West Road Primary Academy PSHE & SRE whole School Curriculum Map 2021-2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Core themes Whole school	**Being Me in My World**	**Celebrating Differences**	**Dreams and Goals**	**Healthy Me**	**Relationships**	**Changing Me**
Core Themes Overview Whole School	Being Me in My World covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community; it also looks at children's rights and responsibilities, working and socialising with others, and pupil voice.	Celebrating Difference focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone's right to 'difference', and most year groups explore the concept of 'normal'; bullying – what it is and what it isn't, including cyber and homophobic bullying – is an important aspect of this Puzzle.	Dreams and Goals aims to help children think about their hopes and dreams, their goals for success, what personal strengths are, and how to overcome challenges, via team work skills and tasks. There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for the world.	Being Me in My World covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community; it also looks at children's rights and responsibilities, working and socialising with others, and pupil voice.	Relationships has a wide focus, looking at diverse topics such as families, friendships, pets and animals, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe; this links to cyber safety and social networking, as well as attraction and assertiveness; children learn how to deal with conflict, their own strengths and self-esteem. They have the chance to explore roles and responsibilities in families, and look at stereotypes. All Jigsaw lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.	Changing Me deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, self-respect and safeguarding. Self and body image, puberty, attraction and accepting change are diverse subjects for children to explore. Each year group thinks about looking ahead, moving year groups or the transition to secondary school. Life cycles and how babies are made and grow are treated sensitively and are designed to meet children's needs. All year groups learn about how people and bodies change. This Puzzle links with the Science curriculum when teaching children about life cycles, babies and puberty
Events	• Black History Month • United Nations Day • World Mental Health Day • Big talk SRE education	• Anti-bullying Week • Road Safety Week • Remembrance Sunday • Children in Need • Christmas	• LGBT History Month • New Year's Resolutions • Mother's day	• World Book Day • Sport/Comic Relief • Autism/SEN awareness Week • Anti-Bullying Day	• Walk to School Week • Mental Health Awareness Week • Ramadan • School Nursing Team Year 5 & 6	• Gypsy Roma Traveller History Month • Sports Day • Whole school enterprise project
Enrichment	Big Talk	Friendship and respect week (anti-bullying)		Staying safe week	Cultural Awareness Week	Careers week

Year 3	Core theme: Being Me in my World	Core theme: Celebrating Differences	Core theme: Dreams and Goals	Core theme: Healthy Me	Core theme: Relationships	Core theme: Changing Me
	Pupils learn how to value themselves and know how to make someone else feel welcome and valued Pupils learn how to recognize how it feels to be happy, sad or scared and are able to identify if other people are feeling these emotions. Pupils learn how to make others feel valued. Pupils learn how to understand that their behavior brings rewards/ consequences Pupils learn how to work co-operatively in a group Pupils learn how to try and see things from another person's point of view. **Big Talk – Relationship and Sex Education, Keeping Safe, Healthy and Happy** **Happy situations** **Improper photographs** **Inappropriate touches** **Exposure to suitablemedia** **Worries and concerns** **Support and help for worries and concerns**	Pupils learn to understand that everybody's family is different and important to them Pupils learn that differences and conflicts sometimes happen among family members Pupils learn what it means to be a witness to bullying. Pupils learn that witnesses to bullying can make the situation better or worse by what they do. Pupils learn that some words are used in hurtful ways Pupils learn how to give and receive compliments and how this makes someone feel	Pupils learn to respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability) Pupils learn to imagine how they will feel when they achieve their dream/ambition Pupils learn to break down a goal into a number of steps and know how others could help them to achieve it Pupils learn to know that they are responsible for their own learning and can use their strengths as a learner to achieve the challenge Pupils learn to manage the feelings of frustration that may arise when obstacles occur Pupils learn to be confident in sharing their success with others	Pupils learn to tell their knowledge and attitude towards drugs, understand how exercise affects their body and know why their heart and lungs are such important organs Pupils can tell you their knowledge and attitude towards drugs Pupils learn to identify things, people and places that they need to keep safe from, and can tell you some strategies for keeping themselves safe including who to go to for help Pupils learn to understand that, like medicines, some household substances can be harmful if not used correctly understand how complex their body is and how important it is to take care of it .	Pupils learn to identify the roles and responsibilities of each member of their family and can reflect on the expectations for males and females Pupils learn to identify and put into practice some of the skills of friendship, e.g. taking turns, being a good listener Pupils know and can use some strategies for keeping themselves safe Pupils can explain how some of the actions and work of people around the world help and influence their life Pupils learn to understand how their needs and rights are shared by children around the world and can identify how their lives may be different. Pupils learn to know how to express their appreciation to my friends and family	I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up I can start to recognise stereotypical ideas I might have about parenting and family roles I can identify what I am looking forward to when I am in Year 4

