

## Old Park Primary School - Well-being Curriculum Overview

| Year Group | Autumn 1   | Autumn 2   | Spring 1   | Spring 2  | Summer 1  | Summer 2   |
|------------|--|--|--|---|---|--|
| Reception  | <p><b><u>Being Me In My World</u></b><br/>           Belonging and similarities and differences<br/>           Recognising and managing feelings<br/>           Being cooperative and considering the feelings of others<br/>           Using kind hands and feet<br/>           Understanding my rights<br/>           Understanding 'responsibility'</p> | <p><b><u>Celebrating Difference</u></b><br/>           What am I good at?<br/>           Accepting differences.<br/>           Recognising and celebrating similarities and differences<br/>           Why my home is special<br/>           How to be a kind friend<br/>           How to stand up for yourself</p>   | <p><b><u>Dreams and Goals</u></b><br/>           Understanding the need to persevere to tackle challenges<br/>           Never give up<br/>           Set and work towards a goal<br/>           Using kind words to encourage others<br/>           What do I want to be?<br/>           Being proud of achieving a goal</p>                                | <p><b><u>Healthy Me</u></b><br/>           I need to exercise to keep healthy<br/>           Healthy food<br/>           Why should I eat healthy food?<br/>           Why is sleep important?<br/>           Keeping clean<br/>           Stranger danger</p>  | <p><b><u>Relationships</u></b><br/>           What jobs do I do in my family?<br/>           How to make friends<br/>           Resolving conflict<br/>           The impact of unkind words<br/>           Managing my feelings<br/>           How to be a good friend</p>   | <p><b><u>Changing Me</u></b><br/>           Name parts of my body<br/>           Respecting my body by keeping healthy<br/>           Growing from a baby to an adult<br/>           Moving to year 1<br/>           Worries and fears about moving to year 1<br/>           My best memories of reception</p> |
| 1          | <p><b><u>Being Me In My World</u></b><br/>           Feeling special and safe<br/>           Being part of a class<br/>           Rights and responsibilities<br/>           Rewards and feeling proud<br/>           Consequences<br/>           Owning the Learning Charter</p>  | <p><b><u>Celebrating Difference</u></b><br/>           Similarities and differences<br/>           Understanding bullying and knowing how to deal with it<br/>           Making new friends<br/>           Celebrating the differences in everyone</p>   | <p><b><u>Dreams and Goals</u></b><br/>           Setting goals<br/>           Identifying successes and achievements<br/>           Learning styles<br/>           Working well and celebrating achievement with a partner<br/>           Tackling new challenges<br/>           Identifying and overcoming obstacles<br/>           Feelings of success</p> | <p><b><u>Healthy Me</u></b><br/>           Keeping myself healthy<br/>           Healthier lifestyle choices<br/>           Keeping clean<br/>           Being safe<br/>           Medicine safety/safety with household items<br/>           Road safety<br/>           Linking health and happiness</p> | <p><b><u>Relationships</u></b><br/>           Belonging to a family<br/>           Making friends/being a good friend<br/>           Physical contact preferences<br/>           People who help us<br/>           Qualities as a friend and person<br/>           Self-acknowledgement<br/>           Being a good friend to myself<br/>           Celebrating special relationships</p> | <p><b><u>Changing Me</u></b><br/>           Life cycles – animal and human<br/>           Changes in me<br/>           Changes since being a baby<br/>           Linking growing and learning<br/>           Coping with change<br/>           Transition</p>  |
| 2          | <p><b><u>Being Me In My World</u></b><br/>           Hopes and fears for the year<br/>           Rights and responsibilities<br/>           Rewards and consequences<br/>           Safe and fair learning environment<br/>           Valuing contributions<br/>           Choices<br/>           Recognising feelings</p>                                 | <p><b><u>Celebrating Difference</u></b><br/>           Assumptions and stereotypes about gender<br/>           Understanding bullying<br/>           Standing up for self and others<br/>           Making new friends<br/>           Gender diversity<br/>           Celebrating difference and remaining friends</p> | <p><b><u>Dreams and Goals</u></b><br/>           Achieving realistic goals<br/>           Perseverance<br/>           Learning strengths<br/>           Learning with others<br/>           Group cooperation<br/>           Contributing to and sharing success</p>   | <p><b><u>Healthy Me</u></b><br/>           Motivation<br/>           Healthier choices<br/>           Relaxation<br/>           Healthy eating and nutrition<br/>           Healthier snacks and sharing food</p>   | <p><b><u>Relationships</u></b><br/>           Different types of family<br/>           Physical contact boundaries<br/>           Friendship and conflict<br/>           Secrets<br/>           Trust and appreciation<br/>           Expressing appreciation for special relationships</p>   | <p><b><u>Changing Me</u></b><br/>           Life cycles in nature<br/>           Growing from young to old<br/>           Increasing independence<br/>           Differences in female and male bodies (correct terminology)<br/>           Assertiveness<br/>           Preparing for transition</p>          |

