



I'm a pupil at The Mease Federation. This will be my Personal, Social & Health curriculum flow and the knowledge I will learn:

Class 1

Reception, Year 1, Year 2

flowing into

Class 2

Year 3, Year 4

flowing into

Class 3

Year 5, Year 6





My Personal, Social & Health learning – Cycle B						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Anti-bullying week 13-17 November	Children's Mental Health Week 5-11 February			
EYFS/Year1/ Year 2	<u>Families and relationships</u> Family Friendships Other people's feelings Getting along with others Friendship problems Gender stereotypes Change and loss	<u>Health and wellbeing</u> Understanding my feelings Steps to success Developing a growth mindset Being active Relaxation: breathing exercises Healthy diet Looking after our teeth	<u>Citizenship</u> Rules Similar, yet different Caring for others: Animals The needs of others Democratic decisions School Council Giving my opinion	<u>Economic wellbeing</u> Money Needs and wants Saving and spending Banks and building societies Jobs	<u>Safety and the changing body</u> Communicating with adults Road safety Safety at home Safety with medicines What to do if I get lost The internet	<u>Safety and the Changing body</u> Appropriate contact My private parts are private Personal boundaries <u>Transition</u> Sessions matched to the needs of the cohort



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	Autumn 1	Autumn 2 Anti-bullying week 13-17 November	Spring 1 Children's Mental Health Week 5-11 February	Spring 2	Summer 1	Summer 2
Year 3/4	<p><u>Families and relationships</u></p> <p>Friendship issues and bullying</p> <p>Healthy families</p> <p>Stereotyping – Gender</p> <p>Stereotyping – age/disability</p> <p>How my behaviour affects others</p> <p>Effective communication to support relationships</p> <p>Respect and manners</p>	<p><u>Health and wellbeing</u></p> <p>My healthy diary</p> <p>Looking after our teeth</p> <p>Relaxation – visualisation</p> <p>Meaning and purpose – my role</p> <p>Resilience – breaking down problems</p> <p>Emotions</p> <p>Communicating my feelings</p> <p>Mental health</p>	<p><u>Citizenship</u></p> <p>Recycling reusing</p> <p>Local communities, building and groups</p> <p>Local council and democracy</p> <p>Diverse communities</p> <p>Rights of the child</p> <p>Charity</p>	<p><u>Economic wellbeing</u></p> <p>Spending choices</p> <p>Budgeting</p> <p>Money and emotions</p> <p>Jobs and careers</p> <p>Jobs for me</p>	<p><u>Safety and the changing body</u></p> <p>Fake emails</p> <p>Internet safety – age restrictions</p> <p>Consuming information online</p> <p>Tobacco</p> <p>First aid: asthma</p> <p>Choices and influences</p>	<p><u>Safety and the changing body</u></p> <p>Emergencies and calling for help</p> <p>Road Safety</p> <p>Growing up (Y4)</p> <p><u>Transition</u></p> <p>Sessions matched to the needs of the cohort</p>



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Anti-bullying week 13-17 November	Children's Mental Health Week 5-11 February			
	Respecting differences					
Year 5/6	<u>Families and relationships</u> Friendship skills Respect Resolving conflict Family life Stereotyping	<u>Health and wellbeing</u> Relaxation: Mindfulness What can I be? Taking responsibility for my health	<u>Citizenship</u> Pressure groups Valuing diversity Food choices and the environment Caring for others	<u>Economic wellbeing</u> Attitudes to money Keeping money safe Stereotypes in the workplace Gambling Careers	<u>Safety and the changing body</u> Critical digital consumers Social media First aid: bleeding First aid: basic life support	<u>Safety and the changing body</u> Puberty Physical and emotional changes of puberty Menstruation Conception



My Personal, Social & Health learning – Cycle B						
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		Anti-bullying week 13-17 November	Children's Mental Health Week 5-11 February			
	Challenging stereotypes Change and loss	The impact of technology on my health Resilience toolbox Immunisation Physical health concerns Good and bad habits	Rights and responsibilities Parliament and national democracy		(First aid course with external provider?)	Transition Sessions matched to the needs of the cohort