



PSHCE Whole School Curriculum Overview

Acceptance
Awareness
Emotions
Meaning
Relating
Resilience

Acceptance

Rationale

In recent years there have been substantial advances in the science of well-being with a vast array of new evidence as to the factors that affect happiness and ways in which we can measure happiness more accurately. We now have an opportunity to use this evidence to make better choices and to increase well-being in our personal lives, homes, schools, workplaces and communities.

The research shows that we need a change of priorities, both at the societal level and as individuals. Happiness and fulfilment come less from material wealth and more from relationships; less from focussing on ourselves and more from helping others; less from external factors outside our control and more from the way in which we choose to react to what happens to us.

Everyone's path to happiness is different. Based on the latest research, we have identified 10 Keys to Happier Living that consistently tend to make life happier and more fulfilling. Together they spell "GREAT DREAM".

Learning

Year 1

Share a view or opinion.

Year 2

Understand the difference between fair and unfair.

Year 3

Share his/her own considered point of view and listen to, and consider, other peoples' opinions.

Year 4

Discuss differences between the health of people from different countries / regions.

Year 5 Explain how confidence can affect performance.
Year 6 Understand different levels of confidence and its effect on life.
Key Vocabulary
Opinions, differences, democracy, culture, confidence, quality of life, performance

Awareness
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Learning
<p>Year 1 Identify that exercise is good for our minds. Begin to set realistic goals to achieve. Identify whether a target has been met.</p>
<p>Year 2 Explain the reasons why a target has or has not been met.</p>
<p>Year 3 Set more challenging goals and evaluate his/her achievements. Create a 'steps to success' approach to achieving success.</p>

Year 4 Understand the importance of mental health.
Year 5 Identify situations where people may need support with their mental health.
Year 6 Explain the various aspects of mental health.
Key Vocabulary

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Learning
Year 1 Recognise basic emotions in themselves and why these may happen.
Year 2 Begin to recognise emotions in others. Offer suggestions as to how to alter a negative emotion.

Year 3 Begin to compare emotional feelings with physical feelings.
Year 4 Identify stress and stressful situations.
Year 5 Identify stress and stressful situations and think of ways of dealing with them. Make links between a balanced lifestyle and being happy.
Year 6 Understand emotional intelligence.
Key Vocabulary
Emotions, positive emotions, negative emotions, strong and weak feelings, stress, situation, strategy, emotional intelligence.

Meaning
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Learning
Year 1 Listen to advice
Year 2 Explain his/her own relationships with family members

Year 3 Recognise the challenges that parents can have when bringing up children
Year 4 Identify basic 'coping strategies' for dealing with difficult emotions
Year 5 Recommend suitable lifestyles for different age ranges
Year 6 Identify the impact of a good social life on happiness Recognise his/her role in keeping his/her immediate environment safe and healthy and offer suggestions
Key Vocabulary
Advice, relationships, families, friends, coping strategies, love, emotions, feelings, healthy, safe, social life, lifestyles

Relating
Rationale
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Learning
Year 1 Set achievable personal goals and successfully reflect on these, perhaps setting 'next steps'.
Year 2 State the characteristics of a good friend.

Year 3 Offer solutions when there are disagreements between friends.
Year 4 Identify basic 'coping strategies' for dealing with difficult emotions – linked to when falling out with friends or family.
Year 5 Identify something he/she is confident in.
Year 6 Set achievable personal goals and successfully reflect on these, perhaps setting 'next steps'
Key Vocabulary
Goals, friends, disagreement, argument, difference of opinions, confidence, next steps

Resilience
Rationale
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Learning
Year 1 Understand the term 'determination'
Year 2 Understand that some relationships can be challenging at times
Year 3 Understand that determination and perseverance are needed to overcome a challenge

Year 4

Identify basic 'coping strategies' for dealing with difficult emotions

Year 5

Begin to reflect on mistakes and see them as an opportunity to learn from

Year 6

Understand that 'being healthy' incorporates body, mind and lifestyle

Key Vocabulary

Resilience, purpose, determined, confidence, persevere, challenge, lifestyle, opportunities, growth, coping strategies