



PSHE Curriculum Map

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



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Spring Unit B	<p>Relationships</p> <p>Fair / Unfair Moral awareness Opinions Working cooperatively Similarities & differences Identifying and talking about feelings Understanding how feelings affect behaviours</p>	<p>Relationships</p> <p>Fair / Unfair Secrets Opinions Working cooperatively Similarities & differences Identifying and talking about feelings Understanding how feelings affect behaviours</p>	<p>Relationships</p> <p>Fair / Unfair Secrets Listening & working cooperatively Opinions Similarities & differences Identifying and talking about feelings Understanding how feelings affect behaviours The link between mental and physical health</p>	<p>Relationships</p> <p>Friendships Body parts & 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>Relationships</p> <p>Friendships How actions affect themselves & others Body parts Acceptable physical contact, Confidentiality & secrets Managing feelings and emotions in different situations Getting help, advice and support with feelings and emotions</p>	<p>Relationships</p> <p>Relationships & Sex Education Human life cycles Puberty Differences between boys & 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>Health & Wellbeing</p> <p>Communities First Aid Hygiene</p>	MENTAL WELLBEING TO BE EMBEDDED ACROSS CURRICULUM	
Summer Unit A	<p>Behaviour/ Managing self</p> <p>Independent most of the day Solving conflict without adult help different cultures</p>	<p>Relationships</p> <p>Special people appropriate/inappropriate touch bodies & feelings teasing & bullying</p>	<p>Relationships</p> <p>Special people Body parts appropriate/inappropriate touch bodies & feelings teasing & bullying</p>	<p>Relationships</p> <p>Collaboration Conflict/disputes Similarities & differences Bullying Stereotypes.</p>	<p>Relationships,</p> <p>Listen & respond respectfully, Identity Bullying, Dares Privacy / personal boundaries</p>	<p>Health & Wellbeing</p> <p>Independence Risks Bacteria & viruses Peer pressure Habits</p>	<p>Relationships</p> <p>Relationships & Sex Education Changes to the body Reproduction Puberty Respect How feelings and emotions can be managed at changing, challenging or difficult times</p>		
Summer Unit B	<p>Living in the wider world</p> <p>Understanding our impact on the world (recycling, climate change) Community and helping others How are you unique?</p>	<p>Living in the Wider World</p> <p>Money – what it used for Being unique Similarities Community & how to get help</p>	<p>Living in the Wider World</p> <p>Money – what it used for Being unique Similarities Community & how to get help</p>	<p>Living in the Wider World</p> <p>Money budgeting, saving, global resources, enterprise Media</p>	<p>Living in the Wider World</p> <p>Charity Helping others First Aid</p>	<p>Living in the Wider World</p> <p>Role of money, budgeting, saving, global resources, enterprise, media</p>	<p>Living in the Wider World / Health & Wellbeing</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>		