



Bishop Martin CE Primary School

Safeguarding in the GUIDING LIGHT Curriculum Long Term Map

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | |
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| Christian Values Focus | TRUST | | RESPECT | KINDNESS | | HOPE | |
| | LOVE | | | | | | |
| Whole School | Youth Mental Health Day – Collective Worship & Themed Activities World Kindness Day – Collective Worship & Themed Activities | | Children’s Mental Health Week – Collective Worship & Themed Activities Online Safety Day – Collective Worship & Themed Activities | | Walk to School Week – Collective Worship & Themed Activities Healthy Eating Week – Collective Worship & Themed Activities | | |
| | Anti-Bullying Week – Collective Worships, Odd Socks Day, Themed Activities | | | | | | |
| | Road Safety Week – Collective Worship & Themed Activities | | | | | | |
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| Nursery 2YO | <u>General Theme</u> Families Who am I? <u>PSHE</u> Self-Confidence and Self-Awareness Own identity, recognising their name or pointing to themselves in the mirror. Begins to express preferences, may say “Mine” or “No” to express ownership. Increasing independence in simple tasks Managing Feelings and Behaviour Express range of emotions through facial expressions, crying, or words. Begin to regulate emotions with some adult support. Start to understand and use simple emotional vocabulary Show awareness of social expectations Making Relationships Respond to others with a smile, eye contact, or simple words, especially in familiar settings or with familiar adults. Begin to develop basic social interactions, such as imitating actions or sounds made by adults or other children | | <u>PSHE</u> Self-Confidence and Self-Awareness Demonstrate more independence in daily routines Expresses preferences more clearly Begin to show self-control, such as waiting for a turn Managing Feelings and Behaviour Express a wider range of emotions with more clarity, excitement, sadness, or frustration Begin to show more control over emotional responses, calming down after being upset with some support from adults. Start to recognise and label basic emotions in others Show more empathy, offering comfort to a peer who is upset by giving them a toy or a hug Making Relationships Form stronger attachments to key adults and peers, seeking comfort from familiar people when upset. | | <u>General Theme</u> Growing and Changing <u>PSHE</u> Self-Confidence and Self-Awareness Shows a stronger sense of self Demonstrate increased independence in self-care routines Expresses a strong sense of ownership and may want to do tasks on their own, even if still learning. Accept praise and recognition for their efforts, showing pride in their accomplishments. Managing Feelings and Behaviour Express emotions more effectively Manage frustration or disappointment with increased self-regulation Begin to understand more complex feelings and concepts Begins to recognise when their behaviour is not acceptable Making Relationships Show deeper empathy for others’ emotions and may comfort a friend who is upset or help tidy up when asked. Understands social rules and routines, like waiting in line or taking turns during games | | |
| | Nursery 3YO | <u>General Themes</u> All About Me <u>PSHE</u> Building Relationships Demonstrate an awareness of others’ feelings, starting to show empathy by offering comfort Self-Regulation Start to develop an awareness of their own emotions Responds to adult guidance in calming down when upset | | <u>PSHE</u> Building Relationships Show empathy by noticing when peers are sad, offering help, or asking questions to check on how others are feeling. Self-Regulation Begin to regulate emotions with greater awareness Can start to control impulses and manage feelings of frustration or disappointment Recognises the importance of waiting for turns and learning how to cope with delays in getting what they want. | | <u>General Themes</u> Growing and Changing <u>PSHE</u> Building Relationships Actively seeks out peers to play with, show confidence in initiating and maintaining friendships. Independently express empathy Engage in more complex play with others, including role-play and cooperative games Self-Regulation | |



