

Year 1 - PSHE

Autumn 1	Spring 1	Summer 1						
<p>Identity, society and equality: Me and others</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what makes themselves and others special • about roles and responsibilities at home and school • about being co-operative with others • that most friendships have ups and downs but these can be worked on. Resorting to violence is never ok <p><u>Mindmate lessons Feeling good & being me to be covered:</u></p> <table border="1" data-bbox="152 887 730 1118"> <tr> <td data-bbox="152 975 327 1027">Feeling good & being me</td> <td data-bbox="353 887 730 991"> Can name something they are good at & how it feels Can name a feeling & how it makes their body feel </td> </tr> </table>	Feeling good & being me	Can name something they are good at & how it feels Can name a feeling & how it makes their body feel	<p>Mental health and emotional wellbeing: Feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about different types of feelings • about managing different feelings • about change or loss and how this can feel <p><u>Mindmate Life Changes & Transition to be covered</u></p> <table border="1" data-bbox="860 703 1424 871"> <tr> <td data-bbox="860 767 1025 820">Life Changes & Transition</td> <td data-bbox="1059 703 1424 871"> Can talk about something that has changed & say what they like & don't like about it Can understand that different people have different feelings about changes </td> </tr> </table>	Life Changes & Transition	Can talk about something that has changed & say what they like & don't like about it Can understand that different people have different feelings about changes	<p>Careers, financial capability and economic wellbeing: My money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about where money comes from and making choices when spending money • about saving money and how to keep it safe • about the different jobs people do <p><u>Mindmate Being the same & being different to be covered:</u></p> <table border="1" data-bbox="1509 759 2007 903"> <tr> <td data-bbox="1509 823 1680 903">Being the same & being different</td> <td data-bbox="1713 759 2007 812"> Can say a way their friend is different to them & say its ok </td> </tr> </table>	Being the same & being different	Can say a way their friend is different to them & say its ok
Feeling good & being me	Can name something they are good at & how it feels Can name a feeling & how it makes their body feel							
Life Changes & Transition	Can talk about something that has changed & say what they like & don't like about it Can understand that different people have different feelings about changes							
Being the same & being different	Can say a way their friend is different to them & say its ok							
Autumn 2	Spring 2	Summer 2						

**Physical health and wellbeing:
Fun times**

Pupils learn:

- about food that is associated with special times, in different cultures
- about active playground games from around the world
- about sun-safety

Mindmate Friends & Family to be covered

Friends & Family

Can talk about things that make them happy & laugh
Can tell the difference between laughing at & with someone

**Keeping safe and managing risk:
Feeling safe**

Pupils learn:

- safety in familiar situations
- who to trust/not trust (bad touch could come from someone who they perceive to be a friend)
- about personal safety
- about people who help keep them safe outside the home
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help

Mindmate Strong emotions to be covered:

Strong emotions

Can recognise a small range of strong emotions & say that person looks...

**Drug, alcohol and tobacco education:
What do we put into and on to bodies?**

Pupils learn:

- about what can go into bodies and how it can make people feel
- about what can go on to bodies and how it can make people feel

Mindmate Solving problems / Making it better to be covered:

Solving problems / Making it better

Can name three goals/targets & say who can help with them

Year 2 - PSHE

Autumn 1

**Physical health and wellbeing:
What keeps me healthy?**

Pupils learn:

- about eating well
- about the importance of physical activity, sleep and rest
- about people who help us to stay healthy and well and about basic health and hygiene routines
- the characteristics of a poor diet and risks associated with unhealthy eating (obesity, tooth decay)

Mindmate Feeling good & being me lessons

Can name something they are good at & why
Can tell others about a comfortable & an uncomfortable feeling they have

Autumn 2

Spring 1 and 2

**Drug, alcohol and tobacco education:
Medicines and me**

Pupils learn:

- why medicines are taken
- where medicines come from
- about keeping themselves safe around medicines

Mindmate Life Changes & Transition to be covered

Spring 1

Can tell how feelings of loss e.g. a pet, can make their bodies feel
Can listen to others talking about

- loss

Asthma lesson for Year 2, 3 or 4

that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use

**Mental health and emotional wellbeing:
Friendship**

Pupils learn:

- about the importance of special people in their lives
- that families are important for love, security and stability
- about making friends and who can help with friendships
- about solving problems that might arise with friendships
- how to judge when a friendship is making them feel unhappy/uncomfortable and how to seek help

Mindmate Being the same & being different to be covered

Can create a sentence, series of sentences, they could use to help someone who is being teased or bullied

Summer 2



Keeping safe and managing risk: Indoors and outdoors

Pupils learn:

- about keeping safe in the home, including fire safety
- **how to make a clear efficient call to emergency services**
- about keeping safe outside
- about road safety

Mindmate Friends & Family to be covered

Can offer to share things & include others in activities

Sex and relationship education: Boys and girls, families

Pupils learn:

- to understand and respect the differences and similarities between people
- about the biological differences between male and female animals and their role in the life cycle
- the biological differences between male and female children
- about growing from young to old and that they are growing and changing
- that everybody needs to be cared for and ways in which they care for others
- about different types of family and how their home-life is special

Mindmate Strong emotions to be covered:

Can complete the sentence I feel unhappy when ... & can ask others what makes them unhappy & listen to the response.

