

St Silas Life Skills Framework: Whole School Overview

From Autumn 2020

Life Skills Education (PSHE) is split into three core themes: **Health and Wellbeing**, **Relationships**, **Living in the wider world - Economic Wellbeing**

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Year 1 | What is the same and different about us? | Who is special to us? | What helps us stay healthy? | What can we do with money? | Who helps to keep us safe? | How can we look after each other and the world? |
| Year 2 | What makes a good friend? | What is bullying? | What jobs do people do? | What helps us to stay safe? | What helps us to grow and stay healthy? | How do we recognise our feelings? |
| Year 3 | How can we be a good friend? | What keeps us safe? | What are families like? | What makes a community? | Why should we eat well and look after our teeth? | Why should we keep active and sleep well? |
| Year 4 | What strengths, skills and interests do we have? | How do we treat each other with respect? | How can we manage our feelings? | How can friends communicate safely? | How can choices make a difference to others and the environment? | How can we manage risk in different places? |
| Year 5 | What makes up a person's identity? | What decisions can people make with money? | How can we help in an accident or emergency? | How will we grow and change? | How can drugs common to everyday life affect health? | What jobs would we like? |
| Year 6 | How can we keep healthy as we grow? | | How can the media influence people? | | What will change as we become more independent? How do friendships change as we grow? | |