

## Westhaven School Curriculum Map for PSHE

### Valued – Inspired – Prepared

Westhaven School is a unique learning environment with high expectations for learners who experience barriers to learning for a range of reasons. We promote a calm environment which enables everyone to learn. The golden thread that permeates our curriculum and our conduct through every school day are the core values which shape our learners to be:

- safely independent
- confident communicators
- respectful citizens
- resilient learners
- inquisitive thinkers

The Westhaven Way is our ethos and it underpins our daily approach to behaviour and learning. At Westhaven, English is the heart of our curriculum. We are committed to raising the standards in phonics and early reading of our learners through every curriculum subject. At Westhaven, we follow the approach to phonics teaching as outlined in the DfE validated programme UNLOCKING LETTERS AND SOUNDS.



Safe



Healthy



Responsible



Prepared

**To see a more in depth coverage of each theme, please see the following schemes of work:**

Key stage 1 and 2: [W](#) KS1 and KS2 PSHE scheme of learning .docx

Key stage 3 and 4: [E](#) KS3 and KS4 PSHE scheme of learning

Key stage 5: [W](#) KS5 PSHE scheme of learning.docx

|  | Term 1                | Term 2                               | Term 3                   | Term 4                      | Term 5                    | Term 6               |
|--|-----------------------|--------------------------------------|--------------------------|-----------------------------|---------------------------|----------------------|
|  | <b>Self awareness</b> | <b>Self care, support and safety</b> | <b>Managing feelings</b> | <b>Changing and growing</b> | <b>Healthy lifestyles</b> | <b>Let's revisit</b> |

|                   |  |   |  |  |   |   |
|-------------------|--|---|--|--|---|---|
| KS1 Cycle A       | <ul style="list-style-type: none"> <li>-Kind and unkind behaviours</li> <li>-Playing and working together</li> <li>-People who are special to us</li> <li>-Getting on with others</li> </ul> | <ul style="list-style-type: none"> <li>-Taking care of ourselves</li> <li>-Keeping safe</li> <li>-Trust</li> <li>-Public and Private</li> </ul>   | <ul style="list-style-type: none"> <li>- Identifying and expressing feelings</li> <li>-Managing strong feelings</li> </ul>                                     | <ul style="list-style-type: none"> <li>-Baby to adult</li> <li>-Changes at puberty</li> <li>-Dealing with touch</li> <li>-Different types of relationships</li> </ul>  | <ul style="list-style-type: none"> <li>-Healthy Eating</li> <li>-Taking care of physical health</li> <li>-Keeping well</li> </ul>   | <ul style="list-style-type: none"> <li>-Respecting differences between people</li> <li>-Public and private revisited</li> <li>-Changes at puberty revisited</li> <li>- Dealing with touch revisited</li> </ul>  |
| KS1 Cycle B       |  |   |  |  |   |   |
| KS2 Lower Cycle A |  |   |  |  |   |   |
| KS2 Lower Cycle B |  |   |  |  |   |   |
| KS2 Upper Cycle A |  |   |  |  |   |   |
| KS2 Upper Cycle B |  |   |  |  |   |   |
| KS3 Cycle A       | <ul style="list-style-type: none"> <li>- Personal strengths</li> <li>-Prejudice and discrimination</li> <li>-Managing pressure</li> </ul>  | <ul style="list-style-type: none"> <li>-Feeling unwell</li> <li>-Feeling frightened/ worried</li> <li>-Accidents and risk</li> <li>-Emergency situations</li> <li>-Public and private</li> <li>-Gambling</li> </ul> | <ul style="list-style-type: none"> <li>-Self-esteem and unkind comments</li> <li>-Strong feelings</li> <li>-Romantic feelings and sexual attraction</li> </ul> | <ul style="list-style-type: none"> <li>-Puberty</li> <li>-Friendship</li> <li>-Healthy and unhealthy relationship behaviour</li> <li>-Intimate relationships, consent and contraception</li> <li>-Long-term relationships/ parenthood</li> </ul> | <ul style="list-style-type: none"> <li>-Elements of a healthy lifestyles</li> <li>- Mental wellbeing</li> <li>-Physical activity</li> <li>-Healthy eating</li> <li>-Body image</li> <li>-Medicinal drugs</li> </ul> | <ul style="list-style-type: none"> <li>-Drugs, alcohol &amp; tobacco</li> <li>-Diversity/rights and responsibilities</li> <li>-Relationships revisited</li> <li>-Consent revisited</li> <li>-Sex education revisited</li> <li>-Reflection time</li> </ul> |
| KS3 Cycle B       |  |   |  |  |   |   |
| KS3 Cycle C       |  |   |  |  |   |   |
| Year 10           |  |   |  |  |   |   |
| Year 11           |  |   |  |  |   |   |

|         | <b>Living in the wider world</b> | <b>Health and wellbeing</b> | <b>Relationships</b>    | <b>Living in the wider world</b> | <b>Relationships</b>                   | <b>Health and wellbeing</b>           |
|---------|----------------------------------|-----------------------------|-------------------------|----------------------------------|--|---------------------------------------|
| Year 12 | Readiness for work               | Health choices and safety   | Diversity and inclusion | Planning for the future          | Respectful relationships               | Mental health and emotional wellbeing |
| Year 13 | Next steps                       | Safety                      | Intimate relationships  | Financial choices                | Building and maintaining relationships | Independence                          |