Can name something you do to help yourself when you feel

- unhappy

Mindmate Solving problems / Making it better to be covered:

Can explain a time they had to try really hard & how it made them feel when they did

Year 3 - PSHE

Autumn 1

Spring 1

Summer 1

**Physical health and wellbeing:
What helps me choose?**

Pupils learn:

- about making healthy choices about food and drinks
- about how branding can affect what foods people choose to buy
- about keeping active and some of the challenges of this
- the risks associated with an inactive lifestyle (including obesity)

Mindmate Feeling good & being me

Can talk about something they find difficult
Can reframe this into a positive statement
Can offer to help someone reframe

Mindmate Life Changes & Transition to be covered

Can work with others to overcome a new challenge & can then talk about the sequence of individual events involved in this

**Identity, society and equality:
Celebrating difference**

Pupils learn:

- Pupils learn about valuing the similarities and differences between themselves and others
- Pupils learn about what is meant by community
- Pupils learn about belonging to groups

Mindmate Being the same & being different to be covered

Can say how they feel in difficult situations.
Can listen to others doing the same.

That in school and society they can expect to be treated with respect and show respect to others.

Autumn 2

Spring 2

Summer 2



**Keeping safe and managing risk:
Bullying – see it, say it, stop it**

Pupils learn:

- to recognise bullying and how it can make people feel
- about different types of bullying and how to respond to incidents of bullying
- about what to do if they witness bullying

**Mental health and emotional wellbeing:
Strengths and challenges**

Pupils learn:

- about celebrating achievements and setting personal goals
- about dealing with put-downs
- about positive ways to deal with set-backs
- the importance of self respect and how this links to their own happiness

Mindmate Friends & Family to be covered

Can talk about a time when they have been unkind & apologise if they have been unkind
Can talk about a time when they have seen someone be unkind & how it made them feel

Careers, financial capability and economic wellbeing: Saving, spending and budgeting

Pupils learn:

- about what influences people's choices about spending and saving money
- how people can keep track of their money
- about the world of work

Mindmate Strong emotions to be covered:

Can chose a calming down strategy that will work for them & explain the steps involved

Drug, alcohol and tobacco education: Tobacco is a drug

Pupils learn:

- the definition of a drug and that drugs (including medicines) can be harmful to people
- about the effects and risks of smoking tobacco and second hand smoke
- about the help available for people to remain smoke free or stop smoking

Asthma lesson for Year 2, 3 or 4

- that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use

Mindmate Solving problems / Making it better to be covered:

Can say how they feel in difficult situations.
Can listen to others doing the same.

Year 4 - PSHE

Autumn 1	Spring 1	Summer 1 and 2
<p>Physical health and wellbeing: What is important to me?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● why people may eat or avoid certain foods (religious, moral, cultural or health reasons) ● about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) ● about the importance of getting enough sleep (that a lack of sleep can affect weight, mood and ability to learn) ● <u>Mindmate Feeling Good & being me to be</u> <hr/> <p>Can talk about an event that made them have strong feelings Can listen to someone else talking about a similar event</p>	<p>Keeping safe and managing risk: Playing safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● how to be safe in their computer gaming habits ● about keeping safe near roads, rail, water, building sites and around fireworks ● about what to do in an emergency and basic emergency first aid procedure (dealing with common injuries including head injuries) <p><u>Mindmate Life Changes & Transition to be covered</u></p> <hr/> <p>Can use 'I' messages especially (e.g. I feel X when X happens I would like to tell X) if experiencing difficult emotions Can listen to others 'I' messages</p>	<p>Drug, alcohol and tobacco education: Making choices</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them ● about the effects and risks of drinking alcohol ● about different patterns of behaviour that are related to drug use <p>Asthma lesson for Year 2, 3 or 4</p> <p>that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</p> <p><u>Mindmate Being the same & being different to be covered</u></p> <hr/> <p>Can develop a coping strategy that will work for them & explain the steps involved</p>
Autumn 2	Spring 2	

Identity, society and equality: Democracy

Pupils learn:

- about Britain as a democratic society
- about how laws are made
- learn about the local council

Mindmate Friends & Family to be covered

Can name a wide range of attributes that can contribute to a healthy relationship
Can identify some of these qualities that they have
Can understand we don't all like the same things & show that its ok

Mindmate Strong emotions to be covered:

Can complete the sentence 'I feel stressed/anxious when ...and my body feels...' & the sentence 'When I feel stressed or anxious I can ask for help by ...'

