

Subject:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Topic	Where in the World is Beeston?	Let's Celebrate	Can you travel in time?	Let's be curious	Freestyle	Moving on up	
Nursery Reception	Personal Social Emotional Development underpins all areas of our the Early Years Foundation Stage curriculum. It is developed continually throughout the year through embedding classroom routines, encouraging positive relationships between children having clear expectation of behaviour and through sensitive child/adult interactions. Jigsaw is used to support PSHE						
Year 1	Mental health and emotional wellbeing: Feelings Pupils learn:  about different types of feelings (Mindmate Lesson: Feeling good and being me)  Identify and talk about times when people feel happy (Mindmate Lesson: Friends and Family)  about managing different feelings  about change or loss and how this can feel	Keeping safe and managing risk: Feeling safe Pupils learn:  safety in familiar situations  about personal safety  about people who help keep them safe outside the home  Mindmate Lesson: Solving problems – (Setting goals and working as a team.)	Relationship Education Pupils learn:  • to understand and respect the differences and similarities between people (use Mindmate Lesson – Being the same, being different)  • that everybody needs to be cared for and ways in which they care for others  • about different types of family (grandparents, carers, care homes, same sex parents) and how their home-life is special.  (also see Diversity role model resources on 1drive)	Drug, alcohol and tobacco education: What do we put into and on to bodies? Pupils learn:  about what can go into bodies and how it can make people feel	Physical health and wellbeing: Fun times Pupils learn:  • about food that is associated with special times, in different cultures  • about active playground games from around the world  • about sun-safety  • Mindmate Lesson – Strong emotions (recognising fair/unfair, kin/unkind and links with playing)	Careers, financial capability and economic wellbeing: My money Pupils learn:  about where money comes from and making choices when spending money  about saving money and how to keep it safe  about the different jobs people do  Mindmate Lesson: Life Changes	
Year 2	Physical health and wellbeing: What keeps me healthy? Pupils learn:  about eating well  about the importance of physical activity, sleep and rest  about people who help us to stay healthy and well and about basic health and hygiene routines	Mental health and emotional wellbeing: Friendship Pupils learn:  about the importance of special people in their lives  about making friends and who can help with friendships  about solving problems that might arise with friendships	Identity, society and equality: Me and others Pupils learn:  • about what makes themselves and others special (Mindmate lesson: Feeling good & being me Celebrating strengths)  • about roles and responsibilities at home and school  • about being co-operative with others	Relationship Education Pupils learn:  Through animal stories learn about the biological differences between male and female animals and their role in the life cycle  about growing from young to old and that they are growing and changing	Drug, alcohol and tobacco education: Medicines and me Pupils learn:  why medicines are taken  where medicines come from  about keeping themselves safe around medicines Asthma lesson for Year  2, 3 or 4	Keeping safe and managing risk: Indoors and outdoors Pupils learn:  • about keeping safe in the home, including fire safety • about keeping safe outside • about road safety  Mindmate Lesson – Strong emotions (feeling sad)	



	Mindmate Lesson: Solving problems –(keeping going)	Mindmate Lesson: Friends & family (Impact of behaviour and friendships.)	Mindmate Lesson – Being the same, being different –empathy)	Mindmate lesson: Life changes (Dealing with loss)		
Year 3	Mental health and emotional wellbeing: Strengths and challenges Pupils learn:  about celebrating achievements and setting personal goals (Mindmate lesson: Feeling good & being me, goals and aspirations)  about dealing with putdowns  about positive ways to deal with set-backs	Keeping safe and managing risk: Bullying – see it, say it, stop it Pupils learn:  Mindmate Lesson: Friends & family (being unkind and its impact)  to recognise bullying and how it can make people feel about different types of bullying and how to respond to incidents of bullying about what to do if they witness bullying	Drug, alcohol and tobacco education: Tobacco is a drug Pupils learn:  the definition of a drug and that drugs (including medicines) can be harmful to people  about the effects and risks of smoking tobacco and second hand smoke  about the help available for people to remain smoke free or stop smoking Asthma lesson for Year 2, 3 or 4	Identity, society and equality: Celebrating difference Pupils learn: Pupils learn about valuing the similarities and differences between themselves and others Pupils learn about what is meant by community Mindmate Lesson: Solving problems — (working with different people) Pupils learn about belonging to groups Mindmate Lesson — Being the same, being different- differing opinions)	Relationship Education Pupils learn:      about the way we grow and change throughout the human lifecycle     Mindmate lesson: Life changes (handling change)      Pupils learn strategies to deal with feelings in the context of friendship and relationships     Mindmate lesson: Strong emotions (Dealing with strong emotions)	Physical health and wellbeing: What helps me choose? Pupils learn:  • about making healthy choices about food and drinks  • about how branding can affect what foods people choose to buy  • about keeping active and some of the challenges of this
Year 4	Identity, society and equality: Democracy Pupils learn:  • Mindmate lesson: Friends and family (Maintain and keep positive relationships)  • Mindmate lesson: Being the same and different (know actions affect themselves and others)	Drug, alcohol and tobacco education: Making choices Pupils learn:  that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them	Careers, financial capability and economic wellbeing: Saving, spending and budgeting Pupils learn:  about what influences people's choices about spending and saving money	Keeping safe and managing risk: Playing safe Pupils learn:  • Mindmate lesson: solving problems (coping in difficult situations)  • how to be safe in their computer	Physical health and wellbeing: What is important to me? Pupils learn:  why people may eat or avoid certain foods (religious,	Relationship Education  Pupils learn:  Pupils learn about the physical changes associated with puberty  about the impact of puberty on physical hygiene and strategies for managing this



