

Thrive Programme Year 3-8 (*incorporating PSHE & RSE*) 2023-2024

	Year 3	Year 4	Year 5	Year 6	Year 7	Year 8
Autumn 1	Making informed choices Finding friends You can't have everything Hobbies Anti-bullying	Rules & laws Expressing opinions Peer pressure Actions & consequences Choosing a career	Managing challenges & change Mental health Keeping Well Conflicting emotions	Digital wellbeing On-line safety British Values Wellbeing	Mental hygiene Emotions Understanding stigma Inclusion & gangs FBV Peer pressure Protected characteristics	Healthy relationships Diversity in relationships Legal/illegal in relationships Sexing
Autumn 2	Religious worship Relationships Belonging to a community United Kingdom British Values	Diverse relationships Anti-bullying Good friendships Crime & punishment Pupil voice	Anti-bullying Self-worth Wellbeing Doing what is right Questioning choices	Anti-bullying Character Evaluate own actions Confidence Growth mindset	On-line safety Cyberbullying On-line & the law Acne Nutrition Sleep	Drug types County Lines Protected characteristics Body image On-line pornography
Spring 1	Stress/ anxiety Taking risks Healthy diet Safe in the sun	Democracy Dictatorship Elections & voting	Body confidence Self-esteem Happiness Communicating with others	Acts of kindness Setting goals Empathy How to get help	Teenage brain & emotions Mood regulation Anger management	Positive thinking Beliefs and values Optimism Resilience Managing pressures
Spring 2	Staying safe If you're lost Stranger danger Pupil voice	Diverse religion Role of charities Emotions British Society	Role models Positive thinking Healthy choices Diet	Physical health Relationship 'rights' Love has no boundaries Different relationships	Self-esteem Compassion Relationship myths What to watch & responding to pressure RSE sessions	Physical reactions & emotions Smoking/vaping Food & Mood RSE sessions
Summer 1	Disabilities Name calling Racial discrimination Helping others	Easing stress Childline Risky behaviours Outdoor safety	Relationships Friendships Resilience Diversity & minorities	Gender Diversity Resilience Problem solving	Barter & use of negative language Real vs unreal online Unhealthy relationships online	Nutrition Alcohol Daily routines Next steps
Summer 2	Feelings & relationships Friendships Different relationships Who am I?	Stranger danger Being lost School environment Moving on	RSE sessions Mindfulness Problem Solving	RSE sessions Basic first aid Dental health Relaxation & mindfulness	Sexing Fact & opinion Propaganda Motives & agendas (Prevent)	POST-CE programme