

## PHSE Overview Moorpark Junior School.

<b>PHSE</b>	First three days <ul style="list-style-type: none"> <li>• Esafety</li> <li>• Colour Monster</li> <li>• 3 Bees</li> <li>• British Values</li> </ul>	Autumn: Relationships			Spring: Living in the Wider World			Summer: Health and Wellbeing		
		<b>Families and Friendships</b>	<b>Safe Relationships</b>	<b>Respecting Ourselves and Others</b>	<b>Belonging to a community</b>	<b>Media Literacy and Digital Resilience</b>	<b>Money and work</b>	<b>Physical Health and Wellbeing</b>	<b>Growing and Changing</b>	<b>Keeping Safe</b>
Year 3	<b>SMART RULES</b> Keeping yourself safe (Not giving out details/meeting up)  <b>Colour Monster</b>	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and re-framing setbacks	Risks and hazards; safety in the local environment and unfamiliar places <b>First aid</b>
Vocab		single parents, same-sex parents, step-parents, blended families, foster and adoptive parents Safe, boundaries, hurtful, bullying, unkind, culture, respect, self-respect, dangerous, unsafe			Human rights, stereotypes, interests, skills, achievement, gender bias, responsibilities			Hazards, balanced diet, drugs, personal identity setbacks, food groups, harmful substances, mental health, physical health, unhealthy, healthy, disease		
Colour monster		What do we do when a friendship/family relationship is negatively affecting us? How do you think the victim/bully feels? Why?			How does having laws/rules make us feel? How do you feel when a law/rule is broken? How does your personal goal make you feel?			If you're not feeling well, how can this make you feel emotionally? How does... make you feel? What strategies can you use to support you/others when you feel this way? How does being unhealthy/healthy make you feel mentally?		
Twinkl		<b>VIPs</b> <b>Digital Wellbeing L1-3</b>			<b>One World</b> <b>Online Safety</b> <b>Aiming High</b>			<b>Think Positive</b>		
Year 4	<b>Online relationships.</b> Cyber bullying Trolling What is true?  <b>Colour Monster</b>	Positive friendships, including online	Responding to hurtful behaviour; managing confidently; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Personal identity; recognising individuality and different qualities;	Medicines and household products; drugs common to

									mental wellbeing	everyday life <b>First aid</b>
Vocab		Mutual respect, positive relationships, healthy relationships, communicating, dares, confidence, secrets, right, wrong, mutual respect			Digital footprint, data, community groups, facts, advertisement, budget,			Side effects, chemicals, drugs, medicine, balanced diet, food groups, choices, habit		
Colour monster		How do positive/negative friendships/family relationships make us feel? How do positive/negative interactions online make you feel? How do you feel when someone is hurtful/disrespectful?			How would you feel if... happened online? What can you do to help you feel positive? How does money make you feel? What happens when we make poor decisions with money?			How can poor dental hygiene/health make us feel? How can we make ourselves feel better when we are ill? How can we make sure our mental health is good?		
Twinkl		<b>TEAM Be Yourself</b> <b>Digital Wellbeing L4-6</b>			<b>Money Matters</b> <b>Diverse Britain</b>			<b>Safety First</b> <b>It's My Body</b>		
Year 5	<b>Social Media.</b> Positives and negatives linked to Self-esteem and body image Fake News  <b>Colour Monster</b>	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Physical and emotional changes in puberty; external genitalia; personal hygiene routines, support with puberty	Keeping safe in different situations, including responding in emergencies, <b>First aid</b>
Vocab		Peer influence, peer approval, strategies, resolving, challenges, acceptable, unacceptable, unwanted, physical contact, discrimination			Media, careers, diversity, inclusion, routes to/from work, environment, consent, safety			Healthy lifestyle, sun safety, disease, bacteria, viruses, personal identity, individuality, puberty, periods, risk, emergency		
Colour Monster		How do you feel when something negative/positive happens within your friendship? How can you make sure you are safe? How do you feel when you've done something that makes you feel unsafe? How do you think... feels when people discriminate against them?			How does it make you feel when the you see damage to your environment e.g. school buildings, your street How do you feel about your future? How would you feel if someone shared your information online without your consent?			How do you feel when you do/don't sleep well? What impact could this have on everything else? How do you feel about growing up? How would you feel if... happened? What strategies can you use to change this? How does... impact your mental health?		
Twinkl		<b>TEAM Be Yourself</b> <b>Being a Good Friend</b> <b>Digital Wellbeing L1-3</b>			<b>Aiming High</b>			<b>Safety First</b> <b>Science unit linked to human reproduction</b>		
Year 6	<b>Radicalisation and extremism</b>	Attraction to others; romantic	Recognising and managing pressure;	Expressing opinions and respecting	Valuing diversity; challenging	Evaluating media sources;	Influences and attitudes to	What affects mental	Human reproduction and birth;	Keeping personal information

