

# PSHE CURRICULUM MAP 2022 - 2023

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<ul style="list-style-type: none"> <li>-Self-identity</li> <li>-Understanding feelings</li> <li>-Being in a classroom</li> <li>-Being gentle</li> <li>-Rights and responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>-Identifying talents</li> <li>-Being special</li> <li>-Families</li> <li>-Where we live</li> <li>-Making friends</li> <li>-Standing up for yourself</li> </ul>	<ul style="list-style-type: none"> <li>-Challenges</li> <li>-Perseverance</li> <li>-Goal setting</li> <li>-Overcoming obstacles</li> <li>-Seeking help</li> <li>-Jobs</li> <li>-Achieving goals</li> </ul>	<ul style="list-style-type: none"> <li>-Exercising bodies</li> <li>-Physical activity</li> <li>-Healthy food</li> <li>-Sleep</li> <li>-Keeping clean</li> <li>-Safety</li> </ul>	<ul style="list-style-type: none"> <li>-Family life</li> <li>-Friendships</li> <li>-Breaking friendships</li> <li>-Falling out</li> <li>-Dealing with bullying</li> <li>-Being a good friend</li> </ul>	<ul style="list-style-type: none"> <li>-Bodies</li> <li>-Respecting my body</li> <li>-Growing up</li> <li>-Growth and change</li> <li>-Fun and fears</li> <li>-Celebrations</li> </ul>
Year 1	<ul style="list-style-type: none"> <li>-Feeling special and safe</li> <li>-Being part of a class</li> <li>-Rights and responsibilities</li> <li>-Rewards and feeling proud</li> <li>-Consequences</li> </ul>	<ul style="list-style-type: none"> <li>-Similarities and differences</li> <li>-Understanding bullying</li> <li>-Dealing with bullying</li> <li>-Making new friends</li> <li>-Celebrating differences</li> </ul>	<ul style="list-style-type: none"> <li>-Setting goals</li> <li>-Identifying success and achievements</li> <li>-Learning styles</li> <li>-Working well and celebrating achievement</li> <li>-Tackling new challenges</li> <li>-Identifying and overcoming obstacles</li> <li>-Feelings of success</li> </ul>	<ul style="list-style-type: none"> <li>-Keeping myself healthy</li> <li>-Healthier lifestyle choices</li> <li>-Keeping clean</li> <li>-Being safe</li> <li>-Medicine safety</li> <li>-Road safety</li> <li>-Health and happiness</li> </ul>	<ul style="list-style-type: none"> <li>-Belonging to a family</li> <li>-Making friends</li> <li>-Being a good friend</li> <li>-People who help us</li> <li>-Personal qualities</li> <li>-Self-acknowledgement</li> <li>-Celebrating special relationships</li> </ul>	<ul style="list-style-type: none"> <li>-Life cycles</li> <li>-Changes in me</li> <li>-Changes since being a baby</li> <li>-Differences between males and females</li> <li>-Growing and learning</li> <li>-Coping with change</li> <li>-Transition</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>-Hopes and fears</li> <li>-Rights and responsibilities</li> <li>-Rewards and consequences</li> <li>-Safe and fair learning</li> <li>-Valuing contributions</li> <li>-Choices</li> <li>-Recognising feelings</li> </ul>	<ul style="list-style-type: none"> <li>-Assumptions and stereotypes</li> <li>-Understanding bullying</li> <li>-Standing up for self and others</li> <li>-Making new friends</li> <li>-Celebrating difference</li> <li>-Remaining friends</li> </ul>	<ul style="list-style-type: none"> <li>-Achieving realistic goals</li> <li>-Perseverance</li> <li>-Learning strengths</li> <li>-Learning with others</li> <li>-Group co-operation</li> <li>-Contributing to and sharing success</li> </ul>	<ul style="list-style-type: none"> <li>-Motivation</li> <li>-Healthier choices</li> <li>-Relaxation</li> <li>-Healthy eating and nutrition</li> <li>-Healthier snacks</li> </ul>	<ul style="list-style-type: none"> <li>-Different types of family</li> <li>-Friendship and conflict</li> <li>-Secrets</li> <li>-Trust and appreciation</li> <li>-Expressing appreciation</li> <li>-Special relationships</li> </ul>	<ul style="list-style-type: none"> <li>-Life cycles in nature</li> <li>-Growing from young to old</li> <li>-Increasing independence</li> <li>-Differences in male and female bodies</li> <li>-Assertiveness</li> <li>-Preparing for transition</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>-Setting personal goals</li> </ul>	<ul style="list-style-type: none"> <li>-Families and their differences</li> </ul>	<ul style="list-style-type: none"> <li>-Difficult challenges</li> <li>-Achieving success</li> </ul>	<ul style="list-style-type: none"> <li>-Exercise</li> <li>-Fitness challenges</li> </ul>	<ul style="list-style-type: none"> <li>-Family roles and responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>-How babies grow</li> </ul>