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| 3 | <u><b>Being Me In My World</b></u><br>Setting personal goals<br>Self-identity and worth<br>Positivity in challenges<br>Rules, rights and responsibilities<br>Rewards and consequences<br>Responsible choices<br>Seeing things from others' perspectives  | <u><b>Celebrating Difference</b></u><br>Families and their differences<br>Family conflict and how to manage it (child-centred)<br>Witnessing bullying and how to solve it<br>Recognising how words can be hurtful<br>Giving and receiving compliments                 | <u><b>Dreams and Goals</b></u><br>Difficult challenges and achieving success<br>Dreams and ambitions<br>New challenges<br>Motivation and enthusiasm<br>Recognising and trying to overcome obstacles<br>Evaluating learning processes<br>Managing feelings | <u><b>Healthy Me</b></u><br>Exercise<br>Fitness challenges<br>Food labelling and healthy swaps<br>Attitudes towards drugs<br>Keeping safe and why it's important online and off line scenarios<br>Respect for myself and others<br>Healthy and safe choices | <u><b>Relationships</b></u><br>Family roles and responsibilities<br>Friendship and negotiation<br>Keeping safe online and who to go to for help<br>Being a global citizen<br>Being aware of how my choices affect others<br>Awareness of how other children have different lives<br>Expressing appreciation for family and friends | <u><b>Changing Me</b></u><br>How babies grow<br>Understanding a baby's needs<br>Outside body changes<br>Inside body changes<br>Family stereotypes<br>Challenging my ideas<br>Preparing for transition                 |
| 4 | <u><b>Being Me In My World</b></u><br>Being part of a class team<br>Being a school citizen<br>Rights, responsibilities and democracy (school council)<br>Rewards and consequences<br>Group decision-making<br>Having a voice<br>What motivates behaviour | <u><b>Celebrating Difference</b></u><br>Challenging assumptions<br>Judging by appearance<br>Accepting self and others<br>Understanding influences<br>Understanding bullying<br>Problem-solving<br>Identifying how special and unique everyone is<br>First impressions | <u><b>Dreams and Goals</b></u><br>Hopes and dreams<br>Overcoming disappointment<br>Creating new, realistic dreams<br>Achieving goals<br>Working in a group<br>Celebrating contributions<br>Resilience<br>Positive attitudes                               | <u><b>Healthy Me</b></u><br>Healthier friendships<br>Group dynamics<br>Smoking<br>Alcohol<br>Assertiveness<br>Peer pressure<br>Celebrating inner strength   | <u><b>Relationships</b></u><br>Jealousy<br>Love and loss<br>Memories of loved ones<br>Getting on and Falling Out<br>Girlfriends and boyfriends<br>Showing appreciation to people and animals   | <u><b>Changing Me</b></u><br>Being unique<br>Having a baby<br>Girls and puberty<br>Confidence in change<br>Accepting change<br>Preparing for transition<br>Environmental change                                       |
| 5 | <u><b>Being Me In My World</b></u><br>Planning the forthcoming year<br>Being a citizen<br>Rights and responsibilities<br>Rewards and consequences<br>How behaviour affects groups<br>Democracy, having a voice, participating                            | <u><b>Celebrating Difference</b></u><br>Cultural differences and how they can cause conflict<br>Racism<br>Rumours and name-calling<br>Types of bullying<br>Material wealth and happiness<br>Enjoying and respecting other cultures                                    | <u><b>Dreams and Goals</b></u><br>Future dreams<br>The importance of money<br>Jobs and careers<br>Dream job and how to get there<br>Goals in different cultures<br>Supporting others (charity)<br>Motivation  | <u><b>Healthy Me</b></u><br>Smoking, including vaping<br>Alcohol<br>Alcohol and anti-social behaviour<br>Emergency aid<br>Body image<br>Relationships with food<br>Healthy choices<br>Motivation and behaviour  | <u><b>Relationships</b></u><br>Self-recognition and self-worth<br>Building self-esteem<br>Safer online communities<br>Rights and responsibilities online<br>Online gaming and gambling<br>Reducing screen time<br>Dangers of online grooming<br>SMARRT internet safety   | <u><b>Changing Me</b></u><br>Self- and body image<br>Influence of online and media on body image<br>Puberty for girls<br>Puberty for boys<br>Growing responsibility<br>Coping with change<br>Preparing for transition |

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| 6 | <p><b><u>Being Me In My World</u></b><br/>         Identifying goals for the year<br/>         Global citizenship<br/>         Children’s universal rights<br/>         Feeling welcome and valued<br/>         Choices, consequences and rewards<br/>         Group dynamics<br/>         Democracy, having a voice<br/>         Anti-social behaviour<br/>         Role-modelling</p> | <p><b><u>Celebrating Difference</u></b><br/>         Perceptions of normality<br/>         Understanding disability<br/>         Power struggles<br/>         Understanding bullying<br/>         Inclusion/exclusion<br/>         Differences as conflict, difference as celebration<br/>         Empathy</p> | <p><b><u>Dreams and Goals</u></b><br/>         Personal learning goals, in and out of school<br/>         Success criteria<br/>         Emotions in success<br/>         Making a difference in the world<br/>         Motivation<br/>         Recognising achievements<br/>         Compliments</p> | <p><b><u>Healthy Me</u></b><br/>         Taking personal responsibility<br/>         How substances affect the body<br/>         Exploitation, including ‘county lines’ and gang culture<br/>         Emotional and mental health<br/>         Managing stress</p> | <p><b><u>Relationships</u></b><br/>         Mental health<br/>         Identifying mental health worries and sources of support<br/>         Love and loss<br/>         Managing feelings<br/>         Power and control<br/>         Assertiveness<br/>         Technology safety<br/>         Take responsibility with technology use</p> | <p><b><u>Changing Me</u></b><br/>         Self-image<br/>         Body image<br/>         Puberty and feelings<br/>         Reflections about change<br/>         Physical attraction<br/>         Respect and consent<br/>         Boyfriends/girlfriends<br/>         Sexting<br/>         Transition</p> |