

Winhills RSE Curriculum Map

PSHE Curriculum Map Cycle B		
Year 1 / Year 2	Year 3 / Year 4	Year 5 / Year 6
<p>Family and Relationships - 8 lessons</p> <p>Setting ground rules for RSE & PSHE Lessons Family Friendships Other people's feelings Getting along with others Friendship problems Gender stereotypes Change and Loss</p> <p>Health and wellbeing - 7 Lessons</p> <p>Understanding my feelings Steps to success Developing a growth mindset Being active Relaxation: Breathing exercises Healthy diet Looking after teeth</p> <p>Citizenship - 7 lessons</p> <p>Rules Similar, yet different Caring for others: Animals The needs of others Democratic decisions School council Giving my opinion</p> <p>Safety and the changing body - 9 lessons</p> <p>Communicating with adults Road safety Safety at home Safety with medicines What to do if I get lost The internet Appropriate contact</p>	<p>Family and Relationships - 9 lessons</p> <p>Setting ground rules and signposting Friendship issues and bullying Healthy families Stereotyping: Gender Stereotyping: Age / Disability How my behaviour affects others Effective communication to support relationships Respect and manners Respecting differences</p> <p>Health and Wellbeing - 8 lessons</p> <p>My healthy diary Looking after our teeth Relaxation: visualisation Meaning and purpose: my role Resilience: breaking down problems Emotions Communicating my feelings Mental health</p> <p>Citizenship - 6 lessons</p> <p>Recycling and reusing Local community groups Local council and democracy Diverse communities Rights of the child Charity</p> <p>Safety and the changing body - 10 lessons</p> <p>Fake emails Internet safety: Age restrictions Consuming information online Tobacco</p>	<p>Family and Relationships - 8 lessons</p> <p>Setting rules and signposting Friendship skills Respect Resolving conflict Family life Stereotyping Challenging stereotypes Change and Loss</p> <p>Health and Wellbeing - 8 lessons</p> <p>Relaxation: mindfulness What can I be? Taking responsibility for my health The impact of technology on health Resilience toolbox Immunisation Physical health concerns Good and bad habits</p> <p>Citizenship - 6 lessons</p> <p>Pressure groups Valuing diversity Food choices and the environment Caring for others Rights and responsibilities Parliament and national democracy</p> <p>Safety and the changing body - 10 lessons</p> <p>Critical digital consumers Social media First aid: bleeding First aid: basic life support</p>

<p>My private parts are private Respecting personal boundaries</p> <p>Economic Wellbeing - 5 lessons</p> <p>Money Needs and wants Saving and spending Banks and building societies Jobs</p> <p>Transition - 1 lesson</p>	<p>First aid: Asthma Choices and influences First Aid: emergencies and calling for help Introducing puberty Road safety</p> <p>Economic Wellbeing - 5 lessons</p> <p>Spending choices Budgeting Money and emotions Jobs and careers Jobs for me</p> <p>Transition 1 lesson</p>	<p>Puberty Physical and emotional changes of puberty Menstruation Contraception Emotional changes in puberty</p> <p>Economic Wellbeing - 5 lessons</p> <p>Attitude to money Keeping money safe Stereotypes in the workplace Gambling Carers</p> <p>Identity - 2 lessons</p> <p>What is identity Identity and body image</p> <p>Transition 1 lesson</p>
--	--	---