



PSHE curriculum map

Year Groups			
Foundation	<p><u>Myself and My Relationships</u> <u>Beginning and Belonging (NB, GFG)</u></p> <ul style="list-style-type: none"> • Aut 1 wk 1 -What have I learnt to do and what would I like to learn next? • Aut 1 wk 2 -How can I play and work well with others? • Aut 1 wk 3 -How can I respect the needs of others? • Aut 1 wk 4 -How does my behaviour make other people feel? <p><u>Myself and My Relationships</u> <u>My Family and Friends - Including Anti-bullying (GOFO, SNTB)</u></p> <ul style="list-style-type: none"> • Aut 1 wk 5 -Who are my special people and why are they special to me? • Aut 1 wk 6 -Who is my family and how do we care for each other? • What is a friend? • Aut 2 wk 1 - How can I be a good friend? • Aut 2 wk 2 - How do I make new friends? • Aut 2 wk 3 - How can I make up with friends when I have fallen out with 	<p><u>Myself and My Relationships</u> <u>My Emotions (C, R, GTBM)</u></p> <ul style="list-style-type: none"> • Spr 1 wk 1 -Do I know simple ways to make myself feel better? • Spr 1 wk 2 - How can I help to make other people feel better? <p><u>Citizenship 1</u> <u>Identities and Diversity</u></p> <ul style="list-style-type: none"> • Spr 1 wk 3 - Who are the people in my class and how are we similar to and different from each other? • Spr 1 wk 4 - What is life like in other countries • Spr 1 wk 5 - How do we celebrate what we believe in and how is this different for different people? <p><u>Citizenship</u> <u>Me and My World</u></p> <ul style="list-style-type: none"> • Spr 2 wk 1 - Who are the people who help to look after me and my school • Spr 2 wk 2 - Where do I live and what are the different places and features in my neighbourhood? • Spr 2 wk 3 - Who are the people who live and work in my neighbourhood 	<p><u>Healthy and Safer Lifestyles</u> <u>My Body and Growing Up</u></p> <ul style="list-style-type: none"> • Sum1 Wk1 -How has my body changed as it has grown? • Sum1 Wk2 -What can my body do? • Sum1 Wk3 -What differences and similarities are there between our bodies? • Sum1 Wk4 -How can I look after my body and keep it clean? • Sum1 Wk5 -How am I learning to take care of myself and what do I still need help with? • Sum2 Wk1 -Who are the members of my family and trusted people who look after me? • Sum2 Wk 2 -How do I feel about growing up? Healthy and safer lifestyles: <p><u>Healthy and Safer Lifestyles</u> <u>Healthy Lifestyles</u></p> <ul style="list-style-type: none"> • Sum2 Wk3 -What can I do to help keep my body healthy? • Sum2 Wk4 -Why are food and drink good for us?

	<p>them?</p> <ul style="list-style-type: none"> • Aut 2 wk 4 - How does what I do affect others? <p><u>Myself and My Relationships</u> <u>My Emotions (C, R, GTBM)</u></p> <ul style="list-style-type: none"> • Aut 2 wk 5 - Can I recognise and show my emotions? • Aut 2 wk 6 - Can I recognise emotions in other people and say how they are feeling? • Aut 2 wk 7 - Do I know what causes different emotions in myself and other people? • Aut 2 wk 8 -How do I and others feel when things change? 	<p>including people who help me?</p> <ul style="list-style-type: none"> • Spr 2 wk 4 - How can we look after the local neighbourhood and keep it special for everybody? <p><u>Healthy and Safer Lifestyles</u> <u>My Body and Growing Up</u></p> <ul style="list-style-type: none"> • Spr 2 wk 5 - What does my body look like? 	<ul style="list-style-type: none"> • Sum2 Wk5 -How can I make healthier choices about food?
<p>Year One</p>	<p><u>Myself & My Relationships</u> <u>My Emotions</u></p> <ul style="list-style-type: none"> • Aut 1 wk 1 -What am I good at and what is special about me? RR • Aut 1 wk 2 -How can I stand up for myself? RR • Aut 1 wk 3 -Can I name some different feelings? MW • Aut 1 wk 4 -Can I describe situations in which I might feel happy, sad, cross etc? MW • Aut 1 wk 5 -How do my feelings and actions affect others? MW • Aut 1 wk 6 -How do I manage some of my emotions and associated behaviours? MW • Aut 2 wk 1 - What are the different ways people might relax and what helps me to feel relaxed? MW 	<p><u>Citizenship</u> <u>Working Together</u></p> <ul style="list-style-type: none"> • Spr 1 wk 1 -What am I and other people good at? • Spr 1 wk 2 -What new skills would I like to develop? • Spr 1 wk 3 -How can I listen well to other people? RR • Spr 1 wk 4 -How can I work well in a group? RR • Spr 1 wk 5 -Why is it important to take turns? RR • Spr 2 wk 1 - How can I negotiate to sort out disagreements? CF • Spr 2 wk 2 - How are my skills useful in a group? • Spr 2 wk 3 - What is a useful evaluation? RR 	<p><u>Citizenship</u> <u>Diversity and Communities</u></p> <ul style="list-style-type: none"> • Sum1 Wk1 -What different groups do we belong to? RR • Sum1 Wk2 -What is a stereotype and can I give some examples? RR • Sum1 Wk3 -What does ‘my community’ mean and how does it feel to be part of it? MW <p><u>Healthy & Safer Lifestyles</u> <u>Healthy Lifestyles</u></p> <ul style="list-style-type: none"> • Sum1 Wk4 -How can I stay as healthy as possible? HP • Sum1 Wk5 - What does it feel like to be healthy? MW • Sum 1 Wk6 -What does healthy eating mean

