

West Bridgford Junior School - PSHE Curriculum Map (including SRE)



At West Bridgford Junior School we aim to promote healthy, independent and responsible members of society, and we strive to build persistence in the face of difficulty. To help us achieve this, we follow the scheme of work provided by Dimensions 3D PSHE, as a whole school approach. We seek to help children build resilience, confidence and self-esteem in order to successfully manage, and cope with their emotions in different situations. We cover three core themes- Health and Wellbeing, Relationships and Living in the Wider World- which progress through the year groups. The PSHE Curriculum prepares children for life in modern Britain. It also helps pupils to develop and apply skills and attitudes to allow them to become full and active citizens in our wider global community.

Core Theme 1 Health and Wellbeing	Core Theme 2 Relationships	Core Theme 3 Living in the Wider World
<p>This area of PSHE teaches children:</p> <ul style="list-style-type: none"> • What is meant by a healthy lifestyle • How to maintain physical, mental and emotional health and wellbeing • How to manage risks to physical and emotional health and wellbeing • Ways of keeping physically and emotionally safe • How to manage change, including puberty, transition and loss • How to make informed choices about health and wellbeing, and where to get help with this • How to respond in an emergency • To identify different influences on health and wellbeing <p>Pupils will learn things like the importance of personal hygiene; the physical differences between boys and girls; road safety, cycle safety and online safety; people who help us; how to talk about their feelings; and the benefits of physical activity.</p>	<p>This theme includes:</p> <ul style="list-style-type: none"> • How to develop and maintain a variety of relationships, within a range of social and cultural contexts • How to recognise and manage emotions within relationships • How to respond to risky or negative relationships, including <u>bullying</u> and abuse • How to respond to risky or negative relationships and ask for help • How to respect equality and diversity in relationships <p>Among other things, children will learn to recognise that their behaviour can affect other people; to listen to other people and work and play cooperatively; to identify special people in their lives (parents, siblings, friends) and how they should care for each other; what physical contact is acceptable; and what to do if they're being bullied.</p>	<p>Through this theme, children learn:</p> <ul style="list-style-type: none"> • About respect for themselves and others, and the importance of responsible actions and behaviour • About rights and responsibilities as members of families, other groups and citizens • To respect equality and diversity, and how to be a productive member of a diverse community • About the importance of respecting and protecting the environment • About where money comes from, keeping it safe, and the importance of managing it effectively • A basic understanding of enterprise <p>Some of the things your child will learn include how to make and follow group, class and school rules; what protects and harms the environment; how to make choices about spending or saving money; ways in which we are all unique and the things we have in common; about basic human rights; and to respect national, regional, religious and ethnic identities.</p>



Year 3

Core Theme 1 Health and Wellbeing	Core Theme 2 Relationships	Core Theme 3 Living in the Wider World.
<p>Physical, emotional and mental wellbeing (Unit 1 L1-3) To understand the difference between physical, emotional and mental To become more self-aware and to set goals.</p> <p>Sleep (Unit 2 L4) To know the importance of good quality sleep for health.</p> <p>How to help- emergency calls (Unit 8 L1-3) To take responsibility for own safety and seek help in an emergency To when and how to make an emergency call To behave safely and responsibly in different situations</p> <p>Balanced diet and exercise (Unit 2 L1-3) To understand the word 'healthy'. To know that we need a good balance of nutrition and physical exercise to be healthy.</p> <p>Different communities (Unit 2 L1-2) To understand why it is important to be part of a community.</p>	<p>Friendship (Unit 5 L1-4) To understand the features of a good friend. To work co-operatively, showing fairness and consideration to others. To know how to communicate their opinions in a group setting To know that most friendships have their ups and downs and that these can be worked through and repaired. To understand why it is important to be positive in relationships with others.</p> <p>Clear messages/listening (Unit 1 L1-2) To understand the need to communicate clearly. To understand why it is important to listen to others.</p> <p>Working together and shared goals (Unit 2 L1-3) To work co-operatively, showing fairness and consideration to others. To understand why it is important to work collaboratively. To take the lead, prioritise actions and work independently and collaboratively towards goals. To know how to spot problems and find ways of dealing with them.</p>	<p>Rules (Unit 1 L1-3) To understand why rules are needed in different situations To recognise that rules might need to be changed. To understand why it is important to plan ahead and think of potential consequences as a result of their actions. To recognise that actions, have consequences.</p> <p>Loss/ separation (Unit 5 L1-2) To listen and show consideration for other people's views. To empathise with another viewpoint.</p> <p>Before puberty (Unit 7 L1-2) To understand the rate at which we grow and show an awareness of the changes that take place.</p>

