

## Seven Stars RSHE/PSHE Curriculum Map 2024-2025

Term and Value	Year Group	Lesson	EYFS	Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
Autumn 1 (7 weeks)	Setting ground rules for RSE and PSHE lessons to be completed during 'moving up day' or as the first lesson in September	1	<b>My feelings</b> L1 identifying my feelings	L1 What is family?	L2 families are all different	L1 healthy families	L1 respect and manners	L2 friendship skills	L1 respect
Resilience (5 weeks)		2	L3 coping strategies	L2 What are friendships?	L4 unhappy friendships	L2 friendship conflicts	L2 healthy friendship	L3 marriage	L2 respectful relationships
Respect (2 weeks)		3	L4 emotional adjectives	L5 Friendship problems	L5 introduction to manners and courtesy	L3 friendships: conflict vs bullying	L4 bullying	L4 respecting myself	L5 resolving conflicts
		4	L5 facial expressions	L6 healthy friendships	L6 change and loss	L6 respecting differences in others	L6 stereotypes: disability	Money Matters*	Money Matters*
		5	<b>Special relationships</b> L2 special people	SMSC – World Smile Day (4.10)*	L7 gender stereotypes: careers and jobs	SMSC – Ada Lovelace Day (8.10) *	L8 change and loss	SMSC – Rosh Hashanah (2-4.10)	L4 challenging stereotypes
		6	L3 sharing	Anti-Racism Lessons KS1 L1	Anti-Racism Lessons KS1 L1-4	Anti-Racism Lessons KS1 L5	Anti-Racism Lessons KS2 L1	Anti-Racism Lessons KS2 L1	Anti-Racism Lessons KS2 L1
		7	L4 I am unique	KS1 L2	KS1 L2	KS1 L6	KS2 L2	KS2 L2	KS2 L2
Autumn 2 (8 weeks)		1	SMSC – Diwali (31.10 – 1.11)	KS1 L3	KS1 L3	KS1 L7	KS2 L3	KS2 L3	KS2 L3
Respect (3 weeks)		2		KS1 L4	KS1 L4	KS1 L8	KS2 L4	KS2 L4	KS2 L4
Kindness (5 weeks)		3	Anti-bullying lesson (anti-bullying week 13 <sup>th</sup> -17 <sup>th</sup> November 2024)						
	4		L1 understanding my emotions	SMSC World Kindness Day (13.11)*	L1 my healthy diary	SMSC Remembrance Day (11.11)	L2 the importance of rest	SMSC – UK Parliament Week (18-24.11)	
	5		L3 ready for bed	L1 experiencing different emotions	L3 wonderful me	L1 looking after our teeth	L5 taking responsibility for my feelings	L3 taking responsibility for my health	
	6		L5 handwashing and personal hygiene	L7 looking after our teeth	L5 resilience: breaking down barriers	L3 celebrating mistakes	L6 healthy meals	L4 the impact of technology on health	
	7		L7 Allergies	L6 healthy diet	L6 diet and dental health	L5 my happiness		L5 resilience toolkit	
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Spring 1 (6 weeks)  Pride (5 weeks)	1	<b>My family and friends</b> L1 Festivals	L1 adults in school	L2 communicating online	L1 first aid: emergencies and calling for help	L1 Internet safety- age restrictions	SMSC - Diabetes Awareness (14.11)*	Money Matters*	
	2	L2 sharing	L2 adults outside of school	L3 secrets and surprises	L4 cyberbullying	L2 share aware	Money Matters*	L4 physical and emotional changes of puberty	
	3	L3 What makes a good friend	L5 appropriate contact	L4 appropriate contact: my private parts	SMSC – Dr Martin Luther King Jr Day (20.1)	L4 privacy and security	L1 online friendships	*Conception lesson 1	
	4	L4 Being a good friend	SMSC – Lunar New Year (29.1)	L5:appropriate contact: my private parts are private	L7 influences	L7 introducing puberty	L2 staying safe online	* Conception lesson 2	
	5	Safer Internet Day (6 <sup>th</sup> February 2025)							
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Spring 2 (6 weeks)  Empathy ()	1	Anti-bullying lesson							
	2		L1 rules	L1 rules beyond school	L1 rights of the child	L1 what are human rights?	L3 puberty	L6 immunisation	
	3		L4 similar yet different	L5 similar but different: my local community	L5 charity	L5 diverse communities	L4 menstruation	SMSC Ramadan (28.2 – 30.3)	
	4	SMSC World Water Day (22.3)	L1 what is money?	SMSC Sign Language Week (Approx. 18-24.3)	L6 local democracy	SMSC World Downs Syndrome Day (21.3)	L1 breaking the law	L8 physical health concerns	
	5		L4 saving and spending	L7 Giving my opinion			L6 parliament	L3 social media	
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Summer 1 (5 weeks)  Responsibility (5 weeks)	1	Road Safety	L7 Gender stereotypes	Road Safety	SMSC Allergy Awareness (21-25.4)	L6 emotions	Money Matters*	Money Matters*	
	2	Road Safety	L6 Sun Safety	Road Safety	L7 stereotyping gender	L7 mental health	L6 bullying	L8 first aid: basic life support	
	3	Road Safety	SMSC World Asthma Day (6.5)	Road Safety	L2 budgeting	L1 value for money	L8 stereotypes: race and religion	L1 human rights	
	4	Road Safety	L6 safety with substances	Road Safety		L3 looking after money	SMSC World Fair Trade (10.5)	L4 prejudice and discrimination	
	5	<b>Taking on challenges</b> L1 Why do we have rules?		L8 staying safe with medicine			L7 sun safety	L6 national democracy	
	6	L5 Team races							
Summer 2 (7 weeks)  Courage (5 weeks)	1	Anti-bullying lesson							
	2	<b>My wellbeing</b> L1 What is exercise?	Road Safety	L5 Developing a growth mindset	L5 learning who to trust	L8 tobacco	L6 first aid: bleeding	L6 change and loss	
	3	L5 Eating healthy	Road Safety	L2 exploring needs	L8 keeping safe out and about	SMSC World Refugee Day (20.6)	L7 alcohol, drugs and tobacco: making decisions	L1 alcohol	
	4	SMSC Guide Dogs (Approx. 22.6)	Road Safety	L3 exploring wants	L5 career quest		L4 risks handling money online	L2 identity and body image	
	5		Road Safety	SMSC Malala Yousafzai's Birthday (12.7)				L2 career routes	
	6		L4 making an emergency phone call					SMSC – NHS Birthday (5.7)	
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Family and friendships  
Wellbeing

Health and wellbeing  
Identity

Safety and the changing body

Citizenship

Economic