	<ul style="list-style-type: none"> • Aut 2 wk 2 - Who do I share my feelings with? MW <u>Myself & My Relationships</u> <u>Anti-bullying</u> • Aut 2 wk 3 - Why might people fall out with their friends? CF • Aut 2 wk 4 - Can I describe what bullying is? RR • Aut 2 wk 5 - How might people feel if they are being bullied? MW • Aut 2 wk 6 - Who can I talk to if I have worries about friendship difficulties or bullying? RR • Aut 2 wk 7 - Do I know what to do if I think someone is being bullied? RR 	<p><u>Citizenship</u> <u>Diversity and Communities</u></p> <ul style="list-style-type: none"> • Spr 2 wk 4 - What makes me 'me', what makes you 'you'? RR • Spr 2 wk 5 - Do all boys and all girls like the same things? RR • Spr 2 wk 6 - What is my family like and how are other families different? FP 	<p>and why is it important? HE</p> <ul style="list-style-type: none"> • Sum 2 Wk1 -Why is it important to be active & what are the opportunities for physical activity? PHF • Sum 2 Wk2 -What can help us eat healthily? HE <p><u>Healthy & Safer Lifestyles</u> <u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> • Sum 2 Wk3 -What are the names of the main parts of the body? BS • Sum 2 Wk4 -What can my amazing body do? • Sum 2 Wk5 - When am I in charge of my actions and my body? BS • Sum 2 Wk6 -How can I keep my body clean? HP • Sum 2 Wk7 -How can I avoid spreading common illnesses and diseases? HP
Year Two	<p><u>Citizenship</u> <u>Rights, Rules & Responsibilities</u></p> <ul style="list-style-type: none"> • Aut 1 wk 1 -How do rules make me feel happy and safe? • Aut 1 wk 2 -Can I listen to other people, share my views and take turns? RR <p><u>Myself & My Relationships</u> <u>My Emotions</u></p> <ul style="list-style-type: none"> • Aut 1 wk 3 -What am I good at and what is special about me? RR • Aut 1 wk 4 -How can I stand up for myself? RR • Aut 1 wk 5 -Can I name some different 	<p><u>Myself & My Relationships</u> <u>Anti-bullying</u></p> <ul style="list-style-type: none"> • Spr 1 wk 1 - How do people help me to build positive and safe relationships? CF • Spr 1 wk 2 - What does my school do to stop bullying? RR <p><u>Healthy & Safer Lifestyles</u> <u>Personal Safety</u></p> <ul style="list-style-type: none"> • Spr 1 wk 3 - Which school/classroom rules are about helping people to feel safe? BS • Spr 1 wk 4 -Can I name my own Early Warning Signs? BS • Spr 1 wk 5 -Who could I talk with if I have a 	<p><u>Healthy & Safer Lifestyles</u> <u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> • Sum1 Wk1 -How have I changed since I was a baby? (Statutory NC Science Y2) • Sum1 Wk2 -What's growing in that bump? (Sex Education/NC Science) • Sum1 Wk3 -What do babies and children need from their families? FP • Sum1 Wk4 -Which stable, caring relationships are at the heart of families I know? FP • Sum1 Wk5 - What are my responsibilities now I'm growing up? CAB

