

'Enabling every child to flourish in their potential as a child of God'



St Michael's

Safe & Healthy Body, Mind & Spirit Curriculum

(PSCHE – Personal, social, citizenship and health education as well as RSE)

'Enabling every child to flourish in their potential as a child of God'

Safe & Healthy Body, Mind and Spirit Curriculum
Autumn Term

Values – Respect, Love, Hope, Peace, Joy, Trust, Resilience

	Autumn I	Autumn II
Safeguarding	How to be safe- at home and in school	Cyber safety
	Firework safety	Road safety
	SG- Pants (sexual exploitation)	
PSCHE (Let's Talk) Health and Well-being	Walk a mile to Mayow Park Launch Speed bounce challenge – inter-intra competition Which foods keep us healthy? 5 a day	
Relationships	Y1,Y3,Y5 – TEAM* (Together everyone achieves more)	
Living in a wider world	Y2,Y4,Y6 – One World * International Day (RSE Y2 – Families) RSE Y4 – Differences and Similarities)	Y1,Y3,Y5- Britain * Y2,Y4,Y6 – Respecting Rights*
RSE	Rec – Emotional Literacy, Trust & help, Body Awareness, Hygiene	
British values	Respect our British values Democracy – election of committees	Tolerance – celebrate difference (Peace value)
Conduct/Ethos	Behaviour - Good to be green system – what is restorative justice Classroom expectations and playground rules– 4 square / football/ climbing frame	Behaviour - How can we show respect to others - treat people like you would like to be treated
	What makes a good friend Y6 – what makes a good buddy	Attitude to school - What do I like about my school? Why do I have to come to school? (Questionnaires)
Values	Love Self – esteem: Love yourself –Why is it good to be me? SEAL – GOOD TO BE ME Mantras Friendship: How do I look after my friend? Conduct: Words have consequences... Think before you speak Feelings: What is empathy and how can we solve it?	Peace Self-esteem: How can I be at peace with who I am? Friendship: What should I do if I fall out with my friend Conduct: What contribution can I make to make this world a peaceful place? Feeling : Mindfulness - Introduction to mental health/ Mental health awareness SEAL – GETTING ON AND FALLING OUT
National initiatives	Anti-bullying SEAL – SAY NO TO BULLYING	Black History
Charities – giving back	Harvest – Local Foodbank Gugulethu – Township in South Africa	Poppy Appeal – Royal British Legion Children in Need Red Box Appeal

'Enabling every child to flourish in their potential as a child of God'

Safe & Healthy Body, Mind and Spirit Curriculum
SPRING Term

Values – Respect, Love, Hope, Peace, Joy, Trust, Resilience

	Spring I	Spring II
Safeguarding	Stranger danger	Fire safety (Y2 & Y5 visit from fire fighters)
	Cyber safety – safer internet day NSPCCC	Knife crime – Y56
PSCHE (Let's Talk) Relationships	Be Yourself – Y1,3,Y5* (RSE Y1 Myself & others RSE Y3 Emotions) VIP – Y2,Y4,Y6* (RSE Y2 Friendship)	
Health & Well-being	Children's Mental health week Fitness challenge Skipping inter-intra competition Mile to Mayow Park – on-going	It's my body – Y1,Y3,Y5 (RSE Y1: Body Parts) Safety First – Y2,Y4,Y6 (RSE Y2: Safety Y4 Safety) Fitness challenge – our mental and physical ability to cope with the challenges without becoming ill
RSE		
British Values	(Respecting Rights – PSHE)	
Conduct/Ethos	Reminder of RJ Attitude to school (respect)	
Values	Hope	Resilience <i>Self-esteem:</i> Being confident to call upon others when we meet challenges, because resilience is also about knowing when to ask for help <i>Friendship:</i> You can't control other people and their choices, you can only control your response and reaction <i>Conduct:</i> How do I learn? The learning pit. Growth mindset <i>Feelings:</i> How can change make me feel? <i>Awareness:</i> sometimes we have no control over what is happening around us, but we can seek support
National initiatives	Children's Mental health week	
Charities	To celebrate diversity - Crazy Hair Day. Money goes towards a charity of choice by Junior Gvns	Red Nose Day (Crescent run)

'Enabling every child to flourish in their potential as a child of God'

Safe & Healthy Body, Mind and Spirit Curriculum
Summer Term

	Summer I	Summer II
Safeguarding	Phone safety Transport safety – Trains, Bikes, Scooters	Linked with TRUST value Trusting children you know - Alright Charlie Whisper (trusting/telling adults) Water safety FGM? Staying safe on holiday. Sun safety
PSCHE (Let's Talk)		Y1,Y3,Y5 – Money matters*
Living in the wider world	Y1,Y3,Y5 – Aiming High* Aspirational Day (RSE Y3 Self-esteem)	Y2,Y4,Y6 – Growing up* (RSE Y2 Looking after my body, Y4)
Relationship	Y2,Y4,Y6 – Think Positive* (RSE Y2 choices Y4 changes)	
Health & well-being	Healthy eating week Fitness challenge Chest push inter-intra competition Mile to Mayow Park – on-going	Sports Day
RSE (Relationship aspect will be taught as part of PSHE curriculum)	<i>Year 5:</i> Puberty p120 <ul style="list-style-type: none"> • The physical and emotional changes that take place at puberty. • To name the main male and female internal and external sexual reproductive parts, using the correct terminology. • To be aware that puberty occurs at different times for different people and be able to explain why. • To identify and describe the main physical and emotional changes that take place at puberty for boys and girls. • To be able to identify and understand how hygiene needs change during puberty. • To make clear the link between changes at puberty, sexual intercourse and the start of a baby. • To explore girls' perceptions of boys, and boys' perceptions of girls in a variety of situations. 	In addition to the science curriculum, these objectives will be taught to Year 6 pupils. (See SOW for more detailed objectives) <i>These objectives are specific to SRE and not statutory until 2020.</i> <i>Relationships</i> <i>Support Networks</i> <i>Reproduction and pregnancy</i> <i>Resolving conflict in relationships</i> <i>Taking risks</i> <i>Stereotyping</i> <i>Prejudice, discrimination and consent</i> Resource: Channel 4 Living and growing DVD teachers to be selective with clips
British values		
Conduct		
Values	Joy Self-esteem: Positivity...turning negative thoughts into positive thoughts. Positivity jar. Friendship: Conduct: Buckets of kindness /Random acts of kindness Feelings: Anger...what happens to my body when I feel angry. Stages of anger Feelings: Happiness is ..having peace in the fact that I am loved by God. Being content. Mindfulness	Trust Self-esteem: What can I do to solve my problem... who can I trust? Friendship: How can I be a trust worthy friend? Conduct: Is honesty always the best policy? When is it ok to keep a secret? Feelings:
National initiatives		
Charities	Bishop's Lent Appeal	Wear Bright Clothes: Money goes towards a charity of choice by Junior Gvns , i.e. 2019 – Evelina London Hospital

Philosophy for children to fill up any weeks.