girls and know the differences between them. Identify changes from birth to adults.  |  Science Link: Staying healthyMedicinesWho gives us medicines?Going to hospitalEmergency Services – when and how they can help us Say what they are good at. Set simple goals. |
| Year 3/4 | Learning to Learn week: Unit 1: Getting focused:How our brains workMindful AwarenessFocused Awareness  | Christopher Winter project | Staying safeOur community in the mediaOrganisations which help our communityRubbish and recycling  | Ways to payLending and borrowingJobs | Being physically active | Christopher Winter project |
| Year 5/6 | Learning to Learn week: Unit 1: Getting focused:How our brains workMindful AwarenessFocused Awareness  | Christopher Winter project  | Staying safe in our community  | EnterpriseWhat influences spendingSaving | Getting help and first aidHealthy lifestyle choices: judging risksChristopher Winter Project  |
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| **Diary Notes:**Be the Best you can be launch: 22nd September 2015Black History Week: 19th October – 23rd October 2015Anti-Bullying Day: 16 November 2015Business Week: 7th December – 11th December 2015Safer Internet Day: February 2016 |

Chacewater PSHE Curriculum 2015-2016

KS1 and KS2: ReSet, Mind up, Rtime, Christopher Winter Project (SRE), citizenship, SEAL