



Whole School Wellness Curriculum

TERM	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
ASPIRATIONS FOCUS	BELONGING	CURIOSITY & CREATIVITY	HEROES	SPIRIT OF ADVENTURE	LEADERSHIP & RESPONSIBILITY	FUN and EXCITEMENT
YEAR 3	LOCATION, LOCATION, LOCATION	STONES AND BONES	AWESOME ANCIENT EGYPTIANS	AVENGERS ASSEMBLE!	PLANT POWER	ALL THE WORLD'S A STAGE
	<p><u>Supporting Friends and Other People (EMOTIONAL WELLNESS)</u></p> <ul style="list-style-type: none"> - Recognise the feelings of others without being told explicitly. - Act supportively towards victims of bullying, <p><u>More About Me (INTERPERSONAL WELLNESS)</u></p> <ul style="list-style-type: none"> - Choices and why they make them despite their preferences, when to listen to emotions, keep personal information safe, resisting pressure from others. 	<p><u>Being a Responsible Citizen (Diversity and Society) ENVIRONMENTAL WELLNESS</u></p> <p>Understand that a diverse range of people make up our community and the importance of respecting equality.</p>	<p><u>Safe and Healthy at Home, school and locally (ENVIRONMENTAL WELLNESS)</u></p> <p>Explain to others how they can keep themselves safe and healthy; at school; at home; and in the locality.</p>	<p><u>Let's Go Shopping! (INTELLECTUAL WELLNESS)</u></p> <p>Understand that you can pay for goods in a range of ways, keep simple financial records and recognise influences on choices about spending and saving.</p>	<p><u>Drug, Tobacco & Alcohol Ed. (PHYSICAL WELLNESS)</u></p> <p>- Dealing with unhelpful pressure, drugs in everyday life and alternatives to taking medicines.</p>	<p><u>Relationships Ed. (INTERPERSONAL WELLNESS)</u></p> <p>- Who's in my family/ special and different families? changing body parts and feeling good about being different</p>
YEAR 4	DESTINATION EUROPE	ROCK BAND	TIME COP	I'M A CHILD, GET ME OUT OF HERE!	WIZARDING WORLD	ALL THE WORLD'S A STAGE
	<p><u>Who are these People? (INTERPERSONAL WELLNESS)</u></p> <p>Understand the various types of relationships in their lives, be clear about ways of keeping safe online and in other cyber spaces, and comment on differences between their lives and the lives of others.</p> <p>Taking More Control (INTERPERSONAL Wellness)</p> <p>Make informed choices, know their areas of strength, be aware of persuasive language, threats and pressure from others, express their feeling in a positive way.)</p>	<p><u>Being a Responsible Citizen (ENVIRONMENTAL WELLNESS)</u></p> <p>Understand the importance of respecting and protecting the environment.</p>	<p><u>Helping Others to Keep Safe (INTELLECTUAL WELLNESS)</u></p> <p>Understand the need to manage risks anywhere, know when it is appropriate to seek emergency help, be aware of basic actions to take in emergency situations e.g. know how to ask for emergency help, know how to undertake basic First Aid.</p>	<p><u>Work and Money (INTELLECTUAL WELLNESS)</u></p> <p>Understand basic concepts around savings accounts, lending and borrowing, paid employment and work of charities.</p>	<p><u>Drug, Tobacco & Alcohol Ed. (PHYSICAL WELLNESS)</u></p> <p>About tobacco, what we already know and understand about drugs and making decisions.</p>	<p><u>Relationships Ed. (EMOTIONAL WELLNESS)</u></p> <ol style="list-style-type: none"> 1. Growing and Changing 2. Puberty – How our bodies change 3. Changing the way we keep clean 4. Changing feelings and changing lives
YEAR 5	JOURNEY TO THE AMAZON	MISSION: SPACE	SAXON SETTLERS AND VICIOUS VIKINGS	THE CIRCLE OF LIFE	FELTHAM FABRIC FACTORY	ALL THE WORLD'S A STAGE
	<p><u>Being Strong Emotionally (INTERPERSONAL WELLNESS)</u></p> <p>Being clear about the difference between confidential and secret, give praise and constructive feedback to others, confidently and appropriately challenge when there is a difference</p>	<p><u>Living in the Wider World Being a Responsible Citizen ENVIRONMENTAL WELLNESS</u></p> <p>Discuss and debate topical issues concerning health and wellbeing and critique views presented by the media.</p>	<p><u>Moving on with Confidence and Clarity (Emotional Wellness)</u></p> <p>Be aware of the role of the media and advertising in portrayal of images, be aware of more of their strengths and areas for development, identify issues involved when changing schools and making new friends/keeping old ones.</p>	<p><u>Relationships Ed. (Emotional Wellness)</u></p> <ol style="list-style-type: none"> 1. Puberty - How Our Bodies Change 2. Understanding Menstruation and wet dreams 3. Feeling, Thinking and Doing – Changing Relationships 4. Changing Feelings and changing lives 	<p><u>Let's Make Money! (INTELLECTUAL WELLNESS)</u></p> <p>Plan and manage a budget, calculate profit and loss, recognise value for money and understand financial risks associated with the internet.</p>	<p><u>Drug, Tobacco & Alcohol Ed. (PHYSICAL WELLNESS)</u></p> <p>People and legal drug, People, drugs & stereotypes and dealing with persuaders</p>
YEAR 6	RING OF FIRE	SHEDDING SOME LIGHT	YOUR COUNTRY NEEDS YOU!	AT THE HEART OF IT ALL	MAKING MEMORIES	ALL THE WORLD'S A STAGE
	<p><u>Me and My Place in the World (INTELLECTUAL WELLNESS)</u></p>	<p><u>Being a Responsible Citizen (Democracy and Government) (INTELLECTUAL WELLNESS)</u></p>	<p><u>Staying Safe and Healthy and Asserting Myself (EMOTIONAL WELLNESS)</u></p>	<p><u>Money in My Future (INTELLECTUAL WELLNESS)</u></p>	<p><u>Drug, Tobacco & Alcohol Ed. (PHYSICAL WELLNESS)</u></p>	<p><u>Relationships Ed. (EMOTIONAL WELLNESS)</u></p> <ol style="list-style-type: none"> 1. What's All This About Puberty?

	<p>Preparing chn to be able to leave school with confidence in having strategies to thrive in the future.</p>	<p>Have a basic knowledge of the UK democratic system of Government and how individuals and communities contribute to this.</p> <p><u>NB: Below brought over from Y5 curriculum to compensate for missing lessons due to Covid-19</u></p> <p><u>Relationships Ed. EMOTIONAL WELLNESS</u></p> <p><u>1. Puberty - How Our Bodies Change (2a)</u></p> <p><u>2. Understanding Menstruation and wet dreams</u></p> <p><u>3. Feeling, Thinking and Doing – Changing Relationships</u></p> <p><u>4. Changing Feelings and</u></p>	<p>Feel confident in their knowledge of how they can keep themselves safe and healthy as they move on to secondary schools and adulthood.</p> <p><u>Relationships Celebrate the Past and Welcome the Future</u></p> <p>Recognise their strengths, be aware of those areas with which they may need support, know how to ask for support, know some ways of managing pressure.</p>	<p>Understand that finance plays an important role in people's lives and can recognise links between learning, the world of work and future economic wellbeing.</p>	<p>Alcohol, solvents and what are they and how to be a solvent expert and learning all about Illegal drugs</p>	<p>2. Becoming Men and Women</p> <p>3. Building Good Relationships</p> <p>4. Sexual Relationships</p> <p>5. Conception and Pregnancy</p> <p>6. Being a Parent</p>
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