	<p>feelings? MW</p> <ul style="list-style-type: none"> • Aut 1 wk 6 - Can I describe situations in which I might feel happy, sad, cross etc? MW • Aut 2 wk 1 - How do my feelings and actions affect others? MW • Aut 2 wk 2 - How do I manage some of my emotions and associated behaviours? MW • Aut 2 wk 3 - What are the different ways people might relax and what helps me to feel relaxed? MW • Aut 2 wk 4 - Who do I share my feelings with? MW <p><u>Myself & My Relationships</u> <u>Anti-bullying</u></p> <ul style="list-style-type: none"> • Aut 2 wk 5 - Do I understand some of the reasons people bully others? RR • Aut 2 wk 6 - Why is bullying never acceptable or respectful? RR • Aut 2 wk 7 - How can I be assertive? RR 	<p>worry or need to ask for help? BS</p> <ul style="list-style-type: none"> • Spr 2 wk 1 -What could I do if a friend or someone in my family isn't kind to me? BS • Spr 2 wk 2 -Can I identify private body parts and say 'no' to unwanted touch? BS • Spr 2 wk 3 -What could I do if I feel worried about a secret? BS • Spr 2 wk 4 -What could I do if something worries or upsets me when I am online? BS <p><u>Healthy & Safer Lifestyles</u> <u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> • Spr 2 wk 5 -How do babies change and grow? (Statutory NC Science Y2) 	<p><u>Myself & My Relationships</u> <u>Managing Change</u></p> <ul style="list-style-type: none"> • Sum 2 Wk1 -How are my achievements, skills and responsibilities changing and what else might change? • Sum 2 Wk2 -How might people feel during times of loss and change? MW • Sum 2 Wk3 -How do friendships change? CF • Sum 2 Wk4 -What helps me to feel calmer when I am experiencing strong emotions linked to loss and change? MW • Sum 2 Wk5 -How might people feel when they lose a special possession? • Sum 2 Wk6 -When can I make choices about changes?
Year Three	<p><u>Myself & My Relationships</u> <u>My Emotions</u></p> <ul style="list-style-type: none"> • Aut 1 wk 1 - Why is it important to accept and feel proud of who we are? RR • Aut 1 wk 2 -What does the word 'unique' mean and what do I feel proud of about myself? RR • Aut 1 wk 3 -Why is mental wellbeing as important as physical wellbeing? MW • Aut 1 wk 4 -How can I communicate my emotions? MW • Aut 1 wk 5 -Can I recognise some simple ways to manage difficult emotions? MW • Aut 1 wk 6 -What does it mean when 	<p><u>Myself & My Relationships</u> <u>Anti-bullying</u></p> <ul style="list-style-type: none"> • Spr 1 wk 1 What are the key characteristics of different types of bullying? RR • Spr 1 wk 2 What is the difference between direct and indirect forms of bullying? RR <p><u>Citizenship</u> <u>Diversity and Communities</u></p> <ul style="list-style-type: none"> • Spr 1 wk 3 What have we got in common and how are we different? RR • Spr 1 wk 4 How might others' expectations of girls and boys affect people's feelings and choices? RR 	<p><u>Healthy & Safer Lifestyles</u> <u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> • Sum1 Wk1 -How are male and female bodies different and what are the different parts called? BS • Sum1 Wk2 -When do we talk about our bodies, how they change, and who do we talk to? BS • Sum1 Wk3 -What can my body do and how is it special? • Sum1 Wk4 -Why is it important to keep myself clean? HP • Sum1 Wk5 -What can I do for myself to stay clean and how will this

