

Ark PSHCE Curriculum + themes (draft)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p style="text-align: center;">We're all stars</p> <ul style="list-style-type: none"> • Devising a class charter • Getting to know each other • Problem-solving • Looking after each other • Happy playtimes • Making choices 	<p style="text-align: center;">People around us</p> <ul style="list-style-type: none"> • Special people • People who help us • Feeling lonely • Different kinds of families • Difficult choices - leaving home • People and places around the world 	<p style="text-align: center;">Who likes chocolate?</p> <ul style="list-style-type: none"> • Foods from around the world • Customs and rituals • Special day foods and celebrations • How much chocolate do we eat? • Where does chocolate come from? • Fair trade principles 	<p style="text-align: center;">Money Matters</p> <ul style="list-style-type: none"> • Why do we have money? • Keeping money safe • Can I afford it? • Wants and needs • What does it mean to be rich? • Setting a simple goal 	<p style="text-align: center;">Dare to be different</p> <ul style="list-style-type: none"> • Our likes and dislikes • Feeling proud • Being special • Recognising worries • Staying calm and relaxed • Standing up for myself 	<p style="text-align: center;">Dear Diary</p> <ul style="list-style-type: none"> • Asking for help • Feeling loved and cared for • Managing uncomfortable feelings – proud and jealous • Thoughts, feelings and behaviour • Dealing with worries • Supporting each other
Year 2	<p style="text-align: center;">We're all stars</p> <ul style="list-style-type: none"> • Devising a class charter • Getting to know each other • Problem-solving • Looking after each other • Happy playtimes • Making choices 	<p style="text-align: center;">Join in and join up</p> <ul style="list-style-type: none"> • Listening effectively • Expressing opinions • Knowing right and wrong • Needs of living things • Developing responsibility - looking after animals • Who else looks after animals? 	<p style="text-align: center;">Say No!</p> <ul style="list-style-type: none"> • Drugs Ed: medicines • Drugs Ed: household substances • Drugs Ed: the dangers of smoking • Drugs Ed: the dangers of alcohol • Feeling safe: real and imaginary hazards • Anti-bullying 	<p style="text-align: center;">It's our World</p> <ul style="list-style-type: none"> • Devising a class charter • Getting to know each other • Communities we belong to • Saving energy around the school • Recycling • Pollution 	<p style="text-align: center;">Be friendly, be wise</p> <ul style="list-style-type: none"> • Making friends • Falling out with a friend • Managing anger • Anti-bullying • Hazards in the home and fire safety • Road safety 	<p style="text-align: center;">Live Long and Strong</p> <ul style="list-style-type: none"> • SRE: recognising and naming body parts • SRE: understanding the human life cycle • SRE: keeping clean • Looking after our teeth • Staying healthy • Setting a simple personal goal

<p>Year 3</p>	<p>We're all stars</p> <ul style="list-style-type: none"> • Devising a class charter • Gifts and talents • Exploring feelings • Working cooperatively • Happy playtimes • Having opinions 	<p>Join in and join up</p> <ul style="list-style-type: none"> • Jobs at home and in school • Representation – local council • Voting and debating • Having a say in the school community • Voluntary, community and pressure groups • Fund-raising 	<p>Relationships (ARK SRE)</p> <ul style="list-style-type: none"> • Why do friendships change? • How can I be a good friend? • What are some of the bad ways people can behave towards one another • How do I know when I am being bullied • What do I do if I am being bullied? • How can I make up with my friend when we have fallen out? 	<p>It's our World</p> <ul style="list-style-type: none"> • Devising a class charter • Understanding rules and laws • Saving energy (1) • Saving energy (2) • Climate change (1) • Climate change (2) 	<p>Dare to be different</p> <ul style="list-style-type: none"> • Similarities and differences • Feeling good about yourself • Surprises • Hopeful and disappointed • Hiding or showing feelings • Standing up for myself 	<p>Be Friendly, Be Wise</p> <ul style="list-style-type: none"> • The importance of friends • Falling out with a friend • Managing anger • Anti-bullying • What to do in an emergency • E-safety
<p>Year 4</p>	<p>We're all stars</p> <ul style="list-style-type: none"> • Devising a class charter • Gifts and talents • Exploring feelings • Working cooperatively • Happy playtimes • Having opinions 	<p>People around us</p> <ul style="list-style-type: none"> • Similarities and differences • How we are all connected • Living and working cooperatively • Recognising and challenging prejudice • Gender stereotypes • Contributing to society – jobs people do 	<p>Say No!</p> <ul style="list-style-type: none"> • Drugs Ed: risk taking • Drugs Ed: legal and illegal drugs • Drugs Ed: effects and risks of smoking • Drugs Ed: effects and risks of drinking alcohol • Keeping safe in my local area: say no to gangs • Anti-bullying 	<p>Money Matters</p> <ul style="list-style-type: none"> • Keeping track of my money • Paying for goods • Family expenses • Planning and budgeting • Charity work • Fund-raising for charity 	<p>Live long and strong</p> <ul style="list-style-type: none"> • SRE: understanding how our bodies change as we grow • SRE: special people and support networks • SRE: keeping clean • Feeling happy • Staying healthy • Overcoming barriers to reaching goals 	<p>Dear Diary</p> <ul style="list-style-type: none"> • Knowing where to go for help • Taking responsibility • Making wise choices • Managing uncomfortable feelings - loss • Dealing with worries • Supporting each other

