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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 work  Mindful Awareness  Focused Awareness  Who am I?  Keeping Safe in school  ReSET Self-esteem short programme   1. Self-esteem questionnaire 2. I am unique 3. The Island | Being a good friend  ReSet: Emotions short programme  Resolving arguments and working with others. | Mind Up: Unit 2: Sharpening your senses  Living together  Outdoor safety  Environment | Keeping track of money  Spend 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 healthy  Medicines  Who gives us medicines?  Going to hospital  Emergency 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 work  Mindful Awareness  Focused Awareness | Christopher Winter project | Staying safe  Our community in the media  Organisations which help our community  Rubbish and recycling | Ways to pay  Lending and borrowing  Jobs | Being physically active | Christopher Winter project |
| Year 5/6 | Learning to Learn week:  Unit 1: Getting focused:  How our brains work  Mindful Awareness  Focused Awareness | Christopher Winter project | Staying safe in our community | Enterprise  What influences spending  Saving | Getting help and first aid  Healthy lifestyle choices: judging risks  Christopher Winter Project | |
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| **Diary Notes:**  Be the Best you can be launch: 22nd September 2015  Black History Week: 19th October – 23rd October 2015  Anti-Bullying Day: 16 November 2015  Business Week: 7th December – 11th December 2015  Safer Internet Day: February 2016 | | | | | | |

Chacewater PSHE Curriculum 2015-2016

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