Year 4	Core theme: Being Me in my World	Core theme: Celebrating Differences	Core theme: Dreams and Goals	Core theme: Healthy Me	Core theme: Relationships	Core theme: Changing Me
	I know my attitudes and actions make a difference to the class team I understand who is in my school community, the roles they play and how I fit I understand how democracy works through the school council I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them I understand how groups come together to make decisions I understand how democracy and having a voice benefits the school community **Big Talk - Relationship and Sex Education, Keeping Safe, Healthy and Happy** Reinforcing and checking understanding from Big Talk Education inY3 Different kinds offamilies Similarities and differences betweenboys and girls The emotional and physical changes of growing up (puberty) How babies are made,then develop in the womb etc. (reproduction). Looking after our bodies and how to besafe and healthy	I understand that, sometimes, we make assumptions based on what people look like I understand what influences me to make assumptions based on how people look I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure I can tell you why witnesses sometimes join in with bullying and sometimes don't tell I can identify what is special about me and value the ways in which I am unique I can tell you a time when my first impression of someone changed when I got to know them	I can tell you about some of my hopes and dreams I understand that sometimes hopes and dreams do not come true and that this can hurt I know that reflecting on positive and happy experiences can help me to counteract disappointment I know how to make a new plan and set new goals even if I have been disappointed I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group I can identify the contributions made by myself and others to the group's achievement	I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most I can recognise the changing dynamics between people in different groups I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol I can recognise when people are putting me under pressure and can explain ways to resist this when I want I know myself well enough to have a clear picture of what I believe is right and wrong	can identify the web of relationships that I am part of, starting from those closest to me and including those more distant I can identify someone I love and can express why they are special to me I can tell you about someone I know that I no longer see I can explain different points of view on an animal rights issue I understand how people feel when they love a special pet I know how to show love and appreciation to the people and animals who are special to me	I know how the circle of change works and can apply it to changes I want to make in my life I can identify changes that have been and may continue to be outside of my control that I learnt to accept I can identify what I am looking forward to when I am in Year 5

Year 5	Core theme: Being Me in my World	Core theme: Celebrating Differences	Core theme: Dreams and Goals	Core theme: Healthy Me	Core theme: Relationships	Core theme: Changing Me
	I can face new challenges positively and know how to set personal goals I understand my rights and responsibilities as a British citizen I understand my rights and responsibilities as a British citizen and a member of my school I can make choices about my own behaviour because I understand how rewards and consequences feel I understand how an individual's behaviour can impact on a group I understand how democracy and having a voice benefits the school community and know how to participate in this **Big Talk - Relationship and Sex Education, Keeping Safe, Healthy and Happy** Reinforcing and checking understanding from Big Talk Education inY4 Reproduction and puberty re-capped Questions and discussions aboutpuberty Building on knowledgefrom Y4 about how babies develop and are born. Pupils discuss trustedadults in school Pupils learn about external support theycan receive regarding SRE Pupils discuss supportnetworks at home if they want help, adviceor more information.	I understand that cultural differences sometimes cause conflict I understand what racism is I understand how rumour-spreading and name-calling can be bullying behaviours I can explain the difference between direct and indirect types of bullying I can compare my life with people in the developing world I can enjoy the experience of a culture other than my own	I understand that I will need money to help me achieve some of my dreams I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it I can describe the dreams and goals of young people in a culture different to mine I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. I know some of the risks with misusing alcohol, including antisocial behaviour, and how it affects the liver and heart I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations I understand how the media and celebrity culture promotes certain body types I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy	I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends I understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean I understand how to stay safe when using technology to communicate with my friends I can explain how to stay safe when using technology to communicate with my friends **Y5 school nurse visit - Growthand puberty talk**	I am aware of my own self-image and how my body image fits into that I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally I can describe how boys' and girls' bodies change during puberty I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) I can identify what I am looking forward to when I am in Year 6

Year 6	Core theme: Being Me in my World	Core theme: Celebrating Differences	Core theme: Dreams and Goals	Core theme: Healthy Me	Core theme: Relationships	Core theme: Changing Me
	I can identify my goals for this year, understand my fears and worries about the future and know how to express them I know that there are universal rights for all children but for many children these rights are not met I understand that my actions affect other people locally and globally I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities I understand how an individual's behaviour can impact on a group I understand how democracy and having a voice benefits the school community **Big Talk - Relationship and Sex Education, Keeping Safe, Healthy and Happy** Reinforcing and checking understanding from Big Talk Education inY5 Boys and girls separatefor puberty and growth talk followed by questions and discussions Pupils recap discussions abouttrusted adults in school Pupils recap information about external support theycan receive regarding SRE Pupils recap discussions about support networks athome if they want help, advice or more information.	I understand there are different perceptions about what normal means I understand how having a disability could affect someone's life I can explain some of the ways in which one person or a group can have power over another I know some of the reasons why people use bullying behaviours I can give examples of people with disabilities who lead amazing lives I can explain ways in which difference can be a source of conflict and a cause for celebration	I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal) I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these I can identify problems in the world that concern me and talk to other people about them I can work with other people to help make the world a better place I can describe some ways in which I can work with other people to help make the world a better place I know what some people in my class like or admire about me and can accept their praise	I know the impact of food on the body, e.g. creating energy, giving comfort and altering mood I know about different types of drugs and their uses and their effects on the body particularly the liver and heart I can evaluate when alcohol is being used responsibly, anti-socially or being misused I know and can put into practice basic emergency aid procedures (e.g. the recovery position) and know how to get help in emergency situations I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness I can recognise when I feel stressed and the triggers that cause this and I understand how stress can cause alcohol misuse	I can identify the most significant people to be in my life so far I know some of the feelings we can have when someone dies or leaves I understand that there are different stages of grief and that there are different types of loss that cause people to grieve I can recognise when people are trying to gain power or control I understand how technology can be used to try to gain power or control and I can use strategies to prevent this from happening I can use technology positively and safely to communicate with my friends and family **Y6 school nurse visit- conception**	I am aware of my own self-image and how my body image fits into that I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally I can ask the questions I need answered about changes during puberty I understand how being physically attracted to someone changes the nature of the relationship I can identify what I am looking forward to and what worries me about the transition to secondary school