

English Martyrs Catholic Primary School - Through Christ we believe, inspire, achieve.

PSHE and Personal Development Curriculum Map 2025 -2026

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2				
	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation				
Nursery	Journey in Love - Wonder at God's Love	Journey in Love - Wonder at God's Love	Journey in Love - Wonder at God's Love	Journey in Love - Wonder at God's Love	Journey in Love - Wonder at God's Love	Journey in Love - Wonder at God's Love				
PSED	By the end of Nursery, the children will be expected to select and use activities and resources, with help when needed. Develop a sense of responsibility and membership of a community. Show more confidence in new social situations and become more outgoing with school staff. The children will have opportunities to play with other children, to help extend and elaborate their ideas. The children will be familiar with our school rules and be able to follow these on most									
	occasions. The children will be encouraged to solve conflicts and talk about their feelings. They will begin to understand how others may feel.									
	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation				
Reception	Journey in Love - God Loves Each of Us in Our Uniqueness	Journey in Love - God Loves Each of Us in Our Uniqueness	Journey in Love - God Loves Each of Us in Our Uniqueness	Journey in Love - God Loves Each of Us in Our Uniqueness	Journey in Love - God Loves Each of Us in Our Uniqueness	Journey in Love - God Loves Each of Us in Our Uniqueness				
	Life to the Full Plus - Created and Loved by God	Life to the Full Plus - Created and Loved by God	Life to the Full Plus - Created to Love Others	Life to the Full Plus - Created to Love Others	Life to the Full Plus - Created to live in the Community	Life to the Full Plus - Created to live in the Community				
PSED	By the end of Reception, children will be expected to have an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. The children will be able to give focused attention to what the teacher says and respond appropriately even when engaged in activity. We aim for all children to show confidence to try new activities and show independence, resilience and perseverance in the face of challenge. It is expected that children will be able to manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Children will have opportunities to work and play cooperatively, taking turns with others, allowing them to form positive attachments to adults and create friendships with peers.									
	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation				
Year 1	Journey in Love - We meet God's love in our family	A Journey in Love - We meet God's love in our family	A Journey in Love - We meet God's love in our family	A Journey in Love - We meet God's love in our family	A Journey in Love - We meet God's love in our family	A Journey in Love - We meet God's love in our family				
lear 1	Life to the Full Plus - Created and Loved by God	Life to the Full Plus - Created and Loved by God	Life to the Full Plus - Created to Love Others	Life to the Full Plus - Created to Love Others	Life to the Full Plus - Created to live in the Community	Life to the Full Plus - Created to Live in the Community				
	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation				
	Journey in Love - We meet God's love in the Community	Journey in Love - We meet God's love in the Community	Journey in Love - We meet God's love in the Community	Journey in Love - We meet God's love in the Community	Journey in Love - We meet God's love in the Community	Journey in Love - We meet God's love in the Community				
Year 2	Life to the Full Plus - Created and Loved by God	Life to the Full Plus - Created and Loved by God	Life to the Full Plus - Created to Love Others	Life to the Full Plus - Created to Love Others	Life to the Full Plus - Created to Live in Community	Life to the Full Plus - Created to Live in Community				
					My Money Week					
	Mindfulness - The Present	Mindfulness - The Present	Mindfulness - The Present	Mindfulness - The Present	Mindfulness - The Present	Mindfulness - The Present				
	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation				
Year 3	Journey in Love - How We Live in Love	Journey in Love - How We Live in Love	Journey in Love - How We Live in Love	Journey in Love - How We Live in Love	Journey in Love - How We Live in Love	Journey in Love - How We Live in Love				
	Life to the Full Plus - Created and Loved by God	Life to the Full Plus - Created and Loved by God	Life to the Full Plus - Created and Loved by God	Life to the Full Plus - Created and Loved by God	Life to the Full - Created and Loved by God	Life to the Full Plus - Created and Loved by God				
	Mindfulness - The Present	Mindfulness - The Present	Mindfulness - The Present	Mindfulness - The Present	Mindfulness - The Present	Mindfulness - The Present				
Year 4	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation				
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	Journey in Love - God Loves Us in Our	Journey in Love - God Loves Us in Our	Journey in Love - God Loves Us in Our	Journey in Love - God Loves Us in Our	Journey in Love - God Loves Us in Our	Journey in Love - God Loves Us In Our				



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	Differences	Differences	Differences	Differences	Differences	Differences
	Life To The Full Plus- Created and Loved by God	Life To The Full Plus- Created and Loved by God	Life To The Full Plus - Created to Love Others	Life To The Full Plus- Created to Love Others	Life To The Full Plus- Created to Live in Community	Life To The Full Plus- Created to Live in Community
	Mindfulness - The Present					
	Zones of Regulation					
Year 5	Journey in Love - God Loves Me in My Changing and Development	Journey in Love - God Loves Me in My Changing and Development	Journey in Love - God Loves Me in My Changing and Development	Journey in Love - God Loves Me in My Changing and Development	Journey in Love - God Loves Me in My Changing and Development	Journey in Love - God Loves Me in My Changing and Development
	Life to the Full Plus - Created and Loved by God	Life to the Full Plus - Created and Loved by God	Life to the Full Plus - Created to Love Others	Life to the Full - Created to Love Others	Life to the Full - Created to Live in Community	Life to the Full - Created to Live in Community
					My Money Week	Community
	Mindfulness - The Present					
	Zones of Regulation					
Year 6	Journey in Love - The Wonder of God's Love in Creating New Life	Journey in Love - The Wonder of God's Love in Creating New Life	Journey in Love - The Wonder of God's Love in Creating New Life	Journey in Love - The Wonder of God's Love in Creating New Life	Journey in Love - The Wonder of God's Love in Creating New Life	Journey in Love - The Wonder of God's Love in Creating New Life
	Life to the Full Plus - Created and Loved by God	Life to the Full Plus - Created and Loved by God	Life to the Full Plus - Created to Love Others	Life to the Full Plus - Created to Love Others	Life to the Full PLus - Created to Live in Community	Life to the Full Plus - Created to Live in Community
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