

Todmorden CE J, I and N School - PHSE MATRIX

Cycle 1

	WERE ALL STARS	BE FRIENDLY	LIVING LONG, LIVING STRONG	DARING TO BE DIFFERENT	DEAR DIARY	JOINING IN AND JOINING UP
Y1	<ol style="list-style-type: none"> Devising a class charter Getting to know each other Problem solving Looking after each other Happy playtimes Making choices 	<ol style="list-style-type: none"> Making friends Falling out with a friend Managing anger Anti-bullying Hazards in the home and fire safety Road safety 	<ol style="list-style-type: none"> RSE: Keeping clean RSE: growing and changing RSE: families and care Looking after teeth Staying healthy Setting a simple personal goal 	<ol style="list-style-type: none"> Our likes and dislikes Feeling proud being special Recognising worries Staying calm and relaxed Standing up for myself 	<ol style="list-style-type: none"> Asking for help Feeling loved and cared for Managing uncomfortable feelings – proud and jealous Thoughts, feelings and behaviour Dealing with worries Supporting each other 	<ol style="list-style-type: none"> Listening effectively Expressing opinions Knowing right from wrong Needs of living things Developing responsibility – looking after animals Who else looks after animals?
Y3	<ol style="list-style-type: none"> Devising a class charter Gifts and talents Exploring feelings Working cooperatively Happy playtimes Having opinions 	<ol style="list-style-type: none"> The importance of friends Falling out with a friend Managing anger Anti-bullying What to do in an emergency E-safety 	<ol style="list-style-type: none"> RSE: differences: male and female RSE: personal space RSE: family differences Feeling happy Staying healthy Overcoming barriers to reaching goals 	<ol style="list-style-type: none"> Similarities and differences Feeling good about yourself Surprises Hopeful and disappointed Hiding or showing feelings Standing up for myself 	<ol style="list-style-type: none"> Knowing where to go for help Taking responsibility Making wise choices Managing uncomfortable feelings – loss Dealing with worries Supporting each other 	<ol style="list-style-type: none"> Jobs at home and in school Representation – local council Voting and debating Having a say in your school community Voluntary, community and pressure groups Fund-raising
Y5	<ol style="list-style-type: none"> Devising a class charter Gifts and talents Exploring feelings Working cooperatively 	<ol style="list-style-type: none"> Different types of friends Conflict resolution Managing anger Anti-bullying 	<ol style="list-style-type: none"> RSE: talking about puberty RSE: male and female changes RSE: puberty and hygiene 	<ol style="list-style-type: none"> Differences of opinion Agreeing and disagreeing Risky choices Standing out from the 	<ol style="list-style-type: none"> Knowing where to go for help Managing uncomfortable feelings – embarrassment Put downs and boost ups 	<ol style="list-style-type: none"> Anti-social behaviour and the consequences of that crime Rules and laws The local courts

	<p>5. Communication skills</p> <p>6. Role models</p>	<p>5. First Aid</p>	<p>4. The concept of well-being</p> <p>5. Being an effective learner</p> <p>6. Role models</p>	<p>crowd</p> <p>5. Being assertive</p> <p>6. Anti-bullying</p>	<p>4. Breaking friends</p> <p>5. Forgiveness</p> <p>6. Supporting each other</p>	<p>4. Voting and debating</p> <p>5. Having a sat in the school community</p> <p>6. Fund-raising</p>
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