



## **PSHE, including RSHE Curriculum Map for Brighton & Hove Primary Schools 2020 (adapted for Downs Infant School and revised 2023)**

This curriculum map is based on the DfE statutory guidance for Primary Relationships and Health Education and the PSHE Association Programme of Study and supports schools to meet the duties in the Equality 2010 on promoting equality and challenging prejudice. The map outlines how you can cover the KS1 learning outcomes and is grouped into topics some of which fit with SEAL (Social Emotional Aspects of Learning) themes. The number of lessons needed to cover topics is based on one PSHE lesson per week. Where there are B&H PSHE Team resources provided for Brighton & Hove schools this is indicated on the map and these can be downloaded from BEEM <https://www.beem.org.uk/>

The order of PSHE topics has been planned around key events of the school year, for example new starts, Anti-Bullying and Equality Calendar events such as Anti-bullying week, Black History, Gypsy Roma Traveller and LGBT History months.

Some sensitive topics, such as Loss and RSHE are placed towards the end of a year when class relationships are more established. Schools may want to change the order of some topics to make the PSHE Curriculum bespoke to their school context. It may also be helpful to consider where the PSHE learning outcomes could be taught alongside related RE, science, DT (food), PE, geography, history & Computing (Online safety) as detailed in the DfE Statutory Guidance.

Click here [for DfE Statutory Guidance](#)

Click here for [PSHE Association Programme of Study](#)

Click here for [SEAL](#) resources

For further support with developing your school's PSHE curriculum please email [pshe@brighton-hove.gov.uk](mailto:pshe@brighton-hove.gov.uk).

**All learning outcomes references for the PSHE topics are from the PSHE Association Programme of Study, which is organised into 3 core themes:**

Core Theme 1: Health and wellbeing (H)

Core Theme 2: Relationships (R)

Core Theme 3: Living in the Wider World (L)

**SEAL**

**Extra resources to support learning**

Year group	Autumn term 1 Who are we?	Autumn term 2 Getting on and falling out	Spring term 1 Going for goals/MH&WB	Spring term 2 Be who you are/diversity.	Summer term 1 FGFS and Loss	Summer term 2 RSHE and changes
Rec	<b>New beginnings</b> <b>Including:</b> Taking turns and playing with others; Recognising and naming feelings <b>Minimum x3 lessons</b> SEAL	<b>Getting on and falling out/SEAL</b> Making up after falling out, managing angry feelings <b>X4 lessons</b> <b>Say no to bullying</b> <i>B&amp;H PSHE Team Anti bullying week</i> <b>X 2 lessons</b> <b>X2 lessons</b>	<b>Going for Goals</b> Trying new things in my learning and say how they have gone (circle time)) SEAL  <b>Mental Health &amp; Wellbeing</b> Exploring concepts of MH&WB, big feelings; 5 ways to well-being: Naming feelings and ways to calm down <i>B&amp;H PSHE Team Mental Health &amp; Wellbeing Lessons</i> <b>x3 lessons</b> spread over 4-5 weeks possibly	<b>Good to be me</b> <i>B&amp;H GTBM / GARS Lessons</i> Identify & Belonging – Similarities and Differences – with a focus on home food <b>X4 lessons</b> <b>Family Diversity</b> Revisit all sorts of families	<i>B&amp;H PSHE team Loss &amp; Bereavement Lessons.</i> <b>X2 lessons</b> <b>(Girl with parrot on her head lesson)</b>	<b>Changes</b> Knowing how changes can make me feel and knowing some ways to cheer people up when they are sad.
	<b>Global Citizenship</b> My school community ELG13&14 <b>x3 lessons</b> (link to understanding the world)  These topics are covered by looking at our own family and community links through heritage, food, travel with the rest of the world.	<b>Health &amp; Drugs Education -B&amp;H PSHE Team Keeping Healthy &amp; safe- (DATE)</b> What is 'health'?, hand washing and asking for help <b>X3 lessons</b>	<b>Gender-B&amp;H PSHE team Lunchboxes</b> Challenging Gender Stereotypes <b>X1 lessons</b>	<b>Family Diversity- Who cares for me?</b> <b>X1 lesson</b>  <b>SMILE – resources</b> (goes with MH&WB)	<b>Protective Behaviours -</b> <i>B&amp;H PSHE Team Feeling Good Feeling Safe</i> <b>X4 lessons</b>	<b>Relationships, Sex &amp; Health Education</b> <i>B&amp;H PSHE team RSE lessons</i> <b>x3 lessons</b>  Growing and caring for ourselves (3 lessons), see Science.  <b>Keeping Healthy and Safe (DATE)</b>  <b>Healthy Week</b>

Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 1	<b>New beginnings (SEAL)</b> Class expectations; Feeling scared/sad and feeling better <b>X3 lessons</b>  <b>Democracy</b> school council <b>X1 lessons</b> KS1 L1,4,5 R1,21,22,24,25	<b>Getting on and falling out (SEAL)</b> What makes a good friend, active listening, peaceful problem solving <b>x3 lessons</b> <b>Say no to bullying</b> <i>B&amp;H PSHE Team</i> <i>Anti bullying week</i> <b>X 2 lessons</b> KS1: H11, 12, 13,14, 15,16 R6, 7, 8, 9, 10,11,12, 20 21, 24	<b>Mental Health &amp; Wellbeing</b> <i>B&amp;H PSHE Team</i> <i>Mental Health &amp; Wellbeing Lessons</i> Exploring concepts of MH&WB, big feelings; 5 ways to well-being: Power of kindness KS1 H1,3,11,12,,13,14,15, 16,17,18,19 <b>x3 lessons</b>	<b>Good to be me</b> <i>B&amp;H PSHE TEAM</i> <i>GTBM / GARS Lessons</i> Focus on Identity and belonging – exploring race and ethnicity KS1 H14, 15,21,22, R23,25 L4,5,6 <b>x 3 lessons</b>		<b>Changes &amp; Moving Forward</b> Human timelines, natural changes and changes we can make ourselves  Knowing about different and own preferred learning style , setting a goal, avoiding distractions KS1 H11,12,13,14,15,,16, 18,,19,20, 24, 27 <b>x 2 lessons</b>
	<b>Global Citizenship</b> Identity and belonging including: Similarities and differences in our school community R1.8; E1.4  These topics are covered by looking at our own family and community links through heritage, food, travel with the rest of the world.	<b>Health &amp; Drugs Education- B&amp;H PSHE Team Keeping Healthy &amp; safe-</b> Healthy and unhealthy choices, Medicine safety KS1 H1,2,3, 5,6,10,28,29,31,33,37  <b>x3 lessons</b>	<b>Gender -B&amp;H PSHE team</b> <b>Toys: Challenging Gender Stereotypes</b> KS1 R21,23,25, L4,6, <b>X2 lessons</b> <b>Money Management</b> ( taught as part of maths) KS1 L6,10,11,12,13 <b>Online Safety</b> (taught through Computing) <b>BEEM LINK</b> KS1 H1,2,3,5,6,10,28,29,3 1,33,37	<b>Gypsy Roma Traveller education (GRT) B&amp;H PSHE Team Kushti Atchin Tan)</b> KS1 H11,12,13,14,15, R3,4,10,11,12,20, 21,22,23 L6 <b>x3 lessons</b>	<b>Letter to be sent to grown ups before start FGFS. GC - P/carers workshop on RSHE mid term.</b>  <b>Protective Behaviours</b> <i>B&amp;H PSHE Team</i> <i>Feeling Good</i> <i>Feeling Safe</i> Names of main <b>body parts</b> . I know when I feel safe. I understand different people can have different feelings about the same situation. I know what happens on the inside and outside of my body when I feel safe and comfortable. Friends, secrets and	<b>Letter to be sent to grown ups before start RSHE:</b>  <b>Relationships, Sex &amp; Health Education including family diversity</b> <i>B&amp;H PSHE team</i> <i>RSE lessons</i> Growing and caring for ourselves H 25, 26, R6,7  (4 lessons) the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls – I can name and correctly label the main external parts of the body – see Science.