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	<ul style="list-style-type: none"> <li>-Self-identity and worth</li> <li>-Positivity in challenges</li> <li>-Rules, rights and responsibilities</li> <li>-Rewards and consequences</li> <li>-Responsible choices</li> <li>-Seeing things from others' perspectives</li> </ul>	<ul style="list-style-type: none"> <li>-Family conflict</li> <li>-Witnessing bullying and how to solve it</li> <li>-Recognising how words can be hurtful</li> <li>-Giving and receiving compliments</li> </ul>	<ul style="list-style-type: none"> <li>-Dreams and ambitions</li> <li>-Motivation and enthusiasm</li> <li>-Recognising and trying to overcome obstacles</li> <li>-Evaluating learning processes</li> <li>-Managing feelings</li> <li>-Simple budgeting</li> </ul>	<ul style="list-style-type: none"> <li>-Food labelling and healthy swaps</li> <li>-Attitudes towards drugs</li> <li>-Keeping safe – online and offline</li> <li>-Respect for myself and others</li> <li>-Healthy and safe choices</li> </ul>	<ul style="list-style-type: none"> <li>-Friendship and negotiation</li> <li>-Keeping safe online</li> <li>-Being a global citizen</li> <li>-Being aware of how my choices affect others</li> <li>-Awareness of how other children have different lives</li> <li>-Expressing appreciation for family and friends</li> </ul>	<ul style="list-style-type: none"> <li>-Understanding a baby's needs</li> <li>-Body changes</li> <li>-Family stereotypes</li> <li>-Challenging my ideas</li> <li>-Preparing for transition</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>-Being part of a class team</li> <li>-Being a school citizen</li> <li>-Rights and responsibilities</li> <li>-Rewards and consequences</li> <li>How behaviour affects groups</li> <li>-Democracy, having a voice, participating</li> </ul>	<ul style="list-style-type: none"> <li>-Challenging assumptions</li> <li>-Judging by appearance</li> <li>-Accepting self and others</li> <li>-Understanding influences</li> <li>-Understanding bullying</li> <li>-Problem solving</li> <li>-First impressions</li> <li>-Being unique</li> </ul>	<ul style="list-style-type: none"> <li>-Hopes and dreams</li> <li>-Overcoming disappointment</li> <li>-Creating new realistic dreams</li> <li>-Achieving goals</li> <li>-Working in a group</li> <li>-Celebrating contributions</li> <li>-Resilience</li> <li>-Positive attitudes</li> </ul>	<ul style="list-style-type: none"> <li>-Healthier friendships</li> <li>-Group dynamics</li> <li>-Smoking</li> <li>-Alcohol</li> <li>-Assertiveness</li> <li>-Peer pressure</li> <li>-Celebrating inner strength</li> </ul>	<ul style="list-style-type: none"> <li>-Jealousy</li> <li>-Love and loss</li> <li>-Memories of loved ones</li> <li>-Getting on and falling out</li> <li>-Showing appreciation to people and animals</li> </ul>	<ul style="list-style-type: none"> <li>-Being unique</li> <li>-Puberty</li> <li>-Puberty and periods (girls)</li> <li>-Confidence in change</li> <li>-Accepting change</li> <li>-Preparing for transition</li> <li>-Environmental change</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>-Planning for the year ahead</li> <li>-Being a citizen</li> <li>-Rights and responsibilities</li> <li>-Rewards and consequences</li> <li>-How behaviour affects groups</li> </ul>	<ul style="list-style-type: none"> <li>-Cultural differences and conflict</li> <li>-Racism</li> <li>-Rumours and name-calling</li> <li>-Types of bullying</li> <li>-Material wealth and happiness</li> </ul>	<ul style="list-style-type: none"> <li>-Future dreams</li> <li>-The importance of money</li> <li>-Jobs and careers</li> <li>-Goals in different cultures</li> <li>-Supporting others</li> <li>-Charity</li> <li>-Motivation</li> </ul>	<ul style="list-style-type: none"> <li>-Smoking including vaping</li> <li>-Alcohol</li> <li>-Alcohol and anti-social behaviour</li> <li>-Emergency aid</li> <li>-Body image</li> <li>-Relationships with food</li> </ul>	<ul style="list-style-type: none"> <li>-Self-recognition and self-worth</li> <li>-Building self-esteem</li> <li>-Safer online communities</li> <li>-Responsibilities online</li> <li>-Online gambling</li> <li>-Reducing screen time</li> </ul>	<ul style="list-style-type: none"> <li>-Self and body image</li> <li>-Influence of online and media on body image</li> <li>-Puberty</li> <li>-Growing responsibility</li> <li>-Coping with change</li> <li>-Preparing for transition</li> </ul>

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	-Democracy and having a voice	-Enjoying and respecting other cultures		-Healthy choices -Motivation and behaviour	-SMARTT internet safety rules	
Year 6	<ul style="list-style-type: none"> <li>-Identifying goals for the year</li> <li>-Global citizenship</li> <li>-Children’s universal rights</li> <li>-Feeling welcomed and valued</li> <li>-Choices, consequences and rewards</li> <li>-Group dynamics</li> <li>-Democracy and having a voice</li> <li>-Anti-social behaviour</li> <li>-Role-modelling</li> </ul>	<ul style="list-style-type: none"> <li>-Perceptions of normality</li> <li>-Understanding disability</li> <li>-Power struggles</li> <li>-Understanding bullying</li> <li>-Inclusion and exclusion</li> <li>-Differences as conflict and as celebration</li> <li>-Empathy</li> </ul>	<ul style="list-style-type: none"> <li>-Personal goals in and outside of school</li> <li>-Success criteria</li> <li>-Emotions in success</li> <li>-Making a difference in the world</li> <li>-Motivation</li> <li>-Recognising achievements</li> <li>-Compliments</li> </ul>	<ul style="list-style-type: none"> <li>-Taking personal responsibility</li> <li>-How substances affect the body</li> <li>-Gang culture</li> <li>-Emotional and mental health</li> <li>-Managing stress</li> </ul>	<ul style="list-style-type: none"> <li>-Mental health</li> <li>-Identifying worries and sources of support</li> <li>-Love and loss</li> <li>-Managing feelings</li> <li>-Power and control</li> <li>-Assertiveness</li> <li>-Technology safety and taking responsibility</li> </ul>	<ul style="list-style-type: none"> <li>-Self-image</li> <li>-Body image</li> <li>-Puberty and feelings</li> <li>-Pregnancy</li> <li>-Reflections about change</li> <li>-Respect in relationships</li> <li>-Transition</li> </ul>