

RSHE Curriculum Map



Wellstead Primary School
Sowing the Seeds of Success

r

Autumn

All about me – who helps me
Valuing Difference – we are all unique

Spring

Keep Safe – staying safe at home & school
Rights and Respect – the environment

Summer

Being my best – healthy choices
Growing and changing – life cycles

2

Autumn

All about me – being a good friend
Valuing Difference – everyone is important

Spring

Keep Safe – safe and unsafe secrets
Rights and Respect – regulating my emotions

Summer

Being my best – setting goals
Growing and changing – private parts & their use

4

Autumn

All about me – positive, healthy friendships
Valuing Difference – conflict V celebration

Spring

Keep Safe – risks and dangers
Rights and Respect – identifying my responsibilities

Summer

Being my best – wellbeing and health
Growing and changing – feelings during puberty

6

Autumn

All about me – compromise & negotiation
Valuing Difference – prejudice & discrimination

Spring

Keep Safe – being responsible online
Rights and Respect – earning & saving money

Summer

Being my best – wellbeing & achieving goals
Growing and changing – help with my emotions during puberty

1

Autumn

All about me – recognising feelings
Valuing Difference – thoughts & feelings

Spring

Keep Safe – PANTS are private
Rights and Respect – my health

Summer

Being my best – resilience & challenges
Growing and changing – differences between boys and girls

3

Autumn

All about me – communicating feelings
Valuing Difference – families & communities

Spring

Keep Safe – risks and inappropriate behaviour
Rights and Respect – people who help me

Summer

Being my best – planning to develop skills
Growing and changing – changes in puberty

5

Autumn

All about me – respect, kindness and including everyone
Valuing Difference – mutual respect for different cultures

Spring

Keep Safe – risks of smoking, drinking and vaping
Rights and Respect – identifying my responsibilities

Summer

Being my best – becoming independent
Growing and changing – menstruation and products

Becoming a Wellstead citizen

At Wellstead Primary School, we immerse ourselves in a thorough and thought-provoking curriculum so that our children develop tolerance, respect and emotional literacy skills to become accepting and aware Wellstead citizens.