

PSHE Curriculum Map 2021-2022

	Autumn1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
EYFS	<ul style="list-style-type: none"> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities 	<ul style="list-style-type: none"> Identifying talents Being special Families Where we live Making friends Standing up for yourself 	<ul style="list-style-type: none"> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals 	<ul style="list-style-type: none"> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety 	<ul style="list-style-type: none"> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend 	<ul style="list-style-type: none"> Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	<ul style="list-style-type: none"> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter 	<ul style="list-style-type: none"> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone 	<ul style="list-style-type: none"> Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success 	<ul style="list-style-type: none"> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness 	<ul style="list-style-type: none"> Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships 	<ul style="list-style-type: none"> Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Year 2	<ul style="list-style-type: none"> Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions 	<ul style="list-style-type: none"> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others 	<ul style="list-style-type: none"> Achieving realistic goals Perseverance Learning strengths Learning with others 	<ul style="list-style-type: none"> Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food 	<ul style="list-style-type: none"> Different types of family Physical contact boundaries Friendship and conflict Secrets 	<ul style="list-style-type: none"> Life cycles in nature Growing from young to old Increasing independence

	<ul style="list-style-type: none"> ▪ Choices ▪ Recognising feelings 	<ul style="list-style-type: none"> ▪ Making new friends ▪ Gender diversity ▪ Celebrating difference and remaining friends 	<ul style="list-style-type: none"> ▪ Group co-operation ▪ Contributing to and sharing success 		<ul style="list-style-type: none"> ▪ Trust and appreciation ▪ Expressing appreciation for special relationships 	<ul style="list-style-type: none"> ▪ Differences in female and male bodies (correct terminology) ▪ Assertiveness ▪ Preparing for transition
Year 3	<ul style="list-style-type: none"> ▪ Setting personal goals ▪ Self-identity and worth ▪ Positivity in challenges ▪ Rules, rights and responsibilities ▪ Rewards and consequences ▪ Responsible choices ▪ Seeing things from others' perspectives 	<ul style="list-style-type: none"> ▪ Families and their differences ▪ Family conflict and how to manage it (child-centred) ▪ Witnessing bullying and how to solve it ▪ Recognising how words can be hurtful ▪ Giving and receiving compliments 	<ul style="list-style-type: none"> ▪ Difficult challenges and achieving success ▪ Dreams and ambitions ▪ New challenges ▪ Motivation and enthusiasm ▪ Recognising and trying to overcome obstacles ▪ Evaluating learning processes ▪ Managing feelings ▪ Simple budgeting 	<ul style="list-style-type: none"> ▪ Exercise ▪ Fitness challenges ▪ Food labelling and healthy swaps ▪ Attitudes towards drugs ▪ Keeping safe and why it's important online and off line scenarios ▪ Respect for myself and others ▪ Healthy and safe choices 	<ul style="list-style-type: none"> ▪ Family roles and responsibilities ▪ Friendship and negotiation ▪ Keeping safe online and who to go to for help ▪ Being a global citizen ▪ Being aware of how my choices affect others ▪ Awareness of how other children have different lives ▪ Expressing appreciation for family and friends 	<ul style="list-style-type: none"> ▪ How babies grow ▪ Understanding a baby's needs ▪ Family stereotypes ▪ Challenging my ideas ▪ Preparing for transition
Year 4	<ul style="list-style-type: none"> ▪ Being part of a class team ▪ Being a school citizen ▪ Rights, responsibilities and democracy (school council) ▪ Rewards and consequences ▪ Group decision-making ▪ Having a voice ▪ What motivates behaviour 	<ul style="list-style-type: none"> ▪ Challenging assumptions ▪ Judging by appearance ▪ Accepting self and others ▪ Understanding influences ▪ Understanding bullying ▪ Problem-solving 	<ul style="list-style-type: none"> ▪ Hopes and dreams ▪ Overcoming disappointment ▪ Creating new, realistic dreams ▪ Achieving goals ▪ Working in a group ▪ Celebrating contributions ▪ Resilience ▪ Positive attitudes 	<ul style="list-style-type: none"> ▪ Healthier friendships ▪ Group dynamics ▪ Smoking ▪ Alcohol ▪ Assertiveness ▪ Peer pressure ▪ Celebrating inner strength 	<ul style="list-style-type: none"> ▪ Jealousy ▪ Love and loss ▪ Memories of loved ones ▪ Getting on and Falling Out ▪ Girlfriends and boyfriends ▪ Showing appreciation to people and animals 	<ul style="list-style-type: none"> ▪ Being unique ▪ Girls and puberty ▪ Confidence in change ▪ Accepting change ▪ Preparing for transition ▪ Environmental change

		<ul style="list-style-type: none"> Identifying how special and unique everyone is First impressions 				
Year 5	<ul style="list-style-type: none"> Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating 	<ul style="list-style-type: none"> Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures 	<ul style="list-style-type: none"> Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation 	<ul style="list-style-type: none"> Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour 	<ul style="list-style-type: none"> Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules 	<ul style="list-style-type: none"> Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition
Year 6	<ul style="list-style-type: none"> Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling 	<ul style="list-style-type: none"> Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy 	<ul style="list-style-type: none"> Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments 	<ul style="list-style-type: none"> Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress 	<ul style="list-style-type: none"> Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use 	<ul style="list-style-type: none"> Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition