



# Westfield School RSHE Curriculum Overview

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Foundation Stage</b>	<p><b>Being Me in my world</b></p> <p>How we are similar and different How am I feeling today? Being at School, working together Gentle hands Children's rights: we should all be allowed to learn and play Our Responsibilities</p>	<p><b>Celebrating Difference</b></p> <p>What I am good at? I'm Special, I'm Me! Families : all different but the same in some ways Houses and Homes Making Friends Standing Up for yourself</p>	<p><b>Dreams and Goals</b></p> <p>Challenges Never Giving Up Setting a goal Obstacles and Support Job I might like to do when I'm older To be able to say how I feel when I achieve a goal and know what it means to feel proud</p>	<p><b>Relationships</b></p> <p>My Family and Me! Making friends To solve problems and stay friends Falling Out and unkind words Managing my feelings <b>How to be a good friend</b></p>	<p><b>Healthy Me</b></p> <p>Why we need to exercise Healthy eating choices Why sleep is good for me To know what a stranger is and how to stay safe if a stranger approaches me</p>	<p><b>Changing Me</b></p> <p>To Understand that everyone is unique and special To name parts of the body I can tell you some things I can do to be healthy Growing Up: we all grow from babies to adults Moving to Year 1 My worries and the things I am looking forward to</p>
<b>Year 1</b>	<p><b>Being Me in My World</b></p> <p>Feeling special and safe Rights and responsibilities Rewards and Feeling Proud Consequences</p>	<p><b>Celebrating Difference</b></p> <p>I am the same as ... different as ... What is bullying? New friends Celebrating difference</p>	<p><b>Dreams and Goals</b></p> <p>My successes Steps to Goals Achieving together Challenges Overcoming obstacles Celebrating my success</p>	<p><b>Relationships</b></p> <p>Making friends Solve friendship problems Being part of a group Showing respect What makes a good relationship</p>	<p><b>Healthy Me</b></p> <p>Being healthy Healthy choices Being clean Medicine safety Road Safety</p>	<p><b>Changing me</b></p> <p>Life cycles Changing Me Boys' and Girls' bodies Learning and Growing Coping with Changes</p>
<b>Year 2</b>	<p><b>Being Me in My World</b></p> <p>Hopes and Fears for the Year Rights and Responsibilities Rewards and Consequences</p>	<p><b>Celebrating Difference</b></p> <p>Boys and Girls Stereotypes Why does bullying happen? Gender diversity It is OK to be different from other people and to be friends with them To know some ways I am different from my friends</p>	<p><b>Dreams and Goals</b></p> <p>Setting realistic but achievable goals Steps to take to achieve my goals My Learning Strengths Working well in a group</p>	<p><b>Relationships</b></p> <p>Everyone's family is different Keeping Safe - exploring physical contact Solving friendship problems Secrets Special people in my family and community</p>	<p><b>Healthy Me</b></p> <p>Being Healthy Being Relaxed Medicine Safety Healthy Eating Food groups Which foods my body needs every day to keep me healthy</p>	<p><b>Changing Me</b></p> <p>Life Cycles in Nature Growing from Young to Old The Changing Me Boys' and Girls' Bodies Assertiveness Looking Forward</p>

<p><b>Year 3</b></p>	<p><b>Being Me in My World</b> Positive things about me and my achievements. Facing new challenges positively Why we need rules Rights and responsibilities Rewards and Consequences</p>	<p><b>Celebrating difference</b> Everybody's family is different and important to them Family conflict What is bullying Witnessing bullying? Feelings and solutions Words that harm</p>	<p><b>Dreams and Goals</b> My Dreams and Ambitions Facing New Challenges  Overcoming Obstacles Celebrating my learning Evaluate my own learning process and identify how it can be better next time</p>	<p><b>Relationships</b> Family Roles and Responsibilities Friendship Keeping Myself Safe Online Being a Global Citizen My Needs and Wants Celebrating My Web of Relationships</p>	<p><b>Healthy Me</b> <b>Being Fit and Healthy</b> What Do I Know About Drugs? To be able to talk about my knowledge and attitude towards drugs Being Safe : identify things, people and places that I need to keep safe from Safe or Unsafe</p>	<p><b>Changing Me</b> What a baby needs to live and grow How boys' and girls' bodies need to change as they grow up so their bodies can make babies. Family Stereotypes</p>
<p><b>Year 4</b></p>	<p><b>Being Me in My World</b> Being Me in my world Becoming a Class 'Team' Being a School Citizen Rights, Responsibilities and Democracy Rewards and Consequences Democracy in a school</p>	<p><b>Celebrating Difference</b> Judging by Appearances Understanding Bullying What to do if I think it is going on The role of witnesses Special Me: Identifying what is special about me and value the ways in which I am unique</p>	<p><b>Dreams and Goals</b> My Hopes and Dreams Overcoming Disappointment Creating New Dreams  Achieving Goals: Steps to take to achieve my goals</p>	<p><b>Relationships</b> Jealousy Love and Loss Memories Getting on and Falling Out Making new friends Girlfriends and Boyfriends Celebrating My Relationships with People</p>	<p><b>Healthy Me</b> My Friends and Me Group Dynamics Smoking and Alcohol : its effects on health Healthy Friendships Peer pressure Celebrating my inner Strength and Assertiveness</p>	<p><b>Changing Me</b> Unique Me The internal and external parts of male and female bodies that are necessary for making a baby Girls and Puberty : Periods Changes in my life</p>
<p><b>Year 5</b></p>	<p><b>Being Me in My World</b> Facing new challenges positively and know how to set personal goals Rights and responsibilities Rewards and Consequences: my own behaviour Understanding Democracy within a school</p>	<p><b>Celebrating Difference</b> Different cultures Racism Rumours and Name-calling Types of Bullying Does Money Matter? People in the developing world Celebrating Difference across the world</p>	<p><b>Dreams and Goals</b> When I Grow Up Jobs and Careers My Dream Job and how to achieve it. Dreams and Goals of Young People in Other Cultures How Can we learn from each other from different cultures</p>	<p><b>Relationships</b> Personal characteristics Online safety Online gaming My relationship with technology: screen time Staying safe and happy online</p>	<p><b>Healthy Me</b> Smoking and its risks Alcohol and risks Emergency Aid Body image Healthy Body image and relationship with food Healthy lifestyle choices</p>	<p><b>Changing Me</b> Self and body image Puberty for girls Puberty for boys Conception Looking ahead: being a teenager Looking ahead: what am I looking forward to moving to my next class</p>

<p><b>Year 6</b></p>	<p><b>Being Me in My World</b>  My goals for this year  Universal children’s rights  Being a global citizen  How democracy benefits a community  Rights and Responsibilities  Rewards and consequences</p>	<p><b>Celebrating difference</b>  Understanding difference  Power struggles  Why people use bullying behaviours  Celebrating difference  Disabilities and how people have overcome them  Celebrating difference</p>	<p><b>Dreams and Goals</b>  To know my learning strength  Steps I need to reach goals  My dream for the World  Helping to make a difference  Recognise my own achievements</p>	<p><b>Relationships</b>  What is mental health?  Taking care of mental health  Loss and grief  Being online: Real or fake? Safe or unsafe  Using technology responsibly</p>	<p><b>Healthy Me</b>  Being responsible for my health and wellbeing  Drugs and its effects  Exploitation  Gangs  Emotional and mental health  Managing stress and pressure</p>	<p><b>Changing me</b>  My Self image  Puberty  Babies: Conception to baby  Boyfriends and girlfriends  Real self and ideal self  Transition to secondary school</p>
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