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| | Demonstrates the beginnings of impulse control | | Demonstrate increased control over emotions Begin to recognise and verbalise the causes of their emotions Can follow rules and routines with minimal reminders |
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| Reception | <p><u>General Themes</u> All About Me</p> <p><u>PSHE</u> Self Regulation My Feelings Explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions</p> <p><u>Building Relationships</u> Special Relationships Explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences</p> <p><u>RE</u> I am special Why are we all different and special?</p> | <p><u>PSHE</u> Managing Self Taking on Challenges Understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience.</p> <p><u>Self Regulation</u> Listening and Following Rules Learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.</p> | <p><u>RE</u> Building Relationships My Family and Friends Children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.</p> <p><u>Managing Self</u> My Wellbeing Children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.</p> <p><u>RE</u> Special Times How do you celebrate special times?</p> |
| Year 1 | <p><u>PSHE</u> Health and Wellbeing Know that strengths are what we are good at. Know that qualities describe what we are like. Use positive and negative words to describe emotions.</p> <p><u>Art & Design</u> Drawing Make your Mark <i>Wassily Kandinsky</i></p> <p><u>Computing</u> My Online Life – Digital Literacy Be aware that content online is owned by the person that created it. Use a search engine. Explain what personal information is and give examples of it. Know the rules of using technology at home or in school. Describe how to behave online in ways that do not upset others and can give examples. Understand something online may upset and know where to find help it anything does.</p> <p><u>Design & Technology</u></p> | <p><u>PSHE</u> Citizenship Know the rules in school. Understand the needs of younger children and that they change. Understand that all people are different.</p> <p><u>Economic Wellbeing</u> Know why people use money and its role. Know some ways children may receive money. Know it is wrong to steal, and money is valuable. Know that we should not show or give money to strangers.</p> <p><u>Science</u> Animals, including humans Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense. - Can explain features of their body part and link to senses, e.g. I can feel things with my legs.</p> | <p><u>PSHE</u> Family and Relationships Understand that families look after us. Describe family relations and know some information about their family. Understand characteristics of a positive friendships and there can be problems that can be overcome. Understand the meaning of the word 'stereotype'.</p> <p>Safety and the Changing Body Know that some types of physical contact are never appropriate. Know what to do if I get lost. Know what a hazard is and how it could cause injury. Know that some things are harmful to put onto or in the body. Know what to do in an emergency. Know who the emergency services are.</p> |



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| | Cooking and Nutrition Smoothies | | |
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| Year 2 | <p>PSHE Health and Wellbeing Understand the importance of exercise to stay healthy. Know different breathing techniques. Know we can feel more than one emotion at a time. Know what a 'growth mindset' is.</p> <p>Computing My Online Life – Digital Literacy Understand that some things online may upset them and that they cannot trust everyone online. Know how technology is used to communicate beyond school. Understand that once something is posted you lose control of it and know how to get help if they need to. Give examples of online bullying behaviour, understand the impact it may have and know where to go for support. Know the rules of using technology at home or in school. Explain what personal information is and understand the need for passwords to protect it. Be aware that content online is owned by the person that created it</p> <p>Science Animals, including humans Notice that animals, including humans, have offspring which grow into adults. Find out about and describe the basic needs of animals, including humans, for survival. Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p> | <p>PSHE Citizenship Know some of the different places where rules apply. Know that some rules are made to be followed by everyone and are known as laws. Know some of the jobs people do to look after the environment in school and the local community. Understand that everyone has similarities and differences.</p> <p>Economic Wellbeing Know some adults earn money by having a job. Know some basic needs for survival. Know the difference between 'want' and 'need'. Know how we can show inclusion and diversity at work.</p> | <p>PSHE Family and Relationships Know that families can be different and that they may be different to their family. Identify some problems that might happen in friendship and how they can be addressed. Understand ways to show feelings. Understand what good manners are. Know there are ways we can remember people or events.</p> <p>Safety and the Changing Body Know the PANTS rule. Know I should tell an adult if I see something that makes me feel uncomfortable. Understand the difference between secrets and surprises. Know the names of parts of the body, including private parts. Know the rules of crossing the road safely. Know that medicine can help us when we are ill but should only be taken when an adult says so.</p> <p>Design & Technology Cooking and Nutrition A Balanced Diet</p> |
| Year 3 | <p>PSHE Health and Wellbeing Understand the positive impact relaxation can have on the body. Understand the importance of belonging. Understand what being lonely means. Understand what a problem or barrier is and that these can be overcome.</p> <p>Economic Wellbeing Know the pros and cons of different payment methods. Know reasons for spending money. Know the emotional, societal and environmental impact of money. Know that individual talents should guide career choices and anyone can aspire to any career.</p> | <p>PSHE Citizenship To understand the UN Convention on the Rights of the Child. Understand some of the consequences of breaking rules. Understand the role of charities.</p> <p>Design & Technology Cooking and Nutrition Eating Seasonally</p> <p>Science Animals, including humans Identify that animals, including humans, need the right types and amount of nutrition</p> | <p>PSHE Family and Relationships Know that I can talk to trusted adults or services such as Childline if I experience family problems. Know that bullying can be verbal or physical and is repeated. Know that violence is never the right way to solve a problem. Know that what trust is. Know the signs of a good listener. Understand there are similarities and differences between people. Know some stereotypes related to age.</p> <p>Safety and the Changing Body Understand that cyberbullying takes place online. Know the signs that an email might be fake.</p> |