<p>Year 5</p>	<p>We're all stars</p> <ul style="list-style-type: none"> • Devising a class charter • Gifts and talents • Exploring feelings • Working cooperatively • Communication skills • Role models 	<p>Join in and Join Up</p> <ul style="list-style-type: none"> • Anti-social behaviour • and the consequences of crime • Rules and laws • The local courts • Voting and debating • Having a say in the school community • Fund-raising 	<p>Who Likes Chocolate</p> <ul style="list-style-type: none"> • Rich and poor nations • Trade across the world • Global footprints • Food shortages and hunger • Fairness and responsibility • Reporting the news 	<p>Relationships</p> <ul style="list-style-type: none"> • What are the important relationships in my life now? • What is love? How do we show love? • What are the different kinds of families and partnerships? Why are some parents married and some not? • Why does calling someone "gay" count as bullying? • What should I do if someone is being bullied or abused? • Can some relationships be harmful? • Why are families important for having babies and bringing them up? 	<p>My Body and feelings</p> <ul style="list-style-type: none"> • Why is my body changing? • How and why do my feelings change as I get older? • How do I feel about growing up and changing what is puberty? • What body changes do boys and girls go through? • Is my body normal? What is normal? • How will my body change as I get older? • What kinds of feelings come with puberty? • What are romantic feelings? • What do families from other cultures and religions think about growing up? 	<p>Keeping Myself Safe</p> <ul style="list-style-type: none"> • Travelling alone • Mobile phones • E-safety • What are the good habits for looking after my growing body? • What do I do if someone wants to do something wrong, dangerous or makes me feel uncomfortable? • When is it good or bad to keep secrets • How can I look after my body now that I am going through puberty?
<p>Year 6</p>	<p>Dear Diary</p> <ul style="list-style-type: none"> • Knowing where to go for help • Managing uncomfortable feelings - embarrassment • Put-downs and boost ups • Breaking friends • Forgiveness • Supporting each other 	<p>People Around Us</p> <ul style="list-style-type: none"> • National, religious and ethnic identities in the UK • Different types of relationships • Stereotyping and judgement • Put-downs and conflict • Ending friendships • Forgiveness 	<p>Say No!</p> <ul style="list-style-type: none"> • Drugs Ed: risk taking and dealing with pressure • Drugs Ed: legal and illegal drugs • Drugs Ed: say no to smoking • Drugs Ed: attitudes to alcohol • Keeping safe in my local area: say no to knives • Anti-bullying 	<p>What money can do</p> <ul style="list-style-type: none"> • Earning money • Value for money • Lending and borrowing money – dangers of debt • Achieving goals • Deductions and expenses • Poverty 	<p>Dare to be different</p> <ul style="list-style-type: none"> • Differences of opinion • Agreeing and disagreeing • Risky choices • Standing out from the crowd • Being assertive • Anti-bullying 	<p>Life Cycles</p> <ul style="list-style-type: none"> • What happens when people get older? • Why does having a baby need a male and a female? • How do different animals have babies? • What is sex? • How does the baby develop? • How is the baby born? • What does a new baby need to keep it healthy and happy?