



## PSHE/SMSC Curriculum Overview

PSHE and SMSC at St Ursula's enables our pupils to have a voice, to make and action informed decisions and take opportunities that will guide them in their future. Our teaching does this by providing compelling, active learning that enables our pupils to develop the concepts, knowledge and skills to be able to successfully manage themselves, their relationships, risk and the challenges and opportunities, predictable and unpredictable, known and unknown that they may encounter

<b>Year 3</b>	<b>Topics and National Curriculum links</b>		
	<b>Health &amp; Wellbeing (Science/PE)</b>	<b>Being Spiritual /Relationships (RE) (Morals)</b>	<b>Social &amp; Cultural understanding /Living in the Wider World (CLC/RE/Science)</b>
<b>Autumn</b>	<p><b><u>The Human Body (Skeleton and muscles)</u></b> To identify that humans and some other animals have skeletons and muscles for support, protection and movement.</p> <p><b><u>Invasion games.</u></b> To explore health and enjoyment benefits. To understand that physical activity can be good and to exercise and get out of breath is natural.</p>	<p><b><u>Domestic Church- Family</u></b> To explore the joys and sorrows of being a family at home.</p> <p><b><u>Baptism/Confirmation-Belonging Promises</u></b> To explore the importance of promises and rules when belonging to a group.</p> <p><b><u>Advent/Christmas-Loving –Visitors</u></b> To explore the demands and joys of visitors.</p>	<p><b><u>Who were the ancient Greeks?</u></b></p> <p><b><u>How did Bronze age people live?</u></b></p> <p><b><u>World Religions Week-Judaism</u></b></p>
<b>Spring</b>	<p><b><u>Gymnastics and Dance</u></b> To explore the benefits of gymnastics based movements to flexibility and general well-being. Understand the importance of nutrition and eating 'the right' foods.</p>	<p><b><u>Local Church-Community journeys</u></b> To explore the Christian family's journey with Jesus through the Church's year.</p> <p><b><u>Eucharist-Relating, Listening and sharing</u></b> To explore the importance of listening and sharing with one another.</p> <p><b><u>Lent/Easter-Giving all</u></b> To explore how people give themselves.</p>	<p><b><u>Where do I live?</u></b></p> <p><b><u>How many oceans are there?</u></b></p>
<b>Summer</b>	<p><b><u>Athletics</u></b> To explore the benefits of athletic based movements to fitness and of being healthy and active. To begin to understand how important nutrition and hygiene is to sustaining a healthy life. To understand the</p>	<p><b><u>Reconciliation-Inter-relating- Choices</u></b> To identify how our choice have consequences</p> <p><b><u>Universal Church-World – Special places</u></b> To understand that everyone has a special place.</p>	<p><b><u>Where did the Romans go?</u></b></p> <p><b><u>Where do Mountains come from?</u></b></p> <p><b><u>World Religions Week Sikhism</u></b></p>

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type of fitness athletes need to perform at a high level.		<b><u>Environmental topic- Science</u></b>
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<b><u>Year 4</u></b>	<b>Topics and National Curriculum links</b>		
	Health & Wellbeing (Science/PE)	Being Spiritual /Relationships (RE) (Morals)	Social & Cultural understanding /Living in the Wider World (CLC/RE/Science)
<b>Autumn</b>	<p><b><u>The Human Body - Teeth and digestion</u></b> To describe the simple functions of the basic parts of the digestive system in humans. To identify the types of teeth their simple functions</p> <p><b><u>Invasion games</u></b> To explore the health and enjoyment benefits from taking part in games. To understand that physical activities take a variety of different forms.</p>	<p><b><u>Domestic Church-Family</u></b> To explore our family trees and the family of God</p> <p><b><u>Baptism/Confirmation-Belonging</u></b> To explore the response of being chosen</p> <p><b><u>Advent/Christmas-Loving</u></b> To explore the gifts of love and friendship</p>	<p><b><u>What was it like to be a dinosaur?</u></b></p> <p><b><u>Who was tougher - Vikings or Anglo-Saxons?</u></b></p> <p><b><u>World Religions Week-Judaism</u></b></p>
<b>Spring</b>	<p><b><u>Healthy Eating</u></b> To make informed choices when creating a recipe. To be able to cook nutritious meals that provides a healthy and balanced diet.</p> <p><b><u>Gymnastics</u></b> To explore the benefits of gymnastics based movements to flexibility and general suppleness. Understand the importance of heart rate and recall muscle group names.</p>	<p><b><u>Local Church-Community</u></b> To explore belonging to a community</p> <p><b><u>Eucharist-Relating</u></b> To explore giving and receiving everyday</p> <p><b><u>Lent/Easter-Giving</u></b> To explore the importance of self-discipline</p>	<p><b><u>How did the Normans change England?</u></b></p> <p><b><u>What makes British wildlife unique?</u></b></p>
<b>Summer</b>	<p><b><u>Athletics</u></b> To explore the benefits of athletic based movements to fitness and of being healthy and active. To understand the type of fitness athletes need to perform at a high level. To develop an understanding</p>	<p><b><u>Reconciliation-Inter-relating</u></b> To explore building bridges of friendship</p> <p><b><u>Universal Church-World</u></b> To explore ordinary people who do extraordinary things</p>	<p><b><u>What's the national sport?</u></b></p> <p><b><u>Do you Samba in Brazil?</u></b></p> <p><b><u>World Religions Week Sikhism</u></b></p>

