



## PSHE Curriculum Map (including RSE)

	RECEPTION	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6		
<b>Autumn Unit A</b>	<p><b>Developing a sense of self-worth</b></p> <p>Knowing you are different to others Having a positive self image Building resilience Building intrinsic motivation</p> <p><b>Living in the Wider World</b></p> <p>Class rules Respect Communities</p>	<p><b>Living in the Wider World</b></p> <p>Class rules Respect Communities Local environment</p>	<p><b>Living in the Wider World</b></p> <p>Class rules Respect Communities Local environment</p>	<p><b>Living in the Wider World</b></p> <p>Rules Human rights Anti-social behaviour Responsibilities Resolving differences Communities</p>	<p><b>Living in the Wider World</b></p> <p>Rules Anti-social behaviour Resolving differences Communities Diversity &amp; customs</p>	<p><b>Living in the Wider World</b></p> <p>Rules - Parliament Anti-social behaviour / bullying Resolving differences Communities</p>	<p><b>Living in the Wider World</b></p> <p>Rules Human rights Diversity &amp; customs Anti-social behaviour / bullying Debate</p>	<b>MENTAL WELLBEING TO BE EMBEDDED ACROSS CURRICULUM</b>	
<b>Autumn Unit B</b>	<p><b>Physical development and wellbeing</b></p> <p>Exercise Healthy choices Feelings Personal hygiene Becoming more independent</p>	<p><b>Health &amp; Wellbeing</b></p> <p>Exercise Healthy choices Feelings Things that may get lost Personal hygiene Becoming more independent</p>	<p><b>Health &amp; Wellbeing</b></p> <p>Healthy food, sleep, rest Goals Feelings Change – people leaving/friendship arguments Personal hygiene</p>	<p><b>Health &amp; Wellbeing</b></p> <p>Pressures/risk taking Fire safety / fireworks Habits Substances &amp; drugs</p>	<p><b>Health &amp; Wellbeing</b></p> <p>Balanced lifestyles &amp; diet Informed choices Media images Achievements &amp; personal targets Feelings, changes &amp; loss</p>	<p><b>Health &amp; Wellbeing</b></p> <p>Healthy Lifestyles Achievements &amp; personal targets Road Safety (Bikeability)</p>	<p><b>Health &amp; Wellbeing</b></p> <p>Healthy Lifestyles Media Independence / risk Substances &amp; drugs</p>		
<b>Spring Unit A</b>	<p><b>Making relationships</b></p> <p>Being a good friend Showing care and concern for others Understanding the impact of my own behaviour on others</p>	<p><b>Health &amp; Wellbeing</b></p> <p><b>Mental Health Week</b> Household products Online safety Road safety Rail / Fire /Water safety Family support Privacy</p>	<p><b>Health &amp; Wellbeing</b></p> <p><b>Mental Health Week</b> Household products Online safety Road safety Rail / Fire /Water safety Family support Privacy</p>	<p><b>Health &amp; Wellbeing</b></p> <p><b>Mental Health Week</b> Road safety (scooter safety) Online safety, People who help us stay safe</p>	<p><b>Health &amp; Wellbeing</b></p> <p><b>Mental Health Week</b> Water safety Habit Drugs in everyday life Online safety People who help us</p>	<p><b>Relationships</b></p> <p><b>Mental Health Week</b> Confidentiality Listening / responding skills Collaboration Stereotypes Discrimination Bullying Dealing with dares Privacy</p>	<p><b>Relationships</b></p> <p><b>Mental Health Week</b> Positive, healthy relationships Civil partnerships, Marriage How actions affect themselves &amp; others Acceptable physical contact <b>How feelings and emotions can be managed at changing, challenging or difficult times</b></p>		



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	RECEPTION	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6		
Spring Unit B	<p><b>Relationships</b></p> <p>Fair / Unfair Moral awareness Opinions Working cooperatively Similarities &amp; differences Identifying and talking about feelings Understanding how feelings affect behaviours</p>	<p><b>Relationships</b></p> <p>Fair / Unfair Secrets Opinions Working cooperatively Similarities &amp; differences Identifying and talking about feelings Understanding how feelings affect behaviours</p>	<p><b>Relationships</b></p> <p>Fair / Unfair Secrets Listening &amp; working cooperatively Opinions Similarities &amp; differences Identifying and talking about feelings Understanding how feelings affect behaviours The link between mental and physical health</p>	<p><b>Relationships</b></p> <p>Friendships Body parts &amp; physical contact Secrets Valuing difference. How feelings and emotions change and what helps people to feel good Expressing feelings and emotions and why this is important</p>	<p><b>Relationships</b></p> <p>Friendships How actions affect themselves &amp; others Body parts Acceptable physical contact, Confidentiality &amp; secrets Managing feelings and emotions in different situations Getting help, advice and support with feelings and emotions</p>	<p><b>Relationships</b></p> <p>Relationships &amp; Sex Education Human life cycles Puberty Differences between boys &amp; girls What mental health means and mental health; what it means and how we can take care of it How feelings and emotions are affected and can be managed at changing, challenging or difficult times</p>	<p><b>Relationships</b></p> <p>Relationships &amp; Sex Education Changes to the body Reproduction Puberty Respect How feelings and emotions can be managed at changing, challenging or difficult times</p>	MENTAL WELLBEING TO BE EMBEDDED ACROSS CURRICULUM	
Summer Unit A	<p><b>Behaviour/ Managing self</b></p> <p>Independent most of the day Solving conflict without adult help different cultures</p>	<p><b>Relationships</b></p> <p>Special people appropriate/inappropriate touch bodies &amp; feelings teasing &amp; bullying</p>	<p><b>Relationships</b></p> <p>Special people Body parts appropriate/inappropriate touch bodies &amp; feelings teasing &amp; bullying</p>	<p><b>Relationships</b></p> <p>Collaboration Conflict/disputes Similarities &amp; differences Bullying Stereotypes.</p>	<p><b>Relationships,</b></p> <p>Listen &amp; respond respectfully, Identity Bullying, Dares Privacy / personal boundaries</p>	<p><b>Health &amp; Wellbeing</b></p> <p>Independence Risks Bacteria &amp; viruses Peer pressure Habits</p>	<p><b>Health &amp; Wellbeing</b></p> <p>Communities First Aid Hygiene</p>		
Summer Unit B	<p><b>Living in the wider world</b></p> <p>Understanding our impact on the world (recycling, climate change) Community and helping others How are you unique?</p>	<p><b>Living in the Wider World</b></p> <p>Money – what it used for Being unique Similarities Community &amp; how to get help</p>	<p><b>Living in the Wider World</b></p> <p>Money – what it used for Being unique Similarities Community &amp; how to get help</p>	<p><b>Living in the Wider World</b></p> <p>Money budgeting, saving, global resources, enterprise Media</p>	<p><b>Living in the Wider World</b></p> <p>Charity Helping others First Aid</p>	<p><b>Living in the Wider World</b></p> <p>Role of money, budgeting, saving, global resources, enterprise, media</p>	<p><b>Living in the Wider World / Health &amp; Wellbeing</b></p> <p>Rail Safety Mobile Phone Safety Aspirations Feelings and common anxieties pupils face when moving to secondary school and ways of managing these feelings.</p>		