

Curriculum Overview: My Wellbeing

We want our pupils to:

- Develop an understanding of the life skills needed to become a positive member of society and gain a broad knowledge and understanding of aspects of everyday life
- Reflect on life, traditions and cultural beliefs
- Be enthused by lessons that are engaging, enriching and enjoyable
- Be inspired by their studies to find out more about current affairs
- To appreciate the value in learning for themselves and their development

6 themes are condensed into 5 half terms that is delivered throughout the year. This enables transition to take place during summer term 2.

These are mapped to the PSHE association and statutory DfE guidance for RSE.

The same theme is delivered to all key stages, 2, 3 & 4, however they are bespoke to meet the student's needs, vocabulary is differentiated, and the delivery methods may vary.

Primary

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
A	Being Me in My World WORLD MENTAL HEALTH DAY – YOUNG MINDS PANTS rules. Becoming a class team, Being a school citizen, Rights, responsibilities and democracy. Rewards and consequences. Working well with others. UN convention on the Rights of the Child.	Celebrating Difference ANTI BULLYING WEEK Judging by appearances. Understanding influences. Understanding bullying. Problem solving. What makes me special? Giving and receiving compliments.	Dreams and Goals & Healthy Me SAFER INTERNET WEEK Stay motivated when doing something challenging. Keep trying when things are difficult. Overcoming disappointment. My friends and me. Healthy friendships. Group dynamics. Celebrating my inner strength and assertiveness.	Relationships Jealousy. Love and loss – grief. Developing positive memories. Getting on and falling out. Girlfriends and boyfriends. Celebrating my relationships with people and animals.	Changing Me Unique me – personal qualities, nature vs. nurture. Responsibilities of parenthood. <i>Girls puberty – menstruation cycle and keeping healthy during this.</i> <i>Boys puberty.</i> YEAR 6 – adolescent friendships RSE Conception, Having a baby – labelling internal and external reproductive system.	Healthy Me Smoking and vaping Alcohol Class project - Keeping safe – road safety, keeping safe and home and the community. Fires/water safety/rail safety. Coping with an emergency and basic first aid.

Curriculum Overview: My Wellbeing

					YEAR 6 children - Looking forward to becoming a teenager, age of consent and masturbation.	
B	Being Me in My World WORLD MENTAL HEALTH DAY – YOUNG MINDS PANTS rule. My year ahead. Being a citizen of my country – refugee asylum, migrant. Rights and responsibilities in my class. Rewards and consequences. Working in a group and how individual behaviour can impact this. Democracy within school.	Celebrating Difference ANTI BULLYING WEEK Different cultures – accept that everyone is different. Racism. Rumours and name calling. Bullying – direct and indirect, cyber, banter. Does money matter? Comparing life with people in the developing world. Celebrating difference across the world – understanding a different culture.	Dreams and Goals & Healthy Me SAFER INTERNET WEEK My personal learning goals – my strengths and weaknesses. Recognising our achievements. Taking responsibility for my health and wellbeing. Emotional and mental health. Managing stress and pressure.	Relationships What is mental health? My mental health. Different stages of grief. Power and control in relationships. Being Online – real or fake? Safe or unsafe? Using technology responsibly.	Changing Me Self-image. Puberty Real self and ideal self. YEAR 6 – adolescent friendships Babies – conception to birth. YEAR 6 children - Looking forward to becoming a teenager, age of consent and masturbation.	Dreams and Goals & Healthy Me Drugs. Exploitation. Gangs Class project - My dream for the world. Helping to make a difference – charities in the UK – NSPCC, animals, save the children.
C	Being Me in My World WORLD MENTAL HEALTH DAY – YOUNG MINDS PANTS rule,	Celebrating Difference ANTI BULLYING WEEK Celebrating differences, understanding cultural differences, racism,	Dreams and Goals & Healthy Me SAFER INTERNET WEEK Aspirations, range of jobs, steps to success.	Relationships Self esteem, personal qualities and characteristics. Positives and negatives to belonging to an online community.	Changing Me Self image and body image. Girls puberty – menstruation cycle and keeping healthy during this.	Dreams and Goals & Healthy Me Smoking and vaping Alcohol Rallying support – sponsorship and charities. Class project -

Curriculum Overview: My Wellbeing

	School community, creating groups, rewards and consequences, democracy.	direct and indirect bullying.	First aid – recovery position, affects of social media on body types, body image.	Rights and responsibilities to online communities/gaming. Screen time. Staying safe when communicating online.	Boys puberty. YEAR 6 – adolescent friendships RSE Sexual intercourse can lead to babies, other ways to conceive. YEAR 6 children - Looking forward to becoming a teenager, age of consent and masturbation.	Exploring different cultures, communicating with people in different cultures – charities from around the world – Red Cross. exploring their dreams and goals.
--	---	-------------------------------	---	--	--	--

Year	Autumn 1 Theme	Autumn 2 Theme	Spring 1 Theme	Spring 2 Theme	Summer 1 Theme	Summer 2 Theme
Year 4, 5 & 6	Being Me in My World Key concepts • Rights and responsibilities • Consequences and rewards • Finance & budgeting	Celebrating Difference Key concepts • Different families • Dealing with conflict • Bullying	Dreams and Goals & Healthy Me Key concepts • Building resilience • Building aspirations • Overcoming obstacles • Importance of exercise • The importance of our heart and lungs • Consumption of calories, fat and sugar and effects on our health • Different types of drugs • Keeping ourselves safe	Relationships Key concepts • Family relationship • Stereotypes • Careers • Negotiating conflict situations • Online relationships • Children's universal rights	Changing Me Key concepts • Babies and parenting • Introduction to puberty • Male and female body changes • How physical changes make us	Transition Key concepts • Coping strategies for transition • Coping with change • Introduction to key concepts in My Wellbeing/PSHE/ RSE

Curriculum Overview: My Wellbeing

Secondary

Year	Autumn 1 Theme	Autumn 2 Theme	Spring 1 Theme	Spring 2 Theme	Summer 1 Theme	Summer 2 Theme
7, 8, 9, 10 & 11	Being Me in My World Key concepts - Rights and responsibilities - Consequences and rewards - Finance & budgeting	Celebrating Difference Key concepts - Different families - Dealing with conflict - Bullying	Dreams and Goals & Healthy Me Key concepts - Building resilience - Building Aspirations - Overcoming obstacles - Importance of exercise - The importance of our heart and lungs - Consumption of calories, fat and sugar and effects on our health - Different types of drugs - Keeping ourselves safe	Relationships Key concepts - Family relationship - Stereotypes - Careers - Negotiating conflict situations - Online relationships - Children's universal rights	Changing Me Key concepts - Babies and parenting - Introduction to puberty - Male and female body changes - How physical changes make us	Transition Key concepts - Coping strategies for transition - Coping with change - Introduction to My Wellbeing/PSHE/ RSE

KS3/4 Qualification Information - Students will study towards the AQA PSHE UAS unit awards, Entry levels 1,2, 3, levels 1 & 2.