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| | <p><u>Computing</u> My Online Life – Digital Literacy</p> <p>Explain what is meant by the term identity. Explain some risks of communicating online with others they don't know well. Recognise they need to be careful before they share anything about themselves or others online. Explain what bullying is and can describe how people may bully others. Describe rules about how to behave online and how they follow them. Use key phrases in search engines. Explain why spending too much time online can have a negative impact on their health.</p> | <p><u>Computing</u> Online Detectives – Digital Literacy</p> <p>Explain how a search engine works. Use advanced search tools. Know how to use the internet. Understand the term identity and I can take appropriate measures to protect my own online identity. Analyse information and make accurate searches. Understand the need for copyright and the consequences of ignoring it.</p> | <p>Know the rules for being safe near roads. Recognise who and what can influence our decisions.</p> <p><u>RE</u> Rules for Living Which Rules Should We Follow?</p> |
| Year 4 | <p><u>PSHE</u> Health and Wellbeing</p> <p>Know that visualisation means creating an image in our head. Start to identify skills suited to different job roles. Know that it is normal to experience a range of emotions. Understand that mental health refers to emotional wellbeing. Know that mistakes help us learn. Know who they can talk to if they are worried about their own or other people's mental health.</p> <p><u>Computing</u> My Online Life – Digital Literacy</p> <p>Explain how their online identity can be different to the identity they present in real life. Be aware others can find information out about them by searching online. Make informed choices about what is fake news. Describe ways to be respectful online. Know which technologies can be used for online bullying. Understand the effect technology can have on their health and well-being.</p> | <p><u>Citizenship</u></p> <p>Know that human rights are specific rights that apply to all people. Know some of the people who protect our human rights such as police, judges and politicians.</p> <p><u>Economic Wellbeing</u></p> <p>Know how to determine the value of money. Know why it is importance to track and safeguard money.</p> <p><u>Computing</u> Information Technology - Endangered Animals</p> <p>Use a search engine and be aware that not everything read online is correct. (Online Bullying) Understand the need for copyright and the consequences of ignoring it. (Copyright)</p> | <p><u>PSHE</u> Family and Relationships</p> <p>Know that families are varied in the UK and across the world. Understand the different roles related to bullying including the victim, bully and bystander. understand that everyone has the right to decide what happens to their body. Understand the courtesy and manners which are expected in different scenarios. Understand some stereotypes related to disability. Know what bereavement is.</p> <p><u>Safety and the Changing Body</u></p> <p>Understand that there are risks to sharing things online. Know the difference between private and public. Understand the risks associated with smoking tobacco. Understand the physical changes to both male and female bodies as people grow from children to adults. Know that asthma is a condition that causes the airways to narrow</p> <p><u>Design & Technology</u> Cooking and Nutrition Adapting a Recipe</p> <p><u>Computing</u> Coding - Games Designer</p> <p>Understand the impact technology can have on health, well-being and lifestyle.</p> |



