



PSHE Curriculum Map

	Autumn		Spring		Summer	
Reception	<u>Autumn 1: Self-regulation: My Feelings</u> <ul style="list-style-type: none"> Explore and understand their feelings Identify when they may be feeling something Begin to learn how to communicate and cope with feelings and emotions 	<u>Autumn 2: Building Relationships: Special Relationships</u> <ul style="list-style-type: none"> Explore why families and special people are valuable See themselves as valuable Celebrate individually and explore diversity Think about similarities and differences 	<u>Spring 1: Managing self: Taking on Challenges</u> <ul style="list-style-type: none"> Why we have rules The importance of persistence and perseverance Deal with challenges Practice grounding coping strategies Learn new skills to show resilience 	<u>Spring 2: Self-regulation: Listening & Following Instructions</u> <ul style="list-style-type: none"> Develop skills to become an honest, thoughtful, resilient, and active listener Respond effectively to instructions 	<u>Summer 1: Building relationships: My Family and Friends</u> <ul style="list-style-type: none"> Understand we all have different beliefs and celebrations What characteristics make a good friend Listening to others 	<u>Summer 2: Managing Self: My Wellbeing</u> <ul style="list-style-type: none"> Exercise Meditation A balanced diet Self-care Transition

Year 1	<u>Autumn 1: Family and Relationships</u> <ul style="list-style-type: none"> • Explore how families can be different • Exploring positive friendships • Overcoming differences • Exploring how people show feelings in different ways • Understanding how stereotyping is unfair 	<u>Autumn 2: Health and Wellbeing</u> <ul style="list-style-type: none"> • Exploring personal qualities • Strategies to manage feelings • The importance of sleep • Hygiene and sun protection • Allergic reactions • People who keep us healthy 	<u>Spring 1: Safety and the Changing Body</u> <ul style="list-style-type: none"> • Appropriate and inappropriate physical contact • What do I do if I am lost? • How to call the emergency services • Identifying hazards in the home • People who Keep us safe 	<u>Spring 2: Citizenship</u> <ul style="list-style-type: none"> • Learning about rules and consequence • Caring for babies and young children • Caring for animals • Exploring similarities and differences • An introduction to democracy 	<u>Summer 1: Economic Wellbeing</u> <ul style="list-style-type: none"> • Learning about what money is and where it comes from • How to keep cash safe • What is a bank and a building society • Spending and saving • Jobs in schools 	<u>Summer 2: Changing Me Transitions</u> <ul style="list-style-type: none"> • What have I learned this year? • How have I changed this Year • What have been my highlights? • What am I looking forward to learning next year? • Do I have any worries or concerns? • Transition days
Year 2	<u>Autumn 1: Family and Relationships</u> <ul style="list-style-type: none"> • Resolving relationship problems • Effective listening skills • Nonverbal communication • The impact of bullying • Who to trust • The existence of stereotyping 	<u>Autumn 2: Health and Wellbeing</u> <ul style="list-style-type: none"> • Healthy lifestyles • Physical activity • A balanced diet • Relaxing and rest • Belonging • Helping others • Breaking down problems into small steps 	<u>Spring 1: Safety and the Changing Body</u> <ul style="list-style-type: none"> • Roads • Medicines • Introduction to online safety • The difference between secrets and surprises • Naming body parts • The concept of privacy 	<u>Spring 2: Citizenship</u> <ul style="list-style-type: none"> • Rules outside of school • Caring for the school and local environment • Exploring roles within the local community • How school council works • Giving an opinion 	<u>Summer 1: Economic Wellbeing</u> <ul style="list-style-type: none"> • Where money comes from • How to look after money • Why we use banks and building societies 	<u>Summer 2: Changing Me Transitions</u> <ul style="list-style-type: none"> • What have I learned this year? • How have I changed this year? • What have been my highlights? • What am I looking forward to? learning next year • Do I have any worries or concerns? • Transition days

