

# PSHE Curriculum Map overview – Years 1 - 6



PSHE	Autumn 1 Theme: Love	Autumn 2 Theme: Forgiveness	Spring 1 Theme: Respect	Spring 2 Theme: Feeling Safe	Summer 1 Theme: Honesty	Summer 2 Theme: Curiosity
Year 1	<u>All About Me</u>  What makes me unique?  <u>My Family</u>  How is every family different? Which people can we ask for help?	<u>Awareness of Feelings</u>  How do you and others feel today?  <u>My Friendships</u>  What makes a good friend?	<u>Keeping Well and Clean</u>  How can I stay healthy and hygienic?  <u>The Environment</u>  What can we do to help the environment?	<u>Keeping Safe</u>  Which ways can we stay safe in the home and online?	<u>Being Different</u>  Being able to talk about different opinions and views  <u>Looking and Finding</u>  Exploring feelings involved with change or loss.	<u>Money</u>  Where does money come from? How can we keep our money safe? How much do things cost?
Year 2	<u>Exploring Our Families</u>  How should special people care for each other? What is important about families? How can we report feelings of being unsafe or feeling bad about an adult?	<u>My Feelings</u>  Does everyone feel the same all the time? How can you manage your feelings?  <u>Making and Breaking Friendships</u>  What does it feel like when friendships break up or people move away? How can we deal with understand these feelings?	<u>Healthy People</u>  What does a healthy day look like?  <u>About My Body</u>  What are the main parts of the body?	<u>Keeping Safe</u>  What is privacy? How can we stay safe in roads, water, fire, on bicycles?  What does an unsafe situation look like? Who is a trusted adult?	<u>Coping with Conflict</u>  Why is bullying wrong and how can someone get help?	<u>Money, Shopping and Saving</u>  What sensible choices can we make about spending?  <u>Special Days and Global Food</u>  Learning about a range of festivals and where food comes from around the world.

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<p><b>Year 3</b></p>	<p><u>Different Families</u></p> <p>Exploring different types of family structures. What does positive family life look like?</p> <p><u>Where Do Things Come From?</u></p> <p>What is Fairtrade? How do our ethical and environmental decisions affect others and our planet?</p>	<p><u>Emotions and Feelings</u></p> <p>What is mental health? How can I look after my mental health and wellbeing?</p>	<p><u>Peer Influence/Pressure</u></p> <p>How can I deal with peer pressure?</p> <p><u>Drug Education- Smoking</u></p> <p>What are the physical effects of smoking on the body?</p> <p><u>Basic First Aid</u></p> <p>When should you ring 999?</p>	<p><u>Keeping Safe</u></p> <p>What is a risk and how does this affect decisions we make?</p> <p><u>Safe Relationships</u></p> <p>How can a relationship be unhealthy?</p>	<p><u>Me and My Community</u></p> <p>Why and how are rules and laws created? Why do we need them?</p>	<p><u>Aspirations</u></p> <p>What are your personal achievements?</p> <p><u>Managing Money</u></p> <p>How do we keep track of our spending?</p>
<p><b>Year 4</b></p>	<p><u>Types of Relationships</u></p> <p>Understanding a variety of different relationships.</p> <p><u>Mental Health</u></p> <p>Who can I talk to when I have difficult or uncomfortable feelings?</p>	<p><u>Friendships and Inclusion</u></p> <p>What does it feel like to be lonely or excluded? What are some strategies for inclusion in friendships?</p>	<p><u>Healthy Lifestyles</u></p> <p>Can you make a healthy menu? Basic knowledge about immunisations, allergies and early signs of physical illness.</p> <p><u>Local Community- Shared Responsibilities</u></p> <p>How can we protect the environment as a school?</p>	<p><u>Rights and Responsibilities</u></p> <p>What responsibilities come with independence?</p> <p><u>Drug Education – Alcohol and Decision Making</u></p> <p>What is alcohol and what are the risks to our bodies?</p>	<p><u>Persuasion and Pressure</u></p> <p>How can we resist pressure from others?</p> <p><u>Media and Me</u></p> <p>How does the media use persuasive tactics?</p>	<p><u>Growing and Changing</u></p> <p>Basic facts about puberty including some emotional and physical changes.</p> <p><u>Aspirations</u></p> <p>What are gender stereotypes and why should we not be limited by these?</p>
<p><b>Year 5</b></p>	<p><u>Relationships</u></p> <p>What problems can families and parents face?</p>	<p><u>Being Left Out</u></p> <p>How does it feel to be excluded or discriminated against? What are some</p>	<p><u>Healthy Lifestyles</u></p> <p>What constitutes a healthy and nutritious diet?</p>	<p><u>Personal Safety</u></p> <p>What situations could cause personal risk?</p> <p><u>Drug Education – Legal</u></p>	<p><u>Media Literacy and Digital Resilience</u></p> <p>How reliable are sources of information online?</p>	<p><u>Puberty</u></p> <p>What physical and emotional changes happen during puberty?</p>

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	<u>Mental Health and Wellbeing</u>  What are the warning signs about mental health and wellbeing? How can I seek help for myself or others?	strategies for inclusion within friendships?  <u>Friendships and Coping with Bullying</u>  What makes a good friend on and offline?	<u>Stereotypes and Diversity</u>  What is the Equality Act (2010)?  <u>Self Respect and Personal Goals</u>  What goals do you see for yourself?	<u>and Illegal Drugs</u>  Learning basic facts around risks, effects and the law of various legal and illegal drugs	<u>What Makes a Democracy?</u>  Identify key elements of a democracy.	<u>Working Together and Aspirations</u>  Can we work as a team? <u>Money</u>  What is good value for money? Running a simple marketing project as a team.
Year 6	<u>Celebration – Supporting Each Other</u>  How can we show empathy and compassion to other people and living things?  <u>Relationships</u>  When should people commit to a marriage or civil partnership?	<u>Conflict Resolution</u>  How can I remove myself from a situation which makes me feel unsafe or uncomfortable?  <u>Family Dynamics</u>  Exploring positive solutions such as negotiation and compromise	<u>Healthy Lifestyles</u>  What is sun overexposure? Revisit basic First Aid  <u>Democracy and Decisions</u>  How does our government and Parliament work?	<u>Drug Education – Drugs, risk and the Media</u>  What are the effects, risks and consequences of drug use? Where can people go for help?  <u>Mental Health and Online Safety</u>  Exploring safety online including adverts, time spent online and age restrictions.  <u>Money and Me</u>  How can money have an impact on peoples' feelings and emotions? What does it mean to be 'enterprising'?	<u>Protected Characteristics and Bullying</u>  What 'protected characteristics' within the Equality Act (2010)?  <u>Media Literacy and Digital Resilience</u>  What is the law regarding sharing images? How can images be manipulated and changed?	<u>Puberty and Relationships</u>  What are positive and negative ways of communicating in a relationship?  <u>Moving On</u>  How can I prepare for the change of a new school? What are my personal qualities, strengths and achievements?  <u>Aspirations, Work and Career</u>  How can I achieve my dream job?