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| <p>Year 5</p> | <p><u>PSHE</u> Health and Wellbeing Understand the risks of sun exposure. Know that relaxation stretches can help us to relax and de-stress. Know that calories are the unit that we use to measure the amount of energy certain foods give us. Know that what we do before bed can affect our sleep quality. Understand what can cause stress. Understand that failure is an important part of success.</p> <p><u>Computing</u> My Online Life – Digital Literacy Understand the impact online bullying can have and know what to do if they are the victim or witness online bullying. Create the need to create a strong password. Understand the need for copyright. Know that identity can be copied by other users and take appropriate measure to minimise the risk of this happening. Understand the impact technology can have on my health, wellbeing and lifestyle. Be aware that there are people online who may try to upset their group of friends and themselves.</p> <p><u>Design & Technology</u> Cooking and Nutrition Developing a Recipe</p> | <p><u>PSHE</u> Citizenship Know what happens when someone breaks the law. Know that a pressure group is a group of people who feel very strongly about an issue and want to see something change</p> <p>Economic Wellbeing Know principles of budgeting and its consequences. Understand concept of income, expenditure, and informed spending. responsibilities and consequences of borrowing money. Know risks and strategies for safeguarding money. Understand emotional responses to various money situations. Know factors influencing career decisions. Know the impact of education and interests on career paths and the effects and challenges of workplace stereotypes</p> <p><u>Art & Design</u> Drawing I Need Space Retrofuturism</p> | <p><u>PSHE</u> Family and Relationships Know that marriage is a legal commitment and a choice people can make. Know that, if I have a problem, I can call ChildLine on 0800 1111. Know what attributes and skills make a good friend. Understand what might lead to someone bullying others and what action I can take if I see this. Understand that positive attributes are the good qualities that someone has. Know that stereotypes can be unfair, negative and destructive. Know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.</p> <p>Safety and the Changing Body To know the steps to take before sending a message online and know some of the possible risks. Know some strategies I can use to overcome pressure from others and make my own decisions. Understand the process of the menstrual cycle. Know the names of the external sexual parts of the body and the internal reproductive organs. Know that puberty happens at different ages for different people. know how to assess a casualty's condition.</p> <p><u>Science</u> Animals, including humans Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird. Describe the life process of reproduction in some plants and animals. Describe the changes as humans develop to old age.</p> <p><u>Computing</u> Coding - Web Designer Use a search engine and be aware that not everything read online is correct.</p> <p>Online Safety Dilemmas - Digital Literacy Know copyright issues, online bullying, and the importance of positively contributing to online communities. Recognise the potential risks of sharing content online and the importance of strong passwords and privacy measures. Understand the impact of technology on health, well-being, and lifestyle. Understand the impact online bullying can have and know what to do if they are a victim of online bullying or witness online bullying.</p> |
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| <p>Year 6</p> | <p>PSHE Health and Wellbeing</p> <p>Understand that vaccinations can give us protection against disease. Know that changes in the body could be possible signs of illness. Understand that several factors contribute to my physical health. Know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits. Understand that several factors contribute to my mental health. Know the effects technology can have on mental health.</p> <p>PSHE Evolution and Inheritance</p> <p>Recognise living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.</p> <p>Computing My Online Life – Digital Literacy</p> <p>Be aware of the ways in which the media can shape our ideas about gender. Understand the need to create a positive online reputation. Support friends to protect themselves and make good choices online, including reporting concerns to an adult. Know how to capture evidence of online bullying and how to report it. Understand the impact technology can have on my health, wellbeing and lifestyle. Understand the need for copyright and the consequences of ignoring it. Know how to keep data private and secure. Explain how to protect my device/myself from harm on the Internet.</p> | <p>PSHE Citizenship</p> <p>Know that prejudice is making assumptions about someone based on certain information. Know that discrimination is treating someone differently because of certain factors</p> <p>Economic Wellbeing</p> <p>Identify emotions linked to money. Understand how money affects feelings and behaviour. Learn healthy ways to cope with feelings about money. Identify risks to money safety in both physical and digital environments. Understand methods to safeguard money physically and digitally. Understand the changes in financial responsibilities when transitioning to secondary school. Understand what gambling is and identify its different forms. Recognise the risks and consequences associated with gambling.</p> <p>Art & Design Drawing</p> <p>Make my Voice Heard <i>Diego Rivera</i></p> <p>Design & Technology Cooking and Nutrition</p> <p>Come Dine with Me</p> <p>Science Animals, including humans</p> <p>Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.</p> <p>Computing Information Technology - Money</p> <p>Use a search engine and be aware that not everything read online is correct and that other people may be attempting to influence their opinions. Explain how to protect their computer or device from harm on the Internet.</p> | <p>PSHE Family and Relationships</p> <p>Know that a conflict is a disagreement or argument and can occur in friendships. Understand the concepts of negotiation and compromise. understand what respect is. Understand that everyone deserves respect, but respect can be lost. Understand that stereotypes can lead to bullying and discrimination. Understand that loss and change can cause a range of emotions. Know that grief is the process people go through when someone close to them dies.</p> <p>Safety and the Changing Body</p> <p>Understand that online relationships should be treated in the same way as face-to-face relationships. Know where to get help with online problems. Understand the risks associated with drinking alcohol. Understand how a baby is conceived and develops. Understand the changes that happen during puberty</p> <p>Computing Coding - Coding Playground</p> <p>Use a search engine and be aware that not everything read online is correct.</p> |
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