



<p><u>Year 3</u></p> <p>In year 3 :</p> <p><u>Rules and Expectations</u></p> <p>In year 3 the children will be learning about:</p> <ul style="list-style-type: none"> • School Rules • Manners • Democracy • Respect <p><u>Collaboration</u></p> <p>The children will be looking at and discussing what opinions are and how to give your opinion clearly.</p> <p><u>Healthy Lifestyles</u></p> <p>In this unit the children will be learning about the importance of exercise and personal hygiene.</p>	<p><u>Year 4</u></p> <p>In year 4:</p> <p><u>Rules and Expectations</u></p> <p>In year 4 the children will be learning about:</p> <ul style="list-style-type: none"> • Rules (GHLLWK) • Responsibilities • Respect <p><u>Stereotypes</u></p> <p>In this unit the children will be learning about:</p> <ul style="list-style-type: none"> • Gender Stereotypes • Discrimination <p><u>Physical Emotional and Mental Health</u></p> <p>In this unit the children learn about:</p> <ul style="list-style-type: none"> • Physical and Mental Health • Different Emotions • Goal Setting <p><u>Feelings</u></p> <p>In this unit the children learn through Apple Module 1 and the following topics:</p> <ul style="list-style-type: none"> • Feelings and emotions • Self- Awareness • Managing feelings <p><u>Economic Awareness (Managing Money)</u></p> <p>In this unit the children learn to manage money.</p> <ul style="list-style-type: none"> • Value of Money • Money Choices • Managing Money • Financial • Management – Tax 	<p><u>Year 5</u></p> <p>In year 5:</p> <p><u>Rules and Expectations</u></p> <p>In this unit, we revisit the rules and expectations of our academy. This involves reflecting upon who we are and our strengths, weaknesses and goals, reflecting upon ideas of fairness and the difference between want and need</p> <p><u>Nutrition & Food</u></p> <p>In this unit the children learn about:</p> <ul style="list-style-type: none"> • Calories • Nutrition • Poor Diet • Healthy Diet • Balanced Diet • Food Hygiene <p><u>Friendship</u></p> <p>In this unit the children explore the following topics through Apple Module 3</p> <ul style="list-style-type: none"> • Friendship • Loneliness & Rejection • Coping Strategies • Trust • Conflict Resolution • The Harmony Pledge 	<p><u>Year 6</u></p> <p>In year 6:</p> <p><u>Rules and Expectations</u></p> <p>In this unit, we revisit the rules and expectations of our academy. This involves reflecting upon who we are and our strengths, weaknesses and goals. Furthermore, as part of electing class representatives, we study aspects of democracy.</p> <p><u>Changes</u></p> <p>In this unit the children explore the following topics through Apple Module 5</p> <ul style="list-style-type: none"> • Life Changes • Coping with loss • Change in family • Relationships • Change linked to mental health <p><u>Healthy Relationships</u></p> <p>Students learn about the different relationships that they have with different people. We begin by looking at the people in our lives and placing them in relationships circles. We then explore these relationships, particularly how friendships may change at secondary school. Finally, we explore ways to keep online relationships healthy.</p> <ul style="list-style-type: none"> • Boundaries • Touch • Digital Boundaries • Reporting when feeling unsafe • Advice & Help
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Inspire Curriculum Synopses: PSHE inc RHE continued

<p><u>Year 3</u></p> <p>In year 3 :</p> <p><u>Resilience (Bullying)</u></p> <p>In this unit the children will be learning about what constitutes a bully. They will explore cyber bullying and what to do when they are faced with these situations.</p> <p>Zippy Module 6</p> <ul style="list-style-type: none"> Coping strategies <p><u>Safety (e-safety)</u></p> <p>In this unit the children will be learning about:</p> <ul style="list-style-type: none"> Internet benefits Online dangers Secure Data Kindness online <p><u>Similarities and Differences</u></p> <p>In this unit the children will look at:</p> <ul style="list-style-type: none"> Diversity Marriage Stereotypes Harmony Pledge <p><u>Emotions</u></p> <p>In this unit the children will be looking at:</p> <ul style="list-style-type: none"> Loss & Separation Coping Strategies Empathy Emotions Feelings Help & Advice 	<p><u>Year 4</u></p> <p>In year 4:</p> <p><u>Communication</u></p> <p>In this unit the children learn about the following topics through Apple Module 2:</p> <ul style="list-style-type: none"> Listening Saying what you want to say Speaking in difficult situations Empathy Good manners <p><u>Growing and Changing</u></p> <p>In this unit the children learn about:</p> <ul style="list-style-type: none"> Being Healthy Before Puberty Visible Changes Teeth Harmony Pledge <p><u>First Aid</u></p> <p>In this unit the children will be learning about the following:</p> <ul style="list-style-type: none"> How to Help Emergency Calls Head Injuries Burns & Scalds Asthma <p><u>Aspirations</u></p> <p>In this unit the children will be discussing and exploring themselves and recognising their skills and talents to enable them to look at their future aspirations.</p> <ul style="list-style-type: none"> Being Me <p>Future Aspirations</p>	<p><u>Year 5</u></p> <p>In year 5:</p> <p><u>Drugs, Tobacco & Alcohol</u></p> <p>This units begins by discussing what a drug <u>actually</u> is, defining them and addressing the impact they can have on the body before progressing towards closer studies over the risks posed by items such as cigarettes, alcohol. This unit looks at ideas of peer pressure and how that affects consumption of certain drugs which is further built upon in year 6 in preparation or leaving to attend secondary school</p> <p><u>Solving Problems</u></p> <p>In this unit the children learn through Apple Module 4 and explore the following topics:</p> <ul style="list-style-type: none"> Cyber Bullying Online Actions Help & Advice Online Time Online Viability Healthy Lifestyle_ <p><u>Physical, Emotional & Mental Health</u></p> <p>In this unit the children look at staying healthy and explore the following topics:</p> <ul style="list-style-type: none"> Health Physical Illness Sleep Health Support <p>Puberty</p>	<p><u>Year 6</u></p> <p>In year 6:</p> <p><u>Aspirations</u></p> <p>In this unit the children think about:</p> <ul style="list-style-type: none"> Personal Strengths Achievements Goals <p>The Harmony Pledge</p> <p><u>Business Enterprise & Economic Awareness</u></p> <p>In this unit the children begin to budget and look at affordability.</p> <ul style="list-style-type: none"> Debate Financial Budgeting Affordability Ethical Spending Peer Pressure <p><u>Moving Forward</u></p> <p>Through Apple Module 6 the children learn about:</p> <ul style="list-style-type: none"> Puberty Transition to Y7 Disappointment Worries <p>The aim here is to make sure children are 'secondary school ready'. They take part in 'transition days' and visit their new schools, while also learning about the attributes of respect, self-sufficiency, resilience, organisation, being a responsible citizen and independence.</p>
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