CSPA PSHE Curriculum Journey

Year 3

Teamwork
Learning to start a new year and working well with others

E-Safety
Digital Wellbeing
Learning online safety, stranger danger, online relationships (cyber bullying)

VIPs
Building and maintaining friendships & dealing with bullying

Money Matters
Learning where money comes from and how it is used

Diverse Britain
learning to be respectful of difference. British Values, rules, law, liberty and democracy

Aiming High
Learning about goals, aspirations and role models

Year 4

Safety First
Learning responsibility for your own safety online, on the road, in water, on the railway and dangerous substances

E-Safety

Think Positive
Learning about mental health and dealing with difficult emotions

Be Yourself
Learning to express yourself, have a positive outlook and manage feelings

One World
Learning differing life opportunities and experiences, inequality and stereotyping

It's my body
Looking after your body - sleep, exercise, diet, cleanliness, consent and recognising early changes in your body

VIPs
Learning about friends and families, conflict and resolution, dares and secrets.

Year 5

Teamwork
Learning qualities of a team, how to disagree, compromise and share responsibility

Diverse Britain
Learning to contribute to society, Britain's wide representation and how government works

Year 6

It's My Body - taking care of and protecting our bodies, including what we think and feel about our bodies

Money Matters
Learning the impact of advertising, ethical spending, budgeting

Growing Up
Learning about human reproduction, body changes in girls and boys, changing emotions,relationships and families.

Aiming High
Learning about a positive attitude, achievement learning styles and stereotyping

Safety First
Learning about emergencies, hazards, risks, dangers - on the roads, rail, in water and around fireworks

Think Positive
Learning to deal with positivity and negativity, growth mindset and making good choices

Be Yourself - learning to have a positive view of yourself, dealing with peer pressure and managing feelings.

One World - learning about global citizenship, sustainability, environmental issues and making the world a better place

Growing Up
Learning about changing bodies and emotions, different relationships, human conception and reproduction

Transition to Year 7-
Learning to move onto secondary school and the next chapter

Key

- Health & Wellbeing
- British Values
- Relationships
- Living In The Wider World