Westbourne Primary School: Whole-School Curriculum

PSHCE- Summer Term

EYFS

EYFS – Relationships
-Family life
-Friendships
-Breaking friendships
-Falling out
-Dealing with bullying
-Being a good friend

EYFS – Changing Me
-Bodies
-Respecting my body
-Growing up
-Growth and change
-Fun and fears
-Celebrations

Year 1

Year 1 – Relationships
-Belonging to a family
-Making friends/being a good friend
-Physical contact preferences
-People who help us
-Qualities as a friend and person
-Self-acknowledgement
-Being a good friend to myself
-Celebrating special relationships

Year 1- Changing Me
-Life cycles – animal and human
-Changes in me
-Changes since being a baby
-Differences between female and male bodies (correct terminology)
-Linking growing and learning
-Coping with change
-Transition

Year 2

Year 2 - Relationships
-Different types of family
-Physical contact boundaries
-Friendship and conflict
-Secrets Trust and appreciation
-Expressing appreciation for special relationships

Year 2- Changing Me
-Life cycles in nature
-Growing from young to old Increasing independence
-Differences in female and male bodies (correct terminology)
-Assertiveness
-Preparing for transition

Year 3

Year 3- Changing Me
-How babies grow
-Understanding a baby's needs
-Outside body changes
-Inside body changes
-Family stereotypes
-Challenging my ideas
-Preparing for transition

Year 3 – Relationships
-Family roles and responsibilities
-Friendship and negotiation
-Keeping safe online and who to go to for help
-Being a global citizen
-Being aware of how my choices affect others
-Awareness of how other children have different lives
-Expressing appreciation for family and friends

Year 4

Year 4 – Relationships
-Jealousy
-Love and loss
-Memories of loved ones
-Getting on and Falling Out
-Girlfriends and boyfriends
-Showing appreciation to people and animals

Year 4- Changing Me
-Being unique
-Having a baby
-Girls and puberty
-Confidence in change
-Accepting change
-Preparing for transition
-Environmental change

Year 5

Year 5 – Relationships
-Self-recognition and self-worth
-Building self-esteem
-Safer online communities
-Rights and responsibilities online
-Online gaming and gambling
-Reducing screen time
-Dangers of online grooming
-SMARRT internet safety rules

Year 5- Changing Me
-Self- and body image
-Influence of online and media on body image
-Puberty for girls
-Puberty for boys
-Conception (including IVF)
-Growing responsibility
-Coping with change
-Preparing for transition

Year 6

Year 6 – Relationships
-Mental health
-Identifying mental health worries and sources of support
-Love and loss
-Managing feelings
-Power and control
-Assertiveness
-Technology safety
-Take responsibility with technology use

Year 6- Changing Me
-Self-image
-Body image
-Puberty and feelings
-Conception to birth
-Reflections about change
-Physical attraction
-Respect and consent
-Boyfriends/girlfriends
-Sexting
-Transition