

# Road Map of Learning Journeys

For each year group, there are six suggested themed units which provide a complete PSHE and wellbeing curriculum. They are:

## **Me and My Relationships**

Explores feelings and emotions, develops skills to manage conflict, helps identify our special people and equips children to recognise the qualities of healthy friendships and how to manage them.

## **Valuing Difference**

Includes a strong focus on British Values, supports children to develop respectful relationships with others, recognise bullying, both online and in real life, respecting the rights of others, and know their responsibilities as an up stander.

## **Keeping Myself Safe**

Covers a number of safety aspects from statutory Relationships Education including being able to identify trusted adults in their lives, positive ways to interact online, what to do when faced with a dilemma and recognising appropriate and inappropriate touch.

## **Rights and Responsibilities**

Explores broader topics including looking after the environment, economic education and the changing rights and responsibilities children have as they grow older, alongside the need to respect the rights of others and to respect their environment.

## **Being My Best**

Includes a focus on keeping physically healthy, developing a growth mindset to facilitate resiliency, setting goals and ways to achieve them.

## **Growing and Changing**

Has age-appropriate plans to cover the physical and emotional changes that happen to children as they grow older, including changes at puberty and how to approach this with confidence. Age-appropriate lessons on relationships and sex education are also included.

(More resources are available to parents in school. Please contact the office to make an appointment to view a more detailed learning journey.)