					people who help us KS1 H11,12,13,14,15,16,18,19 R5,13,14,15,16,17,18,19,20 <b>X4 lessons</b>	KS1 H1, 2,3,4,17,20,25,26 R1,2,3,13,23 <b>x3 lessons</b>  <b>Keeping Healthy and Safe (DATE) – Healthy Week</b>
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Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
<b>Year 2</b>	<b>New beginnings (SEAL)</b> Class expectations and how to include everybody. Communicating feelings, describing feelings. R1 <b>X2 lessons</b> <b>Democracy</b> school council <b>x 1 lessons</b> (link to geography) KS1 L1,4,5 R10,11,12,,21,22,24,25	<b>Getting on and falling out (SEAL) x 3lessons</b> Seeing others points of view, working with others skills, <b>Say no to bullying</b> <b>B&amp;H PSHE Team</b> <b>Anti bullying week</b> <b>X 2 lessons</b>  KS1: H11, 12, 13,14, 15,16 R6, 7, 8, 9, 10,11,12, 20 21, 24	<b>Mental Health &amp; Wellbeing</b> Exploring concepts of MH&WB, big feelings; 5 ways to well-being: Importance of sleep <b>B&amp;H PSHE Team</b> <b>Mental Health &amp; Wellbeing Lessons</b> <b>X4 lessons</b> KS1 H1,3,4,9,11,1,21,31,4,15,16,1,7,18,18	<b>Good to be me</b> <b>B&amp;H PSHE Team</b> <b>GTBM / GARS</b> <b>Lessons</b> Focus on Identity and belonging – exploring race and ethnicity <b>x 4 lessons</b> KS1 H14, 15, 21,22, 23, R23,25 L4,5,6	<b>B&amp;H PSHE team</b> <b>Loss &amp; Bereavement Lessons X2 lessons</b> KS1 H11,12,13,14,15,16,18,19,20,33 R5,20	<b>Changes &amp; Moving Forward</b> Understanding what a habit is and how to change them, <b>Going for goals</b> Setting realistic goals, <b>X2 lessons</b> KS1 H11,12,13,14,15,,16,18,,19,20, 24, 27

	<p><b>Global citizenship</b> Including: my community and Multicultural Britain E1.4, R1.8 <b>X2 lessons</b> KS1 R21, 22,23, L4,5,6</p> <p>These topics are covered by looking at our own family and community links through heritage, food, travel with the rest of the world.</p>	<p><b>Health &amp; Drugs Education</b> <b>B&amp;H PSHE Team</b> <b><i>Keeping Healthy &amp; safe</i></b> Healthy choices and Safety at home and in the community KS1 H1,3,5,6,10,28,29,30, 31,33,37 <b>x3 lessons</b></p> <p><b>Healthy Eating</b> (taught through science, PE &amp; DT) H1,2 (also in Healthy Week, summer 2 term).</p>	<p><b>Careers &amp; Gender</b> KS1 R21,23,25 L15,16,17 <b>X2 lessons (gender identity)</b> <b>Money Management</b> KS1 R23, L6,10,11,12,13 <b>Online Safety</b> (taught through Computing) KS1 H28, 34, R10, 12,17,20,21,22, L7,8,9</p>	<p><b>Disability Equality Education-</b> <b>B&amp;H PSHE Team</b> <b><i>Nothing About Me Without Me Lessons</i></b> <b>x3 lessons</b> KS1 H11,12,13,14,15,22, 23 R3,4,6,7,10,11,12,20, 21,22,23,24 L6</p>	<p><b>Protective Behaviours -</b> <b>B&amp;H PSHE Team</b> <b><i>Feeling Good Feeling Safe</i></b> H1.13,H1.14, R1.3, R1.10, R1.11 <b>X4 lessons</b> KS1 H11,12,13,14,15,16,1 8,19 R5,13,14,15,16,17,18, 19,20</p>	<p><b>Relationships, Sex &amp; Health Education</b> <b>B&amp;H PSHE Team</b> <b><i>RSE lessons</i></b> <b>x3 lessons</b> Growing, lifecycles and naming body parts. KS1 H3,17,21,22, 25,26 R6,7,13,17,23,25</p> <p><b>Keeping Healthy and Safe (DATE) – Healthy Week</b></p>
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