Westbourne Primary School: Whole-School Curriculum

PSHE- Spring Term

EYFS – Dreams and Goals
-Challenges
-Perseverance
-Goal-setting
-Overcoming obstacles
-Seeking help
-Jobs
-Achieving goals

EYFS – Healthy Me
-Exercising bodies
-Physical activity
-Healthy food
-Sleep
-Keeping clean
-Safety

Year 1 – Dreams and Goals
-Setting goals
-Identifying successes and achievements
-Learning styles
-Working well and celebrating achievement with a partner
-Tackling new challenges
-Identifying and overcoming obstacles
-Feelings of success

Year 1- Healthy Me
-Difference between healthy and unhealthy
-Healthy lifestyle choices
-Knowing how to keep clean and healthy
-Germs and diseases
-Household products and medicines
-Staying safe crossing the road
-Knowing about people who can keep me safe

Year 2 – Dreams and Goals
-Realistic and achievable goal
-Perseverance
-Recognising working together well
-Good group work
-Sharing success with others

Year 2- Healthy Me:
-Healthy body
-Relaxation
-What makes me relaxed/stressed?
-How medicines work in the body
-Healthy snacks
-Energy foods

Year 3 – Healthy Me
-Motivation
-Healthier choices
-Relaxation
-Healthy eating and nutrition
-Healthier snacks and sharing food

Year 3- Dream and Goals
-Achieving realistic goals
-Perseverance
-Learning strengths
-Learning with others
-Group co-operation
-Contributing to and sharing success

Year 4 – Dreams and Goals
-Difficult challenges and achieving success
-Dreams and ambitions
-New challenges
-Motivation and enthusiasm
-Recognising and trying to overcome obstacles
-Evaluating learning processes
-Managing Feelings
-Simple budgeting

Year 4- Healthy Me
-Exercise
-Fitness challenges
-Food labelling and healthy swaps
-Attitudes towards drugs
-Keeping safe and why it's important online and offline scenarios
-Respect for myself and others
-Healthy and safe choices

Year 5 – Dreams and Goals
-Future dreams
-The importance of money
-Jobs and careers
-Dream job and how to get there
-Goals in different cultures
-Supporting others (charity)
-Motivation

Year 5- Healthy Me
-Smoking, including vaping
-Alcohol and anti-social behaviour
-Emergency aid
-Body image
-Relationships with food
-Healthy choices
-Motivation and behaviour

Year 6 – Dreams and Goals
-Personal learning goals, in and out of school
-Success criteria
-Emotions in success
-Making a difference in the world
-Motivation
-Recognising achievements
-Compliments

Year 6- Healthy Me
-Taking personal responsibility
-How substances affect the body
-Exploitation, including 'county lines' and gang culture
-Emotional and mental health
-Managing stress