Year 3	<u>Autumn 1: Family and relationships</u> <ul style="list-style-type: none"> Resolving relationship problems Effective listening skills Nonverbal communication The impact of bullying Who to trust The existence of stereotyping 	<u>Autumn 2: Health and Wellbeing</u> <ul style="list-style-type: none"> Healthy lifestyles Physical activity A balanced diet Relaxing and rest Belonging Helping others Breaking down problems into small steps 	<u>Spring 1: Safety and the Changing Body</u> <ul style="list-style-type: none"> Cyberbullying How to be good digital citizens First aid: bites and stings Road safety Choices and influences 	<u>Spring 2: Citizenship</u> <ul style="list-style-type: none"> Children's rights Why do we have rules Local community groups Charities and recycling Introduction to local democracy <p><i>Visit: Walking With</i></p>	<u>Summer 1: Economic Wellbeing</u> <ul style="list-style-type: none"> Intro to budgeting Which methods do we use to pay? The emotional impact of money The ethics of spending Potential jobs and careers 	<u>Summer 2: Changing Me Transitions</u> <ul style="list-style-type: none"> What have I learned this year How have I changed this Year What have been my highlights What am I looking forward to learning next year Do I have any worries or concerns Transition days
Year 4	<u>Autumn 1: Family and Relationships</u> <ul style="list-style-type: none"> There are a variety of different families, and they all need to be respected Understand the physical and emotional boundaries in friendships Roles of bully victim and bystander The effect behaviours have on others Manners in different situations Bereavement 	<u>Autumn 2: Health and Wellbeing</u> <ul style="list-style-type: none"> Developing emotional maturity We are responsible for the range of emotions we feel Appreciating the emotions of others Developing a growth mindset Identifying calming and relaxing activities Independence in dental hygiene 	<u>Spring 1: Safety and the Changing Body</u> <ul style="list-style-type: none"> Online safety and the benefit and risks of sharing online information Identify the difference between private and public Age restrictions Physical and emotional changes in puberty The risks associated with tobacco First aid- knowing how to help someone with asthma 	<u>Spring 2: Citizenship</u> <ul style="list-style-type: none"> Human rights and caring for the environment Community diversity The role of groups within the community The role of local government 	<u>Summer 1: Economic Wellbeing</u> <ul style="list-style-type: none"> Choices associated with spending What makes something good value for money Career aspirations What influences our career choices 	<u>Summer 2: Changing Me Transitions</u> <ul style="list-style-type: none"> What have I learned this year How have I changed this Year What have been my highlights What am I looking forward to learning next year Do I have any worries or concerns Transition days

Year 5	<u>Autumn 1: Family and relationships</u> <ul style="list-style-type: none"> Developing and understanding of families Marriage What to do if someone feels unsafe in their family. Dealing with issues and strengthening friendships The impact of bullying Positive self image 	<u>Autumn 2: Health and wellbeing</u> <ul style="list-style-type: none"> Taking responsibility for own health Managing Feelings Setting Goals Appreciating individual positive attributes 	<u>Spring 1: Safety and the changing body</u> <ul style="list-style-type: none"> Explore the emotional and physical changes of puberty including menstruation Online safety Overcoming dangers Administering first aid to someone who is bleeding 	<u>Spring 2: Citizenship</u> <ul style="list-style-type: none"> An introduction to the justice system How parliament works The role of pressure groups Rights and responsibilities The impact of energy on the planet Contributing to the community 	<u>Summer 1: Economic wellbeing</u> <ul style="list-style-type: none"> Income and expenditures Borrowing Risks with money Stereotypes in the workplace 	<u>Summer 2: Changing Me Transitions</u> <ul style="list-style-type: none"> What have I learned this year How have I changed this Year What have been my highlights What am I looking forward to learning next year Do I have any worries or concerns Transition days
Year 6	<u>Autumn 1: Family and Relationships</u> <ul style="list-style-type: none"> Resolving conflict Negotiation Compromise Respect & understanding Everyone deserves respect Grief 	<u>Autumn 2: Health and Wellbeing</u> <ul style="list-style-type: none"> Diet Oral hygiene Physical Activity Immunisation Rest and relaxation Effects on mental health Resilience Long term goals 	<u>Spring 1: Safety and the Changing Body</u> <ul style="list-style-type: none"> Explore the emotional and physical changes of puberty The reliability of online information How a baby is conceived and develops The risks of alcohol First aid for someone who is choking or unresponsive 	<u>Spring 2: Citizenship</u> <ul style="list-style-type: none"> Human rights Food choices The environment Caring for others Recognising discrimination Valuing diversity and national democracy 	<u>Summer 1: Economic Wellbeing</u> <ul style="list-style-type: none"> Exploring attitudes to money Keeping money safe Career Paths 	<u>Summer 2: Changing Me Transitions</u> <ul style="list-style-type: none"> What have I learned this year How have I changed this Year What have been my highlights What am I looking forward to learning next year Do I have any worries or concerns? Transition days