Old Park Primary School - Well-being Curriculum Overview

Zones of Regulation:

To enhance emotional regulation and behavioural skills, pupils engage with the Zones of Regulation curriculum. This evidence-based framework, grounded in cognitive behavioural theory, provides a shared language and practical tools to:

- Recognise body signals linked to emotions.
- Identify triggers affecting feelings.
- Explore regulation strategies.
- Pause and problem-solve before responding impulsively.

Online Safety:

Online safety principles are seamlessly integrated within our Well-Being curriculum, ensuring pupils develop essential awareness as part of their holistic development. Additionally, our Computing curriculum provides comprehensive coverage of critical online safety objectives, reinforcing and expanding pupils' understanding and skills in this area.

For a detailed outline of our online safety provision, please refer to our Online Safety Overview document.

Old Park Primary School - Well-being Curriculum Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	**Being Me In My World** Belonging and similarities and differences Recognising and managing feelings Being cooperative and considering the feelings of others Using kind hands and feet Understanding my rights Understanding 'responsibility'	**Celebrating Difference** What am I good at? Accepting differences. Recognising and celebrating similarities and differences Why my home is special How to be a kind friend How to stand up for yourself	**Dreams and Goals** Understanding the need to persevere to tackle challenges Never give up Set and work towards a goal Using kind words to encourage others What do I want to be? Being proud of achieving a goal	**Healthy Me** I need to exercise to keep healthy Healthy food Why should I eat healthy food? Why is sleep important? Keeping clean Stranger danger	**Relationships** What jobs do I do in my family? How to make friends Resolving conflict The impact of unkind words Managing my feelings How to be a good friend	**Changing Me** Name parts of my body Respecting my body by keeping healthy Growing from a baby to an adult Moving to year 1 Worries and fears about moving to year 1 My best memories of reception
1	**Being Me In My World** Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	**Celebrating Difference** Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone **P.E. Link - Teamwork, co-operation, ensuring inclusion of all.**	**Dreams and Goals** Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming	**Healthy Me** Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness **P.E. link - Agility and**	**Relationships** Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	**Changing Me** Life cycles – animal and human Changes in me Changes since being a baby Linking growing and learning Coping with change Transition

Old Park Primary School - Well-being Curriculum Overview

			obstacles Feelings of success	**fitness challenges.** **Water Safety.**		
2	**Being Me In My World** Hopes and fears for the yearRights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	**Celebrating Difference** Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends **P.E. Link - Teamwork, co-operation, ensuring inclusion of all.**	**Dreams and Goals** Achieving realistic goals Perseverance Learning strengths Learning with others Group cooperation Contributing to and sharing success	**Healthy Me** Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food **P.E.link - Agility and fitness challenges.** **Water Safety.**	**Relationships** Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	**Changing Me** Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
3	**Being Me In My World** Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices	**Celebrating Difference** Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it	**Dreams and Goals** Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and	**Healthy Me** Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why	**Relationships** Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help	**Changing Me** How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas

Old Park Primary School - Well-being Curriculum Overview

	Seeing things from others' perspectives	Recognising how words can be hurtful Giving and receiving compliments **P.E. Link - Teamwork, co-operation, ensuring inclusion of all.**	enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings **P.E. Link - Problem Solving, overcoming obstacles.**	it's important online and off line scenarios Respect for myself and others Healthy and safe choices **P.E link - Relaxation and Meditation. Water Safety.**	Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	Preparing for transition
4	**Being Me In My World** Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	**Celebrating Difference** Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	**Dreams and Goals** Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	**Healthy Me** Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength **P.E. link - Mindfulness and Emotions. Water Safety.**	**Relationships** Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	**Changing Me** Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
5	**Being Me In My World** Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects	**Celebrating Difference** Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying	**Dreams and Goals** Future dreams The importance of money Jobs and careers Dream job and how to get there	**Healthy Me** Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid	**Relationships** Self-recognition and self-worth Building self-esteem Safer online communities Rights and	**Changing Me** Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys

Old Park Primary School - Well-being Curriculum Overview

	groups Democracy, having a voice, participating	Material wealth and happiness Enjoying and respecting other cultures **P.E. Link - Teamwork, co-operation, ensuring inclusion of all, leadership qualities.**	Goals in different cultures Supporting others (charity) Motivation	Body image Relationships with food Healthy choices Motivation and behaviour **P.E. link - Benefits of a healthy lifestyle. Fitness Challenges. Water Safety.**	responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Growing responsibility Coping with change Preparing for transition
6	**Being Me In My World** Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	**Celebrating Difference** Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	**Dreams and Goals** Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments **P.E. Link - Problem Solving, overcoming obstacles. Leadership qualities.**	**Healthy Me** Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress **P.E. link - Benefits of a healthy lifestyle. Fitness Challenges. Water Safety.**	**Relationships** Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	**Changing Me** Self-image Body image Puberty and feelings Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition