

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>Looking and Finding</u> Exploring feelings involved with change or loss.	<u>Being Different</u> Being able to talk about different opinions and views	<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.

PSHE Curriculum Map overview – Years 1 - 6



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

	<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?

PSHE Curriculum Map overview – Years 1 - 6