Sex and relationship education: Growing up and changing

Pupils learn:

- about the way we grow and change throughout the human lifecycle
- about the physical changes associated with puberty
- about menstruation and wet dreams
- about the impact of puberty in physical hygiene and strategies for managing this
- how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty
- strategies to deal with feelings in the context of relationships
- to answer each other's questions about puberty with confidence, to seek support and advice when they need it

Mindmate Solving problems / Making it better to be covered:

Can develop a coping strategy that will work for them & explain the steps involved



Year 5 - PSHE

Autumn 1

**Keeping safe and managing risk:
When things go wrong**

Pupils learn:

- about keeping safe online
- that violence within relationships is not acceptable
- **how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help**
- **how to recognise and report feelings of being unsafe or feeling bad about any adult**
- about problems that can occur when someone goes missing from home
- **Mindmate Feeling Good & being me to be**

Can talk about a time when their comfortable/uncomfortable feelings have influenced their thinking & behaviour & impact on those around them.
Can listen to a friend doing the same

Spring 1

**Physical health and wellbeing:
In the media**

Pupils learn:

- that messages given on food adverts can be misleading
- about role models
- about how the media can manipulate images and that these images may not reflect reality

Mindmate Life Changes & Transition to be covered

Can ask how others are feeling & respond with empathic statements such as 'You sound'

Summer 1

**Mental health and emotional wellbeing:
Dealing with feelings
Pupils learn:**

- about a wide range of emotions and feelings and how these are experienced in the body
- about times of change and how this can make people feel
- about the feelings associated with loss, grief and bereavement

Mindmate Being the same & being different to be covered

Can use statements & questions to challenge stereotypes

Autumn 2	Spring 2	Summer 2
<p>Careers, financial capability and economic wellbeing: Borrowing and earning money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● that money can be borrowed but there are risks associated with this ● about enterprise ● what influences people’s decisions about careers <p><u>Mindmate Friends & Family to be covered</u></p> <p>Can talk about a problem they have had in the past with a friend & talk about what they learnt about themselves from it</p> <ul style="list-style-type: none"> ● 	<p>Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia)</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about stereotyping, including gender stereotyping ● workshop from Diversity Role Models or Equaliteach ● about prejudice and discrimination and how this can make people feel <p><u>Mindmate Strong emotions to be covered:</u></p> <p>Can give an example of a strong uncomfortable emotion, how it affected their behaviour & a strategy that could help them feel more positive/in control of their behaviour</p>	<p>Drug, alcohol and tobacco education: Different influences</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> ● about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis ● about different influences on drug use – alcohol, tobacco and nicotine products ● strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol <p><u>Mindmate Solving problems / Making it better to be covered:</u></p> <p>Can listen to others talking about a problem. Can help others develop coping strategies that will work for them</p>

Year 6 - PSHE

Autumn 1 and 2

Spring 1

Summer 1

**Identity, society and equality:
Human rights**

Pupils learn:

- about people who have moved to Leeds from other places, (including the experience of refugees)
- about human rights and the UN Convention on the Rights of the Child
- about homelessness

Mindmate Feeling Good & being me to be covered

Autumn 1

Can use a way of resisting peer pressure
Can name factors that can help them cope with difficult feelings & situations

Mindmate Friends & Family to be covered

Autumn 2

**Mental health and emotional wellbeing:
Healthy minds**

Pupils learn:

- what mental health is
- about what can affect mental health and some ways of dealing with this
- about some everyday ways to look after mental health
- about the stigma and discrimination that can surround mental health
- where to seek support if they are worried about their own or someone else's wellbeing or ability to control their emotions

Mindmate Life Changes & Transition to be covered

Can identify something that motivates them to keep going when things are difficult. Can help another pupil to do this

Drug, alcohol and tobacco education: Weighing up risk

Pupils learn:

- about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs
- about assessing the level of risk in different situations involving drug use
- about ways to manage risk in situations involving drug use

Keeping safe and managing risk: Keeping safe - out and about

Pupils learn:

- about feelings of being out and about in the local area with increasing independence
- about recognising and responding to peer pressure
- about the consequences of anti-social behaviour (including gangs and gang related behaviour)

Can identify a range of the qualities that they admire in themselves, friends & famous people.
 Can explain why they like them using a wide range of feelings words
 Can tell others why they like them & offer praise

The characteristics of friendships, inc mutual respect, honesty, loyalty, trust, shared interests, support with problems.