<p>SRE (linked with Science and PSHE)</p>	<p>To explore the differences between males and females and to name body parts To consider touch and know that a person has the right to say what they like and dislike To explore different types of families and who to go to for help and support</p>	<p>Video: Differences</p>
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Year 4

Core Theme 1 Health and Wellbeing	Core Theme 2 Relationships	Core Theme 3 Living in the Wider World.
<p>Feelings- overreacting and self-respect (Unit 5 L5-6) To understand own feelings and behaviour To learn about the importance of self-respect and how this links to own happiness.</p> <p>Balanced diet and food (Unit 3 L1-4) To know where different foods come from To know and understand the function of different food groups for a balanced diet To identify the range of jobs carried out by the people they know To learn to prepare and cook a variety of dishes</p> <p>Loss/ Separation and Family Changes (Unit 5 L3-4) To develop strategies for managing and controlling strong feelings and emotions. To understand that family units can be different and can sometimes change.</p> <p>Identifying strengths and setting goals (Unit 4 L1-4) To understand that everyone has different strengths and weaknesses and how to improve To know how to set realistic targets and self-assess To understand how to break down the steps to achieve a goal</p>	<p>Reactions, self-worth and resilience (Unit 3 L1-3) To know what bullying is To understand what self-esteem is and why it is important To understand persistence and resilience</p> <p>Responding to others/ Expressing opinions (Unit 1 L3-4) To talk about their views on issues that affect themselves To know how to communicate their opinions to a group.</p> <p>Family links, religious views and diversity (Unit 4 L2-4) To know and understand that the make- up of family units can differ To understand and appreciate the range of different cultures and religions represented within school To learn about the need for tolerance for those of different faiths and beliefs</p> <p>Forming relationships (Separate unit lesson 1) To know and understand why close relationships are formed, especially during adolescence To know why friendship is important in the establishment of close relationships.</p>	<p>Gender Stereotypes (Unit 3 L1) To know and understand the terms 'discrimination' and 'stereotype' To challenge stereotypes in relation to gender and work</p> <p>Money choices/ Managing money (Unit 4 L1-2) To learn about and reflect on their own spending habits/ choices To know why financial management and planning is important from a young age</p>

<p>SRE (linked with Science and PSHE)</p>	<p>To explore the human life cycle To identify some basic facts about puberty, reproduction and pregnancy To learn about the physical changes associated with puberty</p>	<p>Video: How did I get here?</p>
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Year 5

Core Theme 1 Health and Wellbeing	Core Theme 2 Relationships	Core Theme 3 Living in the Wider World.
<p>Death and grief, managing conflict (Unit 4 L1-3) To manage changing emotions and deal with negative pressures.</p> <p>Physical, emotional and mental (Unit 1 L1) To know about the basic synergy between physical, emotional and mental health</p> <p>What's puberty (Unit 1 L2) To know the changes that occur during puberty</p> <p>Healthy Lifestyles (Unit 1 L3) To know the importance of adopting a healthy lifestyle</p> <p>Food choices (Unit 2 L1-3) To develop an awareness for their own dietary needs To know how to cook and apply the basic principles of nutrition and healthy eating To use a variety of ingredients and techniques.</p>	<p>Online relationships (Unit 4 L5) To know that the principles of face to face relationships apply to online relationships, including respect for others To know how to critically consider their online relationships How information is shared and used online</p> <p>Confidentiality (Unit 1 L1) To understand the need for confidentiality in certain situations.</p> <p>Responding and effective communication (Unit 1 L2-3) To understand the role of the listener in any relationship To recognise that there are many ways to communicate</p> <p>Physical contact (Unit 4 L1) To know about and understand the importance of touch in a range of contexts To know the difference between appropriate and inappropriate touches</p> <p>Responding, shared goals and community spirit (Unit 2 L1-3) To understand the need to develop team work skills To understand the need to collaborate in a group situation To recognise that there are many roles within a community</p>	<p>Law and Order/ Our rights (Unit 1 L1-3) To understand why structure is needed in different situations To understand the term 'anarchy' To know and understand the terms: democracy, sovereignty, dictatorship, government, monarchy To learn about organisations such as the United Nations To understand the importance and significance of equal rights</p> <p>Community- diversity (Unit 2 L1) To understand the benefits of living in a diverse community and learn to celebrate diversity</p> <p>Extremism and radicalisation (Separate unit L1-2) To understand the meaning and importance of resilience and courage To know how to deal with and recognise situations involving peer pressure. To recognise the features of extremism To identify how and why people are recruited into extremist activity To identify some of the stereotypes related to extremism</p>