	<p>someone says I am “over reacting” and how do I show understanding towards myself and others? MW</p> <ul style="list-style-type: none"> • Aut 2 wk 1 - How do my actions and feelings affect the way I and others feel? MW • Aut 2 wk 2 - How do I care for other people’s feelings? MW • Aut 2 wk 3 - Who can I talk to about the way I feel? MW <p><u>Myself & My Relationships</u> <u>Anti-bullying</u></p> <ul style="list-style-type: none"> • Aut 2 wk 4 - How are falling out and bullying different? CF • Aut 2 wk 5 - How do people use power when they bully others? RR • Aut 2 wk 6 - How does my school prevent bullying and support people involved? RR 	<ul style="list-style-type: none"> • Spr 1 wk 5- How are our families the same and how are they different? FP • Spr 2 wk 1- Do people who live in my locality have different traditions, cultures and beliefs? RR • Spr 2 wk 2- How does valuing diversity benefit everyone? RR • Spr 2 wk 3- Why are stereotypes unfair and how can I challenge them? RR <p><u>Healthy & Safer Lifestyles</u> <u>Managing Safety and Risk</u></p> <ul style="list-style-type: none"> • Spr 2 wk 4- When might I meet adults I don’t know & how can I respond safely? BS • Spr 2 wk 5- What actions could I take in an emergency or accident and how can I call the emergency services? BFA 	<p>change in the future? HP</p> <ul style="list-style-type: none"> • Sum2 Wk1 -How do different illnesses and diseases spread and what can I do to prevent this? HP <p><u>Healthy & Safer Lifestyles</u> <u>Healthy Lifestyles</u></p> <ul style="list-style-type: none"> • Sum2 Wk2 -What does healthy eating and a balanced diet mean? HE • Sum2 Wk3 -What is an active lifestyle and how does it help me to be healthier? PHF • Sum2 Wk4 -What is mental wellbeing and how is it affected by my physical health? MW • Sum2 Wk5 -How much sleep do I need & what happens if I don’t have enough? HP • Sum2 Wk6 -How can I plan and prepare simple, healthy meals safely? HE
<p>Year Four</p>	<p><u>Citizenship</u> <u>Rights, Rules & Responsibilities</u></p> <ul style="list-style-type: none"> • What does it mean to be treated and to treat others with respect? RR • Who are those in positions of authority within our school and communities and how can we show respect? RR • Why do we need rules at home and at school? RR <p><u>Myself & My Relationships</u> <u>Family and Friends</u></p> <ul style="list-style-type: none"> • What is a healthy friendship and how does trust play an essential part? CF 		<p><u>Healthy & Safer Lifestyles</u> <u>Personal Safety</u></p> <ul style="list-style-type: none"> • Can I recognise when my Early Warning Signs are telling me I don’t feel safe? BS • Who is on my personal network and how can I ask them for help? BS • What could I do if I feel worried about a friendship or family relationship? BS • What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted? BS

	<ul style="list-style-type: none"> • What skills do I need for choosing, making and developing friendships and how effective are they? CF • How can I help to resolve disagreements positively by listening and compromising? CF • Can I empathise with other people in a disagreement? CF • How can I check with my friends that their personal boundaries have not been crossed? BS • How do my family members help each other to feel safe and secure even when things are tough? FP • Who is in my network of special people now and how do we affect and support each other? FP <p><u>Myself & My Relationships</u> <u>Anti-bullying</u></p> <ul style="list-style-type: none"> • How can lack of respect and empathy towards others lead to bullying? RR • What are bystanders and followers and how might they feel? MW • Do I understand that bullying might affect how people feel for a long time? MW • How can I support people I know who are being bullied by being assertive? RR 		<ul style="list-style-type: none"> • How can I decide if a secret is safe or unsafe? BS • How can I keep safe online? BS <p><u>Healthy & Safer Lifestyles</u> <u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> • What are the main stages of the human life cycle? Science • How did I begin? Sex Education • What does it mean to be ‘grown up’? CAB • What am I responsible for now and how will this change? CAB • How do different caring, stable, adult relationships create a secure environment for children to grow up? FP
Year Five	<p><u>Myself & My Relationships</u> <u>My Emotions</u></p> <ul style="list-style-type: none"> • How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing? MW • What does it mean to have a ‘strong sense 	<p><u>Citizenship</u> <u>Diversity and Communities</u></p> <ul style="list-style-type: none"> • How do other people’s perceptions, views and stereotypes influence my sense of identity? RR • How do views of gender affect my identity, 	<p><u>Healthy & Safer Lifestyles</u> <u>Managing Safety and Risk</u></p> <ul style="list-style-type: none"> • When am I responsible for my own safety as I get older and how can I keep others safer? BS • How can I safely get the attention of a

of identity' & 'self-respect'? RR

- What can I do to boost my self-respect? RR
- How do I manage strong emotions? MW
- How can I judge if my own feelings and behaviours are appropriate & proportionate? MW
- How do I recognise how other people feel and respond to them?
- What is loneliness and how can we manage feelings of isolation? MW
- How common is mental ill health and what self-care techniques can I use? MW
- What kinds of problems can be caused by impulsive online communication? IS
- How and from whom do I get support when things are difficult? MW

Myself & My Relationships

Anti-bullying

- Can I explain the differences between friendship difficulties and bullying? CF
- Can I define the characteristics and different forms of bullying? RR
- What do all types of bullying have in common? RR
- How might bullying affect people's mental wellbeing and behaviour? MW
- Can I identify ways of preventing bullying in school and the wider community? RR

friendships, behaviour & choices? RR

- What are people's different identities, locally and in the UK? FP
- How can I show respect to those with different lifestyles, beliefs & traditions? RR
- What are the negative effects of stereotyping? RR
- Which wider communities & groups am I part of & how does this benefit me? MW
- What are voluntary organisations and how do they make a difference? MW

known or unknown adult in an emergency? BS

- Can I carry out basic first aid in common situations, including head injuries? BFA
- How can being outside support my wellbeing & how do I keep myself safe in the sun? HP

