

## St Joseph's Catholic Primary School -Overview & Key Questions

### Key events and themes

Autumn - Healthy week Mental Health focus, Spring - Cyber safety week, Summer - Healthy Week Physical Health focus

Financial capability - real life money management as part of maths curriculum within each year group.

On-going themes for reinforcement through assemblies and general curriculum - body image, respect (inc. consent), values and citizenship.

Reception					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
All About Me	New Relationships	Keeping Myself Safe	People Who Help Us	Healthy Me	Look How I've Grown
Why am I special?	<p>What makes someone a good friend?</p> <p>What behaviour makes us feel happy/sad? (inc. Appropriate &amp; inappropriate touch)</p>	How do we keep ourselves safe?	<p>What are emergency services?</p> <p>How do the emergency services help to keep us safe?</p>	<p>What is a body? What does it do?</p> <p>What can I do for myself?</p> <p>What keeps me healthy/ in balance? Why should we brush teeth?</p>	What can I do for myself?

Year 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Hopes & Aspirations	Friendship	Keeping Myself Safe	Self-regulation/Coping Strategies	Healthy Me	I'm a Big Kid/Independence

<p>What are rules? Why are they important?</p> <p>What do I want to get better at this year?</p> <p>How will I help myself to succeed?</p>	<p>What makes someone a good friend?</p> <p>How can I be a good friend to others?</p> <p>What is respect? How do we show it?</p>	<p>Who helps us?</p> <p>How can we help ourselves?</p> <p>What can we do in an emergency?</p> <p>What is first aid?</p>	<p>What are feelings?</p> <p>How can we show different feelings?</p> <p>How do we manage difficult feelings?</p>	<p>What does my body do?</p> <p>How do I help my body?</p> <p>What keeps me healthy/ in balance?</p>	<p>How do I care for myself?</p> <p>Why do we use the toilet?</p> <p>Why do we keep clean?</p> <p>Why do we wash our hands?</p>
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Year 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Hopes & Aspirations	Friendship	Keeping Myself Safe	What Makes Me Unique & Special	Healthy Me	How I've Changed
<p>What are rules? Why are they important?</p> <p>What do I want to get better at this year?</p> <p>How will I help myself to succeed?</p>	<p>How do we show kindness to ourselves?</p> <p>How do we show kindness to others?</p> <p>How do I feel when I am shown kindness?</p> <p>How do I feel when I show kindness to others?</p>	<p>How do we keep ourselves safe?</p> <p>How do I recognise when something could be harmful?</p> <p>What could I do if I think something is not safe?</p>	<p>Why am I special?</p> <p>What makes me feel good about myself?</p> <p>What do we have in common with others?</p> <p>What is a family?</p> <p>How does my family help me to feel good?</p>	<p>Who takes care of me?</p> <p>What keeps me healthy/ in balance?</p> <p>What is a medicine?</p> <p>When can medicines be helpful &amp; when can they be harmful?</p>	<p>How have I changed?</p> <p>What is similar &amp; different about girls &amp; boys?</p> <p>What are the names of the body parts?</p>

Year 3					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Rights & Responsibilities, Hopes & Aspirations	Friendship	Keeping Myself Safe	Emotional Changes & Self esteem	Healthy Me	Sun Safety
What are my rights?  What are my responsibilities?  What are my hopes and aspirations for this year?	What makes a good friend?  What is a healthy relationship?  What might an unhealthy relationship be like?  How do we show kindness to others?  How do we show kindness to ourselves?	What behaviour affects our feelings?  What are 'uh oh' feelings?  What can I do if I don't feel safe?  Who can help me if I don't feel safe?	How do I feel? What affects my mood?  How can I manage my feelings? (inc feelings of loss)  What makes me feel good about myself?	What keeps me healthy/ in balance?  What gives me energy?  What is an active lifestyle?  Why is it important to be active?	How does the sun help us?  How can the sun harm us?  How do we stay safe in the sun?

Year 4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Responsibility	Friendship	Keeping Myself Safe	Family & Community	Healthy Me	Resilience
What is responsibility?  What are my responsibilities?	What makes a good friend?  How do we manage unkind behaviour?  When might we need help from adults?	How do I know if something is dangerous?  Why do we sometimes take risks?	What is a family?  How are families different?  What is a community?	What happens inside my body?  What behaviour can damage my health?  What keeps me healthy/ in balance?	What is resilience? Why does it matter?  How can I develop my resilience?

Who is responsible for me? What are their responsibilities?		How do I manage risk?  Who can help me if I don't feel safe?	How are communities different?  What is discrimination?		
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Year 5					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rights & Responsibilities, Hopes & Aspirations	Friendship	Keeping Myself Safe/Managing Risk	My Place in the World	Healthy Me	Growing Up
What are my rights?  What are my responsibilities?  What are my hopes and aspirations for this year?	What are strengths and attributes?  What are my strengths?  Why would someone value my strengths?  What is the purpose of kindness?  What difference does kindness make?	How do we keep ourselves safe around the home?  How do we keep ourselves safe outside?  What is a support network?  Who is in my support network?	What is happening in my community?  How we can we make a difference in our community?  What is a charity?  Why do charities exist?	What keeps me healthy/ in balance?  What does exercise do to the body?  What is an active lifestyle and why is it important?  Why do we need sleep?	How have I changed since being a baby?  What changes happen as we become adults?  Why do these changes occur?  Why do we keep clean?

Year 6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Self belief & Resilience	Friendship	Keeping Myself Safe	Managing Feelings/Coping Strategies	Healthy Me	Me and the Media

<p>What is achievement?</p> <p>What is determination?</p> <p>How can I achieve the goals that I set for myself?</p> <p>How do I learn from mistakes?</p>	<p>What roles do we have in our school community?</p> <p>What are we responsible for in school?</p> <p>Why might people fall out with one another?</p> <p>If we fall out with others, how can we still be friends?</p> <p>How can we help people to become friends again when they have fallen out?</p>	<p>What is a drug? (substances including medicines, cigarettes, alcohol, illegal)</p> <p>How do drugs affect a person?</p> <p>Why do we sometimes take risks?</p> <p>How can we manage difficult situations?</p> <p>What strategies might we use?</p> <p>How do other see us based on our actions (social media)</p>	<p>What is a coping strategy?</p> <p>What strategies can be harmful?</p> <p>What are positive coping strategies?</p> <p>Differences/discrimination</p>	<p>What keeps me healthy/ in balance?</p> <p>Why is exercise important?</p> <p>Why is a balanced diet important?</p> <p>Why does your body need rest &amp; relaxation?</p>	<p>How are people portrayed in the media?</p> <p>Does the media always present events factually?</p> <p>How does what we see and hear through the media influence our own behaviour?</p>
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