



PHSE

Armfield Primary Curriculum Map 2022-2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Relationships Families and relationships: settle in and build secure relationships with new friends in Nursery, recognise and talk about family and people who are special to them, learn about different types of families Safe relationships: talk about oneself in a positive way and say what makes them special, recognise dangers in the home and at school. How to keep safe at home and school Respecting ourselves and others: listen to one another and develop positive relationships, understand that our actions have consequences, make some Golden Rules to follow in Nursery and understand right from wrong		Living in the Wider World Belonging to a community: know what a community is, how do we look after one another and be a good neighbour, recognise that some of us belong to different communities Media literacy and digital resilience: use computer software and the IWB safely, follow instructions carefully, Money and work: discuss some of the jobs that the children's family members do; Know about some different occupations and talk about jobs they might like to do when they are older; understand the roles and responsibilities of 'people who help us'		Health and Wellbeing Physical and mental wellbeing: understand the effects of exercise and healthy eating on our bodies; how to express their feelings and talk about their emotions, discuss what makes a good friend and how to make the right choices Growing and changing: talk about the things we can do now that we needed help with as a baby, discuss starting Reception and what we need to do in order to be school ready, talk about making new friendships and learning new skills Keeping safe: understand the need to stay with a grown up when out in public, know about 'people who help us' and adults who we can trust, know how privacy is important and show NSPCC's 'Privates are privates'	
Reception	Relationships Families and relationships: Who is special to us, Understand the diversity of different families and how they are made up, making new relationships at school Safe relationships: Recognise what makes us feel safe, what might make us feel unsafe, Develop positive relationships with others Respecting ourselves and others: understand that not everyone may like the same things as you, recognising how our behaviour can affect others, Devising class rules with a common understanding of right and wrong		Living in the Wider World Belonging to a community: what community means; care for our community; What communities do we belong to Media literacy and digital resilience: children's personal use of devices, Use of internet and safety Money and work: talk about different working roles of families, what would the children like to do when they grow up, jobs in school		Health and Wellbeing Physical health and mental wellbeing: children's personal use of devices, use of internet and safety Growing and changing: Talk about different working roles of families, what would the children like to do when they grow up; Jobs in school Keeping safe: keep safe at school, home and when out including keeping safe in the sun	
Year 1	Relationships Families and friendships: roles of different people; families; feeling cared for Safe relationships: Recognising privacy; staying safe; seeking permission Respecting ourselves and others: How behaviour affects others; being polite and respectful		Living in the Wider World Belonging to a community: What rules are; caring for others' needs; looking after the environment Media literacy and Digital resilience: Using the internet and digital devices; communicating online Money and Work: Strengths and interests; jobs in the community		Health and Wellbeing Physical health and Mental wellbeing: Keeping healthy; food and exercise; hygiene routines; sun safety Growing and changing: Recognising what makes them unique and special; feelings; managing when things go wrong Keeping safe: How rules and age restrictions help us; keeping safe online	
Year 2	Relationships Families and friendships: Making friends; feeling lonely and getting help Safe relationships: Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Respecting ourselves and others: Recognising things in common and differences; playing and working cooperatively; sharing opinions		Living in the Wider World Belonging to a community: Belonging to a group; roles and responsibilities; being the same and different in the community Media literacy and Digital resilience: The internet in everyday life; online content and information Money and Work: What money is; needs and wants; looking after money		Health and Wellbeing Physical health and Mental wellbeing: Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help Growing and changing: Growing older; naming body parts; moving class or year Keeping safe: Safety in different environments; risk: and safety at home; emergencies	
Year 3	Relationships Families and friendships: What makes a family; features of family life Safe relationships: Personal boundaries; safely responding to others; the impact of hurtful behaviour Respecting ourselves and others: Recognising respectful behaviour; the importance of self-respect; courtesy and being polite		Living in the Wider World Belonging to a community: the value of rules and laws; rights, freedoms and responsibilities Media literacy and Digital resilience: How the internet is used; assessing information online Money and Work: Different jobs and skills; job stereotypes; setting personal goals		Health and Wellbeing Physical health and Mental wellbeing: Health choices and habits; what affects feelings; expressing feelings Growing and changing: Personal strengths and achievements; managing and reframing setbacks Keeping safe: Risks and hazards; safety in the local environment and unfamiliar places	
Year 4	Relationships Families and friendships: Positive friendships, including online Safe relationships: Responding to hurtful behaviour; managing confidentiality; recognising risks online Respecting ourselves and others: Respecting differences and similarities; discussing difference sensitively		Living in the Wider World Belonging to a community: What makes a community; shared responsibilities Media literacy and Digital resilience: How data is shared and used Money and Work: Making decisions about money; using and keeping money safe		Health and Wellbeing Physical health and Mental wellbeing: Maintaining a balanced lifestyle; oral hygiene and dental care Growing and changing: Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty Keeping safe: Medicines and household products; drugs common to everyday life	
Proposed Curriculum						
Year 5	Relationships: Families and Relationships Safe Relationships Respecting ourselves and others		Living in the Wider World Belonging to a community Media literacy and digital resilience Money and work		Health and Wellbeing Physical health and mental wellbeing Growing and changing Keeping safe	
Year 6	Relationships: Families and Relationships Safe Relationships Respecting ourselves and others		Living in the Wider World Belonging to a community Media literacy and digital resilience Money and work		Health and Wellbeing Physical health and mental wellbeing Growing and changing Keeping safe	