Healthy & Safer Lifestyles Relationships and Sex Education

- What are male and female sexual parts called and what are their functions? BS
- How can I talk about bodies confidently and appropriately? BS
- What happens to different bodies at puberty? CAB
- What might influence my view of my body?
- How can I keep my growing and changing body clean? HP
- How can I reduce the spread of viruses and bacteria? HP

Healthy & Safer Lifestyles

Healthy Lifestyles

- How does physical activity help me & what might be the risks of not engaging in it? MW
- What could characterise a balanced or unbalanced diet and what are the associated benefits and risks? HE
- What are the different aspects of a healthy lifestyle and how could I become healthier? PHF/HP
- What might be the signs of physical illness and how might I respond? HP

			<ul style="list-style-type: none"> • What are the benefits and risks of spending time online/on electronic devices, in terms of my physical and mental health? IS • Why are online apps and games age restricted? IS <p>46 objectives 37 objectives without the non-statutory unit working together</p>
Year Six	<p><u>Citizenship</u> <u>Rights, Rules & Responsibilities</u></p> <ul style="list-style-type: none"> • What are the conventions of courtesy & manners and how do these vary? RR • How does my behaviour online affect others & how can I show respect? IS • How do I take part in a debate, respectfully listening to other people's views? RR <p><u>Myself & My Relationships</u> <u>Family and Friends</u></p> <ul style="list-style-type: none"> • What are the characteristics of healthy friendships on and offline and how do they benefit me? CF • How do trust and loyalty feature in my relationships on and offline? CF • Can I always balance the needs of family & friends & how do I manage this? FP • Can I communicate, empathise & compromise when resolving friendship issues? CF • How can I check that my friends give consent on and offline? BS • How do people in my family continue to support each other as things change? FP <p><u>Myself & My Relationships</u></p>		<p><u>Healthy & Safer Lifestyles</u> <u>Personal Safety</u></p> <ul style="list-style-type: none"> • Can I use my Early Warning Signs to judge how safe I am feeling? BS • How can I seek help or advice from someone on my personal network and when should I review my network? BS • How could I report concerns of abuse or neglect? BS • Can I identify appropriate & inappropriate or unsafe physical contact? BS • How do I judge when it is not right to keep a secret and what action could I take? BS • How can I recognise risks online and report concerns? BS • What strategies can I use to assess risk and help me feel safer when I am feeling unsafe? BS <p><u>Healthy & Safer Lifestyles</u> <u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> • What are different ways babies are conceived and born? (Sex Education)

Anti-bullying

- How do people use technology & social media to bully others and how can I help others to prevent and manage this? RR
- Might different groups experience bullying in different ways? MW
- How can people's personal circumstances affect their experiences? MW
- How does prejudice sometimes lead people to bully others? CF
- Can I respond assertively to bullying, online and offline? RR
- How and why might peers become colluders or supporters in bullying situations? RR

- What effect might puberty have on people's feelings and emotions? CAB
- How can my words or actions affect how others feel, and what are my responsibilities? MW
- What should adults think about before they have children? FP
- Why might people get married or become civil partners? FP
- What are different families like? FP

Myself & My Relationships

Managing Change

- What positive and negative changes might people experience? CAB
- How do people's emotions evolve over time as they experience loss and change? MW
- How can I manage the changing influences and pressures on my friendships and relationships? CF
- What different strategies do people use to manage feelings linked to loss and change and how can I help? MW
- How might people whose families change feel?
- When might change lead to positive outcomes for people?
- What positive and negative changes have I experienced and how have these experiences affected me. CAB

35 objectives

Themes across PSHE at Jeavons Wood

Bullet points – NC statements

Myself and My Relationships

Citizenship

Healthy and Safer Lifestyles

Sex and Relationship Education

Economic Wellbeing

Anti-Bullying

Digital Lifestyles – This unit is taught through Online safety week – for a further breakdown of objectives, please see the Purple Mash online safety unit for yearly progression.

Relationships Education:

- FP Families & People who care for me
- CF Caring Friendships
- RR Respectful Relationships
- OR Online Relationships
- BS Being Safe

Health Education:

- MW Mental Wellbeing

- IS Internet Safety & Harms
- PHF Physical Health & Fitness
- HE Healthy Eating
- DAT Drugs, Alcohol & Tobacco
- HP Health & Prevention
- BFA Basic First Aid
- CAB Changing Adolescent Body