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	of the main muscles used to create athletic movements.		<u>Environmental topic - Science</u>
<b>Year 5</b>	<b>Topics and National Curriculum links</b>		
	<b>Health &amp; Wellbeing (Science/PE)</b>	<b>Being Spiritual /Relationships (RE) (Morals)</b>	<b>Social &amp; Cultural understanding /Living in the Wider World (CLC/RE/Science)</b>
<b>Autumn</b>	<p><b><u>The Human Body (Heart, lungs and major organs)</u></b> describe the changes as humans develop to old age</p> <p><b><u>Invasion games</u></b> To explore the health and enjoyment benefits from taking part in games. To understand that physical activity can be fun and the importance of eating sensibly. Appreciate hygiene is important to well-being.</p>	<p><b><u>Domestic Church-Family Ourselves</u></b> To explore a deepening awareness of ‘who I am’</p> <p><b><u>Baptism/Confirmation-Belonging - Choices</u></b> To explore how we can show care and commitment</p> <p><b><u>Advent/Christmas-Loving - Hope</u></b> To explore the importance of waiting hopefully</p>	<p><b><u>Who were the Tudors and Stewarts?</u></b></p> <p><b><u>What was it like to live in Ancient China?</u></b></p> <p><b><u>World Religions Week-Judaism</u></b></p>
<b>Spring</b>	<p><b><u>Gymnastics</u></b> To explore the benefits of gymnastics based movements to flexibility, strength and suppleness. Understand the importance of heart rate and recall muscle group names.</p>	<p><b><u>Local Church-Community - Mission</u></b> To explore the mission of inspirational leaders</p> <p><b><u>Eucharist-Relating – Memorial sacrifice</u></b> To explore how memories are kept alive</p> <p><b><u>Lent/Easter-Giving Sacrifice</u></b> To appreciate the cost of giving</p>	<p><b><u>Can we make St Ursula’s the movie?</u></b></p> <p><b><u>How is Egypt different to Britain?</u></b></p>
<b>Summer</b>	<p><b><u>Athletics</u></b> To explore the benefits of athletic based movements to fitness and of being healthy and active. To understand how important nutrition and hygiene is to sustaining a healthy life. To understand the type of fitness athletes need to perform at a high level.</p>	<p><b><u>Reconciliation-Inter-relating – Freedom and responsibility</u></b> To explore the importance of responsibilities in freedom</p> <p><b><u>Universal Church-World - Stewardship</u></b> To explore how we can care for the earth</p>	<p><b><u>Why does engineering matter?</u></b></p> <p><b><u>Can we go on Safari?</u></b></p> <p><b><u>World Religions Week Sikhism</u></b></p> <p><b><u>Environmental topic- Science</u></b></p>