Mindmate Being the same & being different to be covered

Can use appropriate vocabulary, such as 'in my opinion...' to talk about lesson topics in a discussion & ask others for their opinions

Spring 2

Summer 2

Mindmate Strong emotions to be covered:

Can talk about their happiest memories of school & their most comfortable feelings about their new school & can listen to others doing the same.

**Sex and relationship education:
 Healthy relationships / How a baby is made**

Pupils learn:

- about the changes that occur during puberty
- to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact
- what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships
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- about human reproduction in the context of the human lifecycle
- how a baby is made and grows (conception and pregnancy)
- about roles and responsibilities of carers and parents
- to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it

FGM

Pupils learn:

- about the importance for girls to be protected against FGM

Mindmate Solving problems / Making it better to be covered:

Can say something positive about themselves & others & can offer & receive praise for these things



KS 1&2 Social, Emotional & Mental Health skills in the MindMate curriculum

Self-Awareness	Self-Regulation	Motivation	Empathy	Social Skills
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	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Feeling good & being me	Can name something they are good at & how it feels Can name a feeling & how it makes their body feel	Can name something they are good at & why Can tell others about a comfortable & an uncomfortable feeling they have	Can talk about something they find difficult Can reframe this into a positive statement Can offer to help someone reframe	Can talk about an event that made them have strong feelings Can listen to someone else talking about a similar event	Can talk about a time when their comfortable/uncomfortable feelings have influenced their thinking & behaviour & impact on those around them. Can listen to a friend doing the same	Can use a way of resisting peer pressure Can name factors that can help them cope with difficult feelings & situations
EL dimensions						
Friends & Family	Can talk about things that make them happy & laugh Can tell the difference between laughing at & with someone	Can offer to share things & include others in activities	Can talk about a time when they have been unkind & apologise if they have been unkind Can talk about a time when they have seen someone be unkind & how it made them feel	Can name a wide range of attributes that can contribute to a healthy relationship Can identify some of these qualities that they have Can understand we don't all like the same things & show that its ok	Can talk about a problem they have had in the past with a friend & talk about what they learnt about themselves from it	Can identify a range of the qualities that they admire in themselves, friends & famous people. Can explain why they like them using a wide range of feelings words Can tell others why they like them & offer praise
EL dimensions						
Life Changes & Transition	Can talk about something that has changed & say what they like & don't like about it Can understand that different people have different feelings about changes	Can tell how feelings of loss e.g. a pet, can make their bodies feel Can listen to others talking about loss	Can work with others to overcome a new challenge & can then talk about the sequence of individual events involved in this	Can use 'I' messages especially (e.g. I feel X when X happens I would like to tell X) if experiencing difficult emotions Can listen to others 'I' messages	Can ask how others are feeling & respond with empathic statements such as 'You sound'	Can identify something that motivates them to keep going when things are difficult. Can help another pupil to do this
EL dimensions						
Strong emotions	Can recognise a small range of strong emotions & say that person looks...	Can complete the sentence I feel unhappy when ... & can ask others what makes them unhappy & listen to the response. Can name something you do to help yourself when you feel unhappy	Can chose a calming down strategy that will work for them & explain the steps involved	Can complete the sentence 'I feel stressed/anxious when ...and my body feels...' & the sentence 'When I feel stressed or anxious I can ask for help by ...'	Can give an example of a strong uncomfortable emotion, how it affected their behaviour & a strategy that could help them feel more positive/in control of their behaviour	Can talk about their happiest memories of school & their most comfortable feelings about their new school & can listen to others doing the same.
EL dimensions						
Being the same & being different	Can say a way their friend is different to them & say its ok	Can create a sentence, series of sentences, they could use to help someone who is being teased or bullied	Can use problem solving phrases such as 'what will happen next?' Can listen to someone else's point of view when planning strategies	Can use a range of vocabulary to apologise when they have done something wrong/unkind. Can use feedback to improve their self-awareness	Can use statements & questions to challenge stereotypes	Can use appropriate vocabulary, such as 'in my opinion...' to talk about lesson topics in a discussion & ask others for their opinions
EL dimensions						
Solving problems / Making it better	Can name three goals/targets & say who can help with them	Can explain a time they had to try really hard & how it made them feel when they did	Can say how they feel in difficult situations. Can listen to others doing the same.	Can develop a coping strategy that will work for them & explain the steps involved	Can listen to others talking about a problem. Can help others develop coping strategies that will work for them	Can say something positive about themselves & others & can offer & receive praise for these things
EL dimensions						

