



## KS2 LONG TERM PSHE PLAN 2019-2020

### Curriculum Intent

At Westbury Park School, we use Jigsaw to provide a comprehensive and progressive approach to PSHE giving children relevant learning experiences. Built around six themes, engaging and relevant lessons are delivered, including statutory Relationships and Health Education with a strong emphasis on emotional literacy, building resilience and nurturing mental health to help children navigate their world and to help develop positive relationships with themselves and others.

### KS2 GOALS

| KS2 EXPECTATIONS | TERM 1 or 2<br>Being me in my world<br>+<br>Celebrating difference   |   | TERM 3 or 4<br>Dreams and goals<br>+<br>Healthy me   |   | TERM 5 or 6<br>Relationships<br>+<br>Changing me   |  |
|------------------|--|---|--|---|--|--|
| YEAR 3           | <ul style="list-style-type: none"> <li>Setting personal goals</li> <li>Self-identity and worth</li> <li>Positivity in challenges</li> </ul>  | <ul style="list-style-type: none"> <li>Families and their differences</li> <li>Family conflict and how to manage it (child-centred) Recognising how words can be hurtful</li> </ul>   | <ul style="list-style-type: none"> <li>Dreams and ambitions</li> <li>New challenges Recognising and trying to overcome obstacles</li> </ul>  | <ul style="list-style-type: none"> <li>Exercise Fitness challenges</li> <li>Attitudes towards drugs</li> </ul>  | <ul style="list-style-type: none"> <li>Friendship and negotiation</li> <li>Being a global citizen Awareness of how other children have different lives</li> <li>Keeping safe online and who to go to for help - Internet Safety</li> </ul> | <ul style="list-style-type: none"> <li>How babies grow</li> <li>Outside + outside body changes</li> <li>Preparing for transition</li> </ul>  |
| YEAR 4           | <ul style="list-style-type: none"> <li>Being part of a class team</li> <li>Being a school citizen Rights, responsibilities and democracy (school council)</li> <li>Rewards and consequences</li> <li>Group decision-making Having a voice</li> <li>What motivates behaviour</li> </ul> | <ul style="list-style-type: none"> <li>Challenging assumptions</li> <li>Judging by appearance Accepting self and others</li> <li>Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is</li> <li>First impressions</li> </ul> | <ul style="list-style-type: none"> <li>Hopes and dreams Overcoming disappointment Creating new, realistic dreams</li> <li>Achieving goals Working in a group Celebrating contributions Resilience</li> <li>Positive attitudes</li> </ul> | <ul style="list-style-type: none"> <li>Healthier friendships</li> <li>Group dynamics Smoking</li> <li>Alcohol Assertiveness Peer pressure Celebrating inner strength</li> </ul> | <ul style="list-style-type: none"> <li>Jealousy</li> <li>Love and loss</li> <li>Memories of loved ones Getting on and Falling Out</li> <li>Girlfriends and boyfriends</li> <li>Showing appreciation to people and animals</li> </ul>       | <ul style="list-style-type: none"> <li>Being unique</li> <li>Having a baby</li> <li>Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change</li> </ul> |



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|--------|--|--|---|--|---|--|
| YEAR 5 | <ul style="list-style-type: none"> <li>Planning the forthcoming year (welcome back)</li> <li>Being a citizen</li> <li>Rights and responsibilities</li> <li>Rewards and consequences</li> <li>How behaviour affects groups (Class charter)</li> <li>Democracy, having a voice, participating</li> </ul> | <ul style="list-style-type: none"> <li>Cultural differences and how they can cause conflict</li> <li>Racism</li> <li>Rumours and name-calling</li> <li>Types of bullying</li> <li>Material wealth and happiness</li> <li>Enjoying and respecting other cultures</li> </ul> | <ul style="list-style-type: none"> <li>Future dreams</li> <li>The importance of money</li> <li>Jobs and careers</li> <li>Dream job and how to get there</li> <li>Goals in different cultures</li> <li>Supporting others (charity)</li> <li>Motivations</li> </ul> | <ul style="list-style-type: none"> <li>Smoking, including vaping</li> <li>Alcohol</li> <li>Alcohol and anti-social behaviour</li> <li>Emergency aid</li> <li>Body image</li> <li>Relationships with food</li> <li>Healthy choices</li> <li>Motivation and behaviour</li> </ul> | <ul style="list-style-type: none"> <li>Self-recognition and self-worth</li> <li>Building self-esteem</li> <li>Online gaming and gambling</li> <li>Reducing screen time</li> <li>Internet Safety Day-Safer online communities</li> <li>Dangers of online grooming</li> <li>SMARRT internet safety rules</li> <li>Rights and responsibilities online</li> </ul> | <ul style="list-style-type: none"> <li>Self- and body image</li> <li>Influence of online and media on body image</li> <li>Puberty for girls</li> <li>Puberty for boys</li> <li>Conception (including IVF)</li> <li>Growing responsibility</li> <li>Coping with change</li> <li>Preparing for transition</li> </ul>                                     |
| YEAR 6 | <ul style="list-style-type: none"> <li>Global citizenship</li> <li>Children's universal rights</li> <li>Democracy, having a voice</li> <li>Anti-social behaviour</li> </ul>  | <ul style="list-style-type: none"> <li>Understanding disability</li> <li>Power struggles</li> <li>Understanding bullying (does this get covered in anti bullying)</li> <li>Differences as conflict, difference as celebration</li> <li>Empathy</li> </ul>                  | <ul style="list-style-type: none"> <li>Emotions in success</li> <li>Making a difference in the world</li> <li>Motivation</li> </ul>   | <ul style="list-style-type: none"> <li>How substances affect the body</li> <li>Exploitation, including 'county lines' and gang culture</li> <li>Emotional and mental health</li> </ul>   | <ul style="list-style-type: none"> <li>Identifying mental health worries and sources of support</li> <li>Love and loss</li> <li>Managing feelings</li> <li>Power and control</li> <li>Assertiveness</li> <li>Technology safety</li> <li>Take responsibility with technology use (Internet safety?)</li> </ul>   | <ul style="list-style-type: none"> <li>Self-image</li> <li>Body image</li> <li>Puberty and feelings</li> <li>Conception to birth</li> <li>Reflections about change</li> <li>Physical attraction</li> <li>Respect and consent</li> <li>Boyfriends/girlfriends</li> <li>Sexting</li> <li>Transition</li> <li>I think we could do all of this?</li> </ul> |