

PSHE – Curriculum map

	Autumn: Relationships	Spring: Living in the wider world	Summer: Health and Wellbeing
Reception	<p>People who help us</p> <p>Helping others</p>	<p>Internet safety</p> <p>Our school community</p>	<p>All about our feelings</p> <p>Rules and routines</p>
Year 1	<p>Roles of different people; families; feeling cared for Recognising privacy; staying safe; seeking permission How behaviour affects others; being polite and respectful</p>	<p>What rules are; caring for others' needs; looking after the environment Using the internet and digital devices; communicating online Strengths and interests; jobs in the community</p>	<p>Keeping healthy; food and exercise, hygiene routines; sun safety Recognising what makes them unique and special; feelings; managing when things go wrong How rules and age restrictions help us; keeping safe online</p>
Year 2	<p>Making friends; feeling lonely and getting help Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p>Belonging to a group; roles and responsibilities; being the same and different in the community The internet in everyday life; online content and information What money is; needs and wants; looking after money</p>	<p>Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help Growing older; naming body parts; moving class or year Safety in different environments; risk and safety at home; emergencies</p>
Year 3	<p>What makes a family; features of family life Personal boundaries; safely responding to others; the impact</p>	<p>The value of rules and laws; rights, freedoms and responsibilities How the internet is used; assessing</p>	<p>Health choices and habits; what affects feelings; expressing feelings Personal strengths and achievements;</p>

	<p>of hurtful behaviour</p> <p>Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p>	<p>information online</p> <p>Different jobs and skills; job stereotypes; setting personal goals</p>	<p>managing and reframing setbacks</p> <p>Risks and hazards; safety in the local environment and unfamiliar places</p>
Year 4	<p>Positive friendships, including online</p> <p>Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p>Respecting differences and similarities; discussing difference sensitively</p>	<p>What makes a community; shared responsibilities</p> <p>How data is shared and used</p> <p>Making decisions about money; using and keeping money safe</p>	<p>Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p>Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p>Medicines and household products; drugs common to everyday life</p>
Year 5	<p>Managing friendships and peer influence</p> <p>Physical contact and feeling safe</p> <p>Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p>Protecting the environment; compassion towards others</p> <p>How information online is targeted; different media types, their role and impact</p> <p>Identifying job interests and aspirations; what influences career choices;</p> <p>workplace stereotypes</p>	<p>Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p>Personal identity; recognising individuality and different qualities; mental wellbeing</p> <p>Keeping safe in different situations, including responding in emergencies, first aid</p>
Year 6	<p>Attraction to others; romantic relationships; civil partnership and marriage</p> <p>Recognising and managing pressure; consent in different situations</p> <p>Expressing opinions and respecting other points of view, including</p>	<p>Valuing diversity; challenging discrimination and stereotypes</p> <p>Evaluating media sources; sharing things online</p> <p>Influences and attitudes to money; money and financial risks</p>	<p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p> <p>Human reproduction and birth; increasing independence; managing transition (we choose to teach human</p>

	discussing topical issues		reproduction largely in our Secondary phase but we make the decision based on pupil needs) Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media
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