

Ramsgate Arts Primary School Whole School PSHE/Relationships Education and Health Education Big Questions

| | Session 1 | Session 2 | Session 3 | Session 4 |
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| TERM 1: Living in the Wider World Cycle 1 | | | | |
| Y1 | Am I important at my school? | What should our class rules be and why? | How can we save electricity? | How can we reduce our waste? |
| Y2 | How can I make a difference to my school? | How do the school rules help us? | What groups do I belong to? | Who are the special people in our community? |
| Y3 | Which groups of people help our community? | How can I help the community? | Why do we need rules? | Is social media a reliable source? |
| Y4 | Can animals help the community? | How can I care for the wildlife and environment in my community? | Which groups of people help our community? | How can I help the community? |
| Y5 | How can the meals we eat harm the environment? | Should I challenge unfair or antisocial behaviour? | How can I become a good citizen in my community? | What impact does community work have on society and individual citizens? |
| Y6 | How can I contribute to my community? | How might I continue to support the community when I am an adult? | Has the way news is presented changed over time? | Can I use social media safely and responsibly? |
| TERM 2: Relationships Education Cycle 1 | | | | |
| Y1 | Why are families so important to us? | Who is in a family? | What does a kind friend do? | How can we show good manners? |
| Y2 | Do all families live in the same way? | Can families make us sad? | Can true friends fall out? | What is bullying? |
| Y3 | What is the role of a family? | How can families help one another? | How and why do we make friends? | How does it feel to be left out? |
| Y4 | How can families support each other during difficult times? | How should a family make you feel? | How can we show appreciation to a good friend? | What is conflict resolution? |
| Y5 | Are all families the same? | Why is talking so important for families? | How can friends affect our wellbeing? | Can broken friendships be repaired? |
| Y6 | How can we embrace and include all types of families? | What is marriage? | Do we all celebrate marriage in the same way? | Should a friendship make me unhappy? |
| TERM 3: Health and Wellbeing Education Cycle 1 | | | | |
| Y1 | What are emotions? | How do we spot different emotions? | How do good deeds help people? | Who can help me if I am worried? |
| Y2 | How should I show that I am having a negative emotion? | What type of activities are good for our mental wellbeing? | Are bullies powerful? | Who can help me if I am worried? |
| Y3 | Are there different types of sadness? | Are there people who can help me? | Is the internet a good or bad place? | What can happen if we spend too much time online or using technology? |
| Y4 | How do our feelings affect our mental and physical wellbeing? | Can exercise make me feel happy? | How does time outdoors improve mental wellbeing? | How should I behave online? |
| Y5 | Is it ever wrong to feel an emotion? | Mental health: when is the right time to ask for help? | Should there be rules for how we use the internet? | What should I share online? |
| Y6 | Is there a difference between 'banter' and bullying? | How do I cope when feelings become too big? | Is the internet mostly good or mostly bad? | Can the internet manipulate us? |
| Term 4: Relationships Education Cycle 2 | | | | |
| Y1 | Who does my body belong to? | Who might want to talk to us online? | Who might be able to help me? | How do I ask for help? |
| Y2 | Can we trust people we meet online? | How can I spot danger online? | What is 'personal space'? | Should I do something that makes me feel unsafe? |
| Y3 | Are we all the same? | How do we show manners online? | What is privacy? | What do I do if I feel unsafe? |
| Y4 | Who deserves the most respect? | Is there someone out there to help me? | What boundaries do we have? | How do I decide if I am safe online? |
| Y5 | Is society built on respect? | How do I show respect to myself? | What do I do if I feel unsafe? | Is staying safe online the same as staying safe in the real world? |
| Y6 | Is all bullying the same? | What is the difference between appropriate and inappropriate contact? | How do I communicate my concerns effectively? | Does the internet know who I am? |
| Term 5: Living in the Wider World Cycle 2 | | | | |
| Y1 | Should things be fair? | Are we all the same? | What is money and where does it come from? | Why is money important to people? |
| Y2 | What does 'equal rights' mean? | What makes me unique? | Should I spend or save my money? | What should we spend our money on? |
| Y3 | Does everyone have the same rights? | How can I raise money for a charity? | How can I raise money for a charity? | How can I raise money for a charity? |
| Y4 | Is there a right way to disagree? | How diverse is the UK? | Do we all have the same customs? | What is life like for people in ____? |
| Y5 | Where does society's money come from? | Does money make the world go round? | How can money be multiplied? | How can money be multiplied? |
| Y6 | Is borrowing money a good idea? | What should the government spend its money on? | How does where you live impact how you live? | Cultural practices: different or dangerous? |
| Term 6: Health and Wellbeing Education Cycle 2 | | | | |
| Y1 | Is exercise good for our bodies or our minds? | How can I add more exercise to my day? | Why is sleep so important? | When should we wash our hands? |
| Y2 | How do we know how much to eat? | Can food make me unhealthy? | How do I prepare a healthy drink? | Can we eat a rainbow? |
| Y3 | Why is exercise so important? | How can I build exercise into my life? | What might happen if I don't live well? | What do I do if I am worried about my health? |
| Y4 | How do healthy and unhealthy diets compare? | How do I plan a healthy meal? | How do I prepare a healthy meal? | How do I prepare a healthy meal? |
| Y5 | Can exercise change our lives? | How can I make sure I live an active lifestyle? | How problematic is an inactive lifestyle? | Should I pay attention to my body? |
| Y6 | How do our bodies respond to our eating? | Session 1: Can I plan and prepare a healthy meal? | Session 2: Can I plan and prepare a healthy meal? | Do some people choose to live in unhealthy ways? |