	What can I do if people are trying to make me believe different things? What is true on the internet? <b>Colour Monster</b>	relationships; civil partnership and marriage	consent in different situations	other points of view, including discussing topical issues	discrimination and stereotypes	sharing things online	money; money and financial risks	health and ways to take care of it; managing change, loss and bereavement; managing time online	increasing independence; managing transition	safe; regulations and choices; drug use and the law; drug use and the media <b>First aid</b>
Vocab		Loving relationships, civil partnership, civil marriage, forced marriage, challenges, positive role model, conflict, disagreement, sexual orientation, consent			Prejudice, manipulate, restrictions, regulation, critical consumer, scams, gambling, fraud, debt, persecution		Mental wellbeing, loss, grief, independence, transition, consent, committed relationships, love, personal information, social media, risk			
Colour monster		How do loving relationships make you feel? How do you think someone feels when they are forced into a relationship/marriage? How would you feel if you were forced to do something you didn't want to do?			How do you think... felt when they were persecuted? Why do you think people discriminate against...? How would you feel if you were discriminated against for...?		How does loss make you feel? What strategies can you use to help you feel better? How does growing up make you feel? How would you feel if someone shared information about you without asking? How could poor choices make you feel?			
Twinkl		<b>VIPs</b> <b>Digital Wellbeing L4-6</b>			<b>Diverse Britain</b> <b>Money Matters</b>		<b>It's My Body</b> <b>Think Positive</b>			
British Values		<b>Mutual Respect</b> <b>Tolerance</b>			<b>Democracy</b> <b>Rule of Law</b>		<b>Individual Liberty</b>			
Celebration Days (SMSC Links)		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2			
		Sept- International Democracy Day Oct- World Mental Health Day Harvest Show Racism the Red Card	Nov- Guy Fawkes Remembrance Day Children in Need Anti-Bullying Week Dec- Enterprise week (Christmas Fayre) Christmas	Jan- Martin Luther King Jr. Day Holocaust Memorial Day Feb- Children's Mental Health Week Safer Internet Day Chinese New Year Shrove Tuesday/Lent	March/April- Easter March- St. David's Day Women's History Month International Women's Day St. Patrick's Day World Book Day Brain Awareness Week April- Autism Acceptance Week April- St. George's Day  Science week		June- World Environmental Day World Oceans Day Water Safety Week July- National Sports Week Enterprise Week			

				Careers week		
School Values	Launch the 3 Bees in first three days.	<b>Be safe:</b> trust, caring, wisdom, self-respect, peace <b>Be kind:</b> kindness, compassion, respect, honesty, empathy, selflessness, admiration <b>Be ready:</b> resilience	<b>Be ready:</b> curiosity, determination, resilience, patience, courage, ambition, enthusiasm, resilience <b>Be safe:</b> trust, integrity, peace, self-respect <b>Be kind:</b> admiration, respect, honesty, empathy	<b>Be safe:</b> trust, integrity, wisdom, mindfulness, peace, self-respect, caring <b>Be kind:</b> kindness, compassion, honesty, empathy <b>Be ready:</b> courage, resilience, enthusiasm, determination, ambition		