

PSHE Curriculum Plan for Year 3 to 6 at Fairfield Endowed CE Junior School 2019-20

	Over-arching concepts	Essential skills		Comments
		Personal effectiveness	Interpersonal effectiveness & Social effectiveness	
Health & well-being	A healthy (including physically, emotionally and socially), balanced lifestyle (including within relationships, work-life, exercise and rest, spending and saving and lifestyle choices)	Developing and maintaining a healthy self-concept including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect.	Enterprise skills and attributes	
Relationships	Importance of Healthy mutually beneficial relationships . These may be in 'real' life or online . Social Media will play a part in this online relationship as will friendships and grooming at an age appropriate level.	Recognising the features of healthy and unhealthy relationships. Developing healthy relationships both on and offline. Seeing how this links to self esteem and self worth.	Making friends, Showing respect to others and treating each other with dignity.	
Living in the Wider World	Diversity and equality (in all its forms, with due regard to the protected characteristics set out in the Equality Act 2010) Rights (including the notion of universal human rights), responsibilities (including fairness and justice) and consent (in different contexts)	Identifying unhelpful 'thinking traps' [eg: generalisations, stereotyping]	Valuing and respecting diversity	

Living in the Wider World focus

Years 3 & 4 – Responsibilities at school and in the local community

Years 5 & 6 – Responsibilities Global Citizenship

Health and well-being

Years 3 and 4 - Physical fitness & food [foods for energy, exercise and hydration]

Year 5 and 6 – as above but also moving towards mental health [see Interpersonal and social effectiveness number 5]