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<b>Year 6</b>	<b>Topics and National Curriculum links</b>		
	<b>Health &amp; Wellbeing (Science/PE)</b>	<b>Being Spiritual /Relationships (RE) (Morals)</b>	<b>Social &amp; Cultural understanding /Living in the Wider World (CLC/RE/Science)</b>
<b>Autumn</b>	<p><b><u>The Human Body</u></b> <b><u>(Keeping Healthy, Drugs, Smoking, Alcohol)</u></b> To explore the main parts of the human circulatory system and recognise the impact of diet, exercise, drugs and lifestyle.</p> <p><b><u>Tag Rugby</u></b> To explore the health and enjoyment benefits from taking part in rugby related. To understand the type of fitness rugby players need to perform at a high level.</p>	<p><b><u>Domestic Church-Family</u></b> To explore the love and care of people.</p> <p><b><u>Baptism/Confirmation-Belonging</u></b> To explore commitment in life.</p> <p><b><u>Advent/Christmas-Loving</u></b> To explore the meaning of expectation.</p>	<p><b><u>Where shall we sail?</u></b></p> <p><b><u>Immigration: What's our answer?</u></b></p> <p><b><u>World Religions Week-Judaism</u></b></p>
<b>Spring</b>	<p><b><u>Micro-organisms</u></b> To explore are very small organisms called micro-organisms which can be harmful to our health. To understand that micro-organisms can cause food to decay and that food needs to be handled and stored with care.</p> <p><b><u>Sports performance</u></b> Children explore the use of science to improve sports performance. Children will explore the use of biomechanics, nutrition and video analysis to improve their sports technique</p>	<p><b><u>Local Church-Community</u></b> To explore the bible and its story of God's love.</p> <p><b><u>Eucharist-Relating</u></b> To explore was nourishes and what spoils friendship and unity.</p> <p><b><u>Lent/Easter-Giving</u></b> To explore how Loss and death bring about change for people.</p>	<p><b>How did London survive the Blitz?</b></p> <p><b>Where did the Mayans and Aztecs live?</b></p>
<b>Summer</b>	<p><b><u>Athletics</u></b> To explore the benefits of athletic based movements to fitness and of being healthy and active. To understand the importance of nutrition. To understand the type of fitness athletes need to perform at a high level.</p>	<p><b><u>Reconciliation-Inter-relating World</u></b> To explore how we can care for those who are sick.</p> <p><b><u>Universal Church-World</u></b> To explore justice for the good of all.</p>	<p><b><u>Why do we care about Shakespeare?</u></b> <b><u>How has our idea of art changed?</u></b> <b><u>Religions Week Sikhism</u></b></p> <p><b><u>Environmental topic- Science</u></b></p>

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Pupil Voice is central to the ethos of St Ursula's Catholic Junior School. Our children are enthusiastic and confident to share their views and opinions. They listen to each other and are passionate about keeping each other safe.

<b>Pupil voice</b>		
<p style="text-align: center;"><b><u>Eco- School councillors</u></b></p> <p>Our Eco-School Councillors help make sustainability an integral part of school life. They decide what environmental themes will be tackled within school and have worked with teachers and one of our School Governors, to successfully obtain the Eco Schools Green Flag award. Their responsibilities include addressing environmental issues in school and reducing waste.</p>	<p style="text-align: center;"><b><u>RE Monitors</u></b></p> <p>Our RE monitors lead RE within the school and are responsible for maintaining the altar within every classroom. They also write and produce the children's Footprints newsletter - written by the children for the children. During the school year they work with Cafod to raise money for important causes and are always available to greet important visitors to our school. They take their role very seriously and within the school week they collate hymns for singing, and organise the distribution of the Wednesday Word and Thursday Thought for each class.</p>	<p style="text-align: center;"><b><u>E-Buddies</u></b></p> <p>At St Ursula's we are passionate about online Safety. Our E-Buddies work alongside Mrs Marshall to learn more about current E-Safety topics and trends and share this information with their class. We listen to the views of our E-Buddies about popular technology, games and then work to ensure we are providing our children with the tools to stay safe. The E-Buddies have regular meetings to discuss current E-Safety issues, promote keeping safe online and peer teach their classes.</p>
<p style="text-align: center;"><b><u>Junior Transport Ambassadors (JTAs)</u></b></p> <p>Our Junior Travel Ambassadors (JTA) promote safe, active and independent travel within the community. They provide peer-to-peer engagement and it is a fun and engaging way to share important messages and build on life skills.</p>	<p style="text-align: center;"><b><u>Games Crew (House captains and vice captains)</u></b></p> <p>The Games crew join together to develop, organise and promote sport and intra-school competition at St Ursula's Catholic Junior School. In Addition to organising events, the Games Crew work closely with Mr Ashburn to develop and shape sport provision at St Ursula's.</p>	<p style="text-align: center;"><b><u>Art Crew</u></b></p> <p>The Art Crew help pupils with art, launch exciting competitions and make sure that drawing, painting and general art skills are great at St Ursula's Junior School.</p>