

Willowbrook PSHE Curriculum

The British values of **democracy**, **the rule of law**, **individual liberty** and **tolerance** are embedded within this curriculum and are highlighted accordingly. (Books we have)

	Autumn1	Autumn2	Spring1	Spring2	Summer1	Summer2
Overarching Theme:	Friendship	Respect	Safety <i>(Safer internet day)</i>	Excellence	Teamwork	Health & Relationships
Year 1	<p>Who are my friends and why are they special to me?</p> <p>What does it mean to be kind?</p>	<p>What is respect?</p> <p>What makes themselves and others special</p> <p>How to show respect to myself and others</p>	<p>Safety in familiar situations/home (including what to do in an emergency)</p> <p>Personal safety when out and about (including sun-safety)</p> <p>People who help keep us safe and knowing who to trust</p> <p>E-Safety: Using the internet safely – making good choices</p>	<p>What I am good at</p> <p>Perseverance and effort</p> <p>Learning from mistakes / failures</p>	<p>Belonging – Home and school</p> <p>Roles and responsibilities at home and school</p>	<p>Growing up – changes from baby to adult</p> <p>What relationships are important to me in my life?</p> <p><i>Why families are important?</i></p> <p>Understanding my feelings and being able to describe them.</p>
Year 2	<p>Making friends by being friendly.</p> <p><i>The characteristics of friendship</i></p> <p>Solving problems that might arise with friendships.</p>	<p>Pupils learn about valuing the similarities and differences between themselves and others</p> <p><i>Courtesy and manners</i></p>	<p>Keeping safe and making good choices in the home, including fire safety.</p> <p>Road safety.</p> <p>E-Safety: Y1 refresher – keeping safe online.</p>	<p>Taking positive risks and not being afraid of failure</p> <p>Resilience and determination</p> <p>Setting ourselves goals</p>	<p>Belonging to groups and teams – and why we have family groups at Willowbrook</p> <p><i>The characteristics of a healthy family</i></p> <p>What makes a great team member and understanding different roles in a team.</p>	<p>The importance of physical activity, sleep and rest</p> <p>Knowing about people who help us to stay healthy and well and about basic health and hygiene routines</p> <p>Recognising ways to help ourselves and others when we experience difficult emotions.</p> <p>Making healthy choices about food and drinks</p> <p>Keeping active and some of the challenges of this (branding and advertising)</p>

<p>Year 3</p>	<p>Positive communication in friendships.</p> <p>A balanced friendship (e.g. give and take / jealousy)</p> <p>How to recognise bullying and how it can make people feel.</p>	<p>Understanding physical and mental disabilities.</p> <p>Respecting and understanding the work of charities.</p>	<p>Rules that keep us safe and why we need to follow them.</p> <p>Medication and knowing when (and how) it should/shouldn't be taken.</p> <p>The Emergency services.</p> <p>Different types of bullying and how to respond to incidents of bullying.</p> <p>E-safety: Searching safely.</p>	<p>Taking responsibility for my goals/targets and choices</p> <p>Dreams and ambitions</p> <p>Exploring different jobs/careers (including challenging gender stereotypes)</p>	<p>Being able to step into new/different roles within a team.</p> <p>Recognising others' achievements within the team.</p>	<p>Understanding different 'layers' of relationships and understanding appropriate boundaries.</p> <p>Understanding that there are a range of family set-ups and respecting these differences.</p> <p>Knowing how to deal with worries in a healthy way.</p>
<p>Year 4</p>	<p>Empathy and compassion – being caring towards all people, however 'close' we are.</p> <p>Feeling jealousy and how to manage this.</p> <p>Dealing with anger and the importance of recognising when we've done something wrong.</p>	<p>Stereotyping, including gender stereotyping</p> <p>Prejudice and discrimination and how this can make people feel</p>	<p>E-safety: How to be safe in their computer gaming habits.</p> <p>Keeping safe near roads, rail, water, building sites and around fireworks.</p> <p>What to do in an emergency and basic emergency first aid procedures</p>	<p>Celebrating talents</p> <p>Learning something new</p> <p>Recognising when I've done my best and not needing to compare this with others</p>	<p>The importance of listening actively to others within the team.</p> <p>Resolving difficulties within the team and communicating effectively.</p>	<p>The definition of a drug and that drugs (including medicines) can be harmful to people</p> <p>The effects and risks of smoking tobacco and second hand smoke</p> <p>Knowing that medicines/drugs can be used positively to manage and treat medical conditions</p> <p>Understanding appropriate boundaries and what to do if you feel uncomfortable.</p> <p>Having an awareness of the range of emotions all people experience and knowing how this can affect us.</p>

<p>Year 5</p>	<p>Understanding the power of our words.</p> <p>Dealing with conflict and when to ask for help.</p> <p>Restorative justice – how to have a mature conversation when things have gone wrong.</p> <p>Seeing both sides to a story (understanding different perspectives)</p>	<p>Respecting the experiences of people who have moved to Exeter from other places (including the experience of refugees)</p> <p>Human rights</p>	<p>E-Safety: Responsible online behaviour (explore bullying and privacy)</p> <p>Dealing with peer pressure when you're being encouraged to do something unsafe.</p>	<p>Understanding what higher education is (e.g. University) and knowing why some people choose to go there.</p> <p>Understanding that all jobs require certain qualities (e.g. reliability, positive communication, effort etc.)</p>	<p>Succeeding/failing together: collective responsibility for the team</p> <p>Understanding community as a wider 'team' that we belong to. How to be a responsible citizen.</p>	<p>Explore what makes a healthy relationship.</p> <p>Mental Health and well being</p> <p>Recognising when we need help or support with our problems</p> <p>Positive habits for our wellbeing</p> <p>Sex and relationship education</p>
<p>Year 6</p>	<p>Recognising other people's emotional states and knowing how best to support one another.</p> <p>Peer mediation – how to support friends with issues and knowing when to ask for help.</p>	<p>Understanding Britain as a democratic society.</p> <p>Understanding how laws are made and why they exist.</p> <p>Understand the role of our local council</p>	<p>Recognising and responding to peer pressure</p> <p>The consequences of anti-social behaviour (including gangs and gang related behaviour)</p> <p>E-Safety: Being aware of false-identities and other dangers online.</p>	<p>Understanding that excellence is dependent on being responsible for your own learning.</p> <p>Knowing the importance of being organised and prepared and how this will be vital at secondary school.</p>	<p>One World – being a global citizen (part of one enormous team)</p>	<p>Body image</p> <p>Sex and relationship education</p>