



Upton Junior School PSHE Curriculum



Additional whole school PD activities

Additional PSHE lessons

Suggested books linked to PSHE weeks

Term 1:

Focus Text "The Dot" - Exploring self-esteem, emotional regulation and mental health

Year Group	PD Day Focus	Week 1 Session 1	Week 1 Session 2	Week 1 Session 3
3	Making friends and new starts	IALT: understand what affects my mental health introduce zones of regulation	IALT: reflect and celebrate achievements and set goals	IALT: understand good and bad feelings
4	IALT: understand change (transition to Year 4 focus)	IALT: understand that we have conflicting emotions Re-introduce zones of regulation	IALT: overcome conflicting emotions	IALT: understand that people can feel loss, separation in families
5	Transition Focus	IALT: develop strategies to help me when I get anxious Re-introduce the zones of regulation	IALT: know that pressure to behave in a bad way can come from a variety of sources	IALT: understand how to resist pressure to make wrong choices
6	Transition Focus Re-introduce the zones of regulation	IALT: understand how self-esteem can be affected by the media	IALT: understand healthy body image	IALT: understanding their right to being healthy and safe (NSPCC)

Friday 8th October - Hello Yellow Mental Health Day

Staff PDM reintroducing and establishing expectations with the Zones of Regulation and Mindfulness (wb 27th September)

Term 2:

Health and Safety

Book suggestions:

Year 3 - Eat More Colours (rhyming book about veganism) by Breon Williams

Year 4 - Keeping Safe: Healthy Me by Katie Woolley

Year 5 - The Bad Seed by Jory John

Year 6 - Goldilocks a Hashtag Cautionary Tale by Jeanne Williams

Year Group	PD Day Activities	Week 1 Session 1	Week 1 Session 2	Week 1 Session 3
3	E-safety IALT: understand that the media might not reflect reality Physical Safety: Bites and Stings	IALT: understand the concept of a balanced lifestyle	IALT: understand the benefits of a balanced diet and the influences of it	Writing activity linked to the text - involving health and safety
4	Physical safety: Asthma Flood alerts	IALT: differentiate between a "risk", "danger" and "hazard"	IALT: recognize, predict and react to risks in situations (road safety)	IALT: understand how independence means a higher responsibility to be safe
5	Safety lesson on bleeding IALT: understand health and safety rules - emergency procedures and how to get help	IALT: what is meant by the term habit and why they are hard to change	IALT: learn how habits can damage health and wellbeing	Writing activity linked to habits
6	Water Safety - canal and river safety Safety from Choking	E-Safety IALT: understand the importance of protecting personal information	IALT: understand responsible use of phones	IALT: understand appropriate communication online

Anti-Bullying Week - One Kind Word 15th to the 19th November

Term 3

Healthy and Unhealthy Relationships

Focus Text: Kindness is my Superpower Alicia Ortego (going against peer pressure, responding positively)

Year Group	PD Day Activities	Week 1 Session 1	Week 1 Session 2	Week 1 Session 3
3	Introduce text and complete own activities surrounding it	IALT: recognize and respond appropriately to the feelings of others.	IALT: recognize what a healthy relationship is	IALT: recognize an unhealthy relationship and how to ask for help
4	Introduce text and complete own activities surrounding it	IALT: understand that our actions can affect others	IALT: understand acceptable physical contact	IALT: the concept of keeping a secret and when it is ok to break this promise
5	Introduce text and complete own activities surrounding it	IALT: understand how to resolve conflicts	IALT: compromise and support others during disputes	IALT: to recognize and manage "dares"
6	Introduce text and complete own activities surrounding it	IALT: recognize different forms of bullying	IALT: explore prejudice and how to respond to it	IALT: understand personal boundaries

Term 4

Diversity and Equality in Relationships

Links with Pride Month (February - which fits with first week of term)

Focus text could be: Part of the Party - a twinkl ebook about acceptance of all families with different members (two dads, no parents but a grandma, lots of cousins)

Year Group	PD Day Activities	Week 1 Session 1	Week 1 Session 2	Week 1 Session 3
3	Explore the people that are important in their lives - create a diorama	IALT: recognize different types of relationships (friends, family, relatives etc)	IALT: understand civil partnerships and marriages	Poetry/writing based on equality and diversity
4	Introduce the focus text and explore how it reflects equality and diversity	IALT: understand marriage and that this decision should be freely chosen	IALT: listen and respect others and know it is ok to disagree	IALT: work collaboratively towards shared goals
5	Explore diversity in families: cultural, religious, gender identity and disability (explore equality act 2010)	IALT: understand similarities and differences can come from many areas (discussed on P Day)	IALT: understand the consequences of discrimination in bullying IALT: understand how to respond and ask for help	IALT: recognize and challenge stereotypes
6	Introduce the focus text and explore how it reflects equality and diversity	IALT: understand different terms of gender identity	IALT: understand different loving relationships	IALT: understand marriage and acceptance

Term 5

Living in a Diverse Community

Focus Texts could be:

Migrants by Issa Wantanbe

The Island by Armin Greder

Year Group	PD Day Activities	Week 1 Session 1	Week 1 Session 2	Week 1 Session 3
3	IALT: explore diverse communities and introduce new text	IALT: research a topical issue (global- climate change/immigration)	IALT: debate a topical issue	IALT: understand human rights and children's specific rights
4	IALT: understand different communities (school/family/village/clubs/friends) and what it means to be a part of one	IALT: understand that we have different duties and responsibilities in our different communities	IALT: understand UK human rights and British Law	IALT: understand how to respond to discrimination towards individuals
5	Introduce text and explore how it links to the diversity	IALT: explore different voluntary and charitable organisations	IALT: explore and appreciate diverse religious and ethnic identities in the UK	IALT: consider the lives of people living with different values and customs.
6	Introduce text and explore how it links to the diversity	IALT: explore social media and how it can mislead or misrepresent communities - big link with migrant text	Additional activities as we have covered objectives: Explore an individual who fought for gender equality	Additional activities as we have covered objectives: Explore an individual who fought for racial equality

Diversity Day Saturday 21st May 2022 - we can have our own diversity day on Friday 20th May

Puberty will be covered by Year 6 this term, as part of the UBBC topic "Born this Way"

Term 6:

Social and Economic Wellbeing

- Enterprise Week could be Week 1 and link with PD week

Text Possibilities:

Years 3 and 4 - Rock, Brock and the Savings Shock by Sheila Bair

Years 5 and 6 - The Lemonade War by Jacqueline Davies

Year Group	PD Day Activities	Week 1 Session 1	Week 1 Session 2	Week 1 Session 3
3	Introduce focus text and plan creative activities based around it.	IALT: understand the importance of money and saving	IALT: understand how rules and laws protect a society	IALT: understand universal rights
4	Introduce focus text and plan creative activities based around it.	IALT: respect peoples' point of views in how they live in a community	IALT: explore charities that support local communities	IALT: explore charities that support national communities
5	Introduce focus text and plan creative activities based around it.	IALT: explore how money plays a role in their lives	IALT: explore how money plays a role in others' lives and the term "critical consumer"	IALT: understand the terms "interest" "loan" and "debt"
6	IALT: explore the term enterprise and how you develop enterprise skills Link with focus text	IALT: understand economic sustainability and how this affects communities around the world	IALT: county lines and drugs problems linking to social inequality	Writing task on the theme of economic sustainability

Year 6's UBBC topic will focus on transition and so this will be taught throughout the last topic