<p>SRE (linked with Science and PSHE)</p>	<p>To explore the emotional and physical changes during puberty To understand male and female puberty changes in more detail To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty</p>	<p>Video: Changes</p>
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Year 6

Core Theme 1 Health and Wellbeing	Core Theme 2 Relationships	Core Theme 3 Living in the Wider World.
<p>Identifying strengths and setting goals (Unit 3 L1-4) To identify and talk about own and others strengths and weaknesses and how to improve To be able to reflect on past achievements To begin to set personal goals To identify the skills, they need to develop to make their contribution in the working world in the future.</p> <p>Physical illness and immunisation (Unit 1 L4-6) To know how to recognise early stages of illness To know the facts and science relating to allergies, immunisation and vaccination</p> <p>Healthy minds (Unit 1 L5) To know that it is common for people to experience mental ill health and that for many the problems can be resolved with the right support</p> <p>Substance related abuse (Separate unit) To understand the term 'risk' and how it leads to consequence To understand the term 'addiction' and how it can take many forms To become familiar with the names of most common drugs To understand how advertising can influence choices</p> <p>Drugs/ Tobacco/ Alcohol (Unit 5 L1-4) To make responsible and informed decisions relating to medicines, alcohol, tobacco and other drugs To identify different kinds of risks associated with the use and misuse of a range of substances</p>	<p>Race and ethnicity, culture (Unit 3 L1-3) To learn about racial discrimination and its impact on societies, past and present To learn about gender discrimination and its impact To learn about the importance of family in different cultures</p> <p>Support and care (Unit 4 L2) To know that relationships can change as a result of growing up</p> <p>Marriage (Unit 4 L3) To know that marriage (and civil partnerships) represents a formal and legally recognised commitment between two people.</p> <p>Mental wellbeing (Unit 4 L4) To know that bullying has a negative and often long lasting effect on mental wellbeing</p> <p>Sexual relationships/ Conception/ Pregnancy (use Teaching SRE with Confidence support materials)</p> <p>Basic First Aid (Unit 5 L5) To know the concepts of basic first aid e.g. common injuries</p>	<p>Budgeting and consumer sense (Unit 3 L1-3) To learn about budgeting and what it means to budget To know and understand financial terms such as loan, interest, tax and discount To show initiative and take responsibility for activities that develop enterprise capability</p> <p>Generating income (Unit 4 L1-2) To know and understand the principles of enterprise To understand profit and loss To know and understand the principles of charity work</p> <p>Extremism and radicalisation (Separate unit L3-5) To identify and challenge stereotypes, including LGBT and other minority groups Recognise extremism and radicalisation To identify why and how people are recruited into radicalised activity To identify some of the stereotypes relevant to radicalisation To identify the risks faced in relation to extremist activity</p>

SRE (linked with Science and PSHE)

To understand why the body changes during puberty in preparation for reproduction
To consider reproduction in the context of relationships
To explain how babies are made
To discuss different types of adult relationships with confidence
To explore the process of conception and pregnancy
To understand the decisions that have to be made before having a baby

Videos:
Girl Talk
Boy Talk
How babies are made
How babies are born

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