	<ul> <li>about Britain as a democratic society</li> <li>about how laws are made</li> <li>learn about the local council</li> </ul>	<ul> <li>about the effects and risks of drinking alcohol</li> <li>about different patterns of behaviour that are related to drug use</li> <li>Mindmate lesson: strong emotions (Resisting pressure)</li> <li>Asthma lesson for Year 2, 3 or 4</li> </ul>	how people can keep track of their money     about the world of work	gaming habits (discuss gaming/gambling links)  about keeping safe near roads, rail, water, building sites and around firework  about what to do in an emergency and basic emergency first aid procedures	moral, cultural or health reasons)  about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality)  about the importance of getting enough sleep  Mindmate lesson: Life changes (Wellbeing and mental health)	how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty     Mindmate lesson: Feeling good and being me. (Intensity)  *include different religious aspects
Year 5	Mental health and emotional wellbeing: Dealing with feelings Pupils learn:  • Mindmate lesson: Strong Emotions. (I know what mental health is)  • about a wide range of emotions and feelings and how these are experienced in the body  • about times of change and how this can make people feel Mindmate lesson: Life changes. (Seeing change in positive light)	Identity, society and equality: Stereotypes, discrimination and prejudice Pupils learn:  • Mindmate lesson: Friends and family. (unhealthy relationships)  • about stereotyping, including gender stereotyping  • workshop from Diversity Role Models (resources in 1 Drive folder)  • about prejudice and discrimination and how this can make people feel	Keeping safe and managing risk: When things go wrong Pupils learn:  • Mindmate lesson: Feeling good and being me. (Intensity)  • about keeping safe online  • that violence within relationships is not acceptable  • about problems that can occur when someone goes missing from home	Relationship Education Pupils learn:      about menstruation     about the changes that occur during puberty (physical, emotional and behavioural)     to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact     Mindmate lesson:     Feeling good and being me (I can do) *include different religious aspects	Drug, alcohol and tobacco education: Different influences Pupils learn:  about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis  about different influences on drug use — alcohol, tobacco and nicotine products  strategies to resist pressure from others about whether to use drugs/smoking	Careers, financial capability and economic wellbeing: Borrowing and earning money Pupils learn:  • that money can be borrowed but there are risks associated with this (discuss gambling)  • about enterprise  • what influences people's decisions about careers  • Mindmate lesson: Solving problems. (Talking it through)



about the feelings     associated with loss, grief     and     bereavement   Year 6  Mental health and	Identity, society and	Identity, society and	Drug, alcohol and	Relationship Education	Keeping safe - out and about
emotional wellbeing: Healthy minds Pupils learn:  what mental health is (Mindmate lesson: Strong Emotions - Happiness)  about what can affect mental health and some ways of dealing with this  about some everyday ways to look after mental health (Mindmate lesson Solving problems — looking after mental health)  about the stigma and discrimination that can surround mental health	equality: Human rights Pupils learn:  about people who have moved from place to place (including the experience of refugees)  about human rights and the UN Convention on the Rights of the Child  To present findings from	equality: Human rights Pupils learn:  To understand reasons why people may become homeless. To explain how we can help people who find themselves in homeless situations. To present findings from research from their research into homelessness.	tobacco education: Weighing up risk Pupils learn:  Mindmate lesson: Feeling good and being me. (Selfintegrity)  about the risks associated with using different drugs, tobacco, alcohol, medicines  about assessing the level of risk in different situations involving drug use  about ways to manage risk in situations involving drug use	Pupils learn:  Mindmate lesson: Friends and family. (Celebrating friendship)  what values are important to them in relationships and to appreciate the importance of friendship  about roles and responsibilities of carers and parents  *include different religious aspects	Mindmate lessons. Being same and diffren (Seeing change in positive light)      about feelings of being out and about in the local area with increasing independence      about recognising and responding to peer pressure      about the consequences of anti-social behaviour (including gangs and gang related behaviour)      Mindmate lesson: Life changes (Moving on)      Opt-in Lesson – Sex Education run by Leeds Health and Wellbeing Team