



## PSHE Curriculum Map

|               | Autumn 1  | Autumn 2   | Spring 1  | Spring 2  | Summer 1  | Summer 2  |
|---------------|---|--|---|---|---|---|
| <b>EYFS</b>   | Growing and Changing:<br>Cycles<br>Life stages<br>Girls and boys – similarities and difference  | Valuing Difference:<br>Similarities and difference<br>Celebrating difference<br>Showing kindness   | Keeping Safe:<br>Keeping my body safe<br>Safe secrets and touches<br>People who help to keep us safe                                | Rights and Respect:<br>Looking after things: friends, environment, money  | Being my Best:<br>Keeping by body healthy – food, exercise, sleep<br>Growth Mindset   | Me and My Relationships:<br>What makes me special<br>People close to me<br>Getting help                                 |
| <b>Year 1</b> | Me and My Relationships:<br>Feelings<br>Getting help<br>Classroom rules<br>Special people<br>Being a good friend                          | Valuing Difference:<br>Recognising, valuing and celebrating difference<br>Developing respect and accepting others<br>Bullying and getting help           | Keeping Safe:<br>How our feelings can keep us safe – including online safety<br>Safe and unsafe touches<br>Medicine Safety<br>Sleep | Rights and Respect:<br>Taking care of things:<br>Myself<br>My money<br>My environment   | Being my Best:<br>Growth Mindset<br>Healthy eating<br>Hygiene and health<br>Cooperation   | Growing and Changing:<br>Getting help<br>Becoming independent<br>My body parts<br>Taking care of self and others        |
| <b>Year 2</b> | Me and My Relationships:<br>Bullying and teasing<br>Our school rules about bullying<br>Being a good friend<br>Feelings/self-regulation    | Valuing Difference:<br>Being kind and helping others<br>Celebrating difference<br>People who help us<br>Listening Skills                                 | Keeping Safe:<br>Safe and unsafe secrets<br>Appropriate touch<br>Medicine safety  | Rights and Respect:<br>Cooperation<br>Self-regulation<br>Online safety<br>Looking after money – saving and spending                                   | Being my Best:<br>Growth Mindset<br>Looking after my body<br>Hygiene and health<br>Exercise and sleep                             | Growing and Changing:<br>Life cycles<br>Dealing with loss<br>Being supportive<br>Growing and changing<br>Privacy        |
| <b>Year 3</b> | Me and My Relationships:<br>Rules and their purpose<br>Cooperation<br>Friendship (including respectful relationships)<br>Coping with loss | Valuing Difference:<br>Recognising and respecting diversity<br>Being respectful and tolerant<br>My community   | Keeping Safe:<br>Managing risk<br>Decision-making skills<br>Drugs and their risks<br>Staying safe online                            | Rights and Respect:<br>Skills we need to develop as we grow up<br>Helping and being helped<br>Looking after the environment<br>Managing money         | Being my Best:<br>Keeping myself healthy and well<br>Celebrating and developing my skills<br>Developing empathy                   | Growing and Changing:<br>Relationships<br>Changing bodies and puberty<br>Keeping safe<br>Safe and unsafe secrets        |
| <b>Year 4</b> | Me and My Relationships:<br>Healthy relationships<br>Listening to feelings<br>Bullying<br>Assertive skills                                | Valuing Difference:<br>Recognising and celebrating difference (including religions and cultural difference)<br>Understanding and challenging stereotypes | Keeping Safe:<br>Managing risk<br>Understanding the norms of drug use (cigarette and alcohol use)<br>Influences<br>Online safety    | Rights and Respect:<br>Making a difference (different ways of helping others or the environment)<br>Media influence<br>Decisions about spending money | Being my Best:<br>Having choices and making decisions about my health<br>Taking care of my environment<br>My skills and interests | Growing and Changing:<br>Body changes during puberty<br>Managing difficult feelings<br>Relationships including marriage |
| <b>Year 5</b> | Me and My Relationships:<br>Feelings<br>Friendship skills, including compromise<br>Assertive skills                                       | Valuing Difference:<br>Recognising and celebrating difference, including religions and cultural  | Keeping Safe:<br>Managing risk, including online safety   | Rights and Respect:<br>Rights, respect and duties relating to my health<br>Making a difference  | Being my Best:<br>Growing independence and taking ownership<br>Keeping myself healthy   | Growing and Changing:<br>Managing difficult feelings<br>Managing change   |

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|               | Cooperation<br>Recognising emotional needs  | Influence and pressure of social media  | Norms around use of legal drugs (tobacco, alcohol)<br>Decision-making skills  | Decisions about lending, borrowing and spending   | Media awareness and safety<br>My community  | How my feelings help keeping safe<br>Getting help  |
| <b>Year 6</b> | Me and My Relationships:<br>Assertiveness<br>Cooperation<br>Safe/unsafe touches<br>Positive relationships | Valuing Difference:<br>Recognising and celebrating difference<br>Recognising and reflecting on prejudice-based bullying<br>Understanding Bystander behaviour<br>Gender stereotyping | Keeping Safe:<br>Understanding emotional needs<br>Staying safe online<br>Drugs: norms and risks (including the law) | Rights and Respect:<br>Understanding media bias, including social media<br>Caring: communities and the environment<br>Earning and saving money<br>Understanding democracy | Being my Best:<br>Aspirations and goal setting<br>Managing risk<br>Looking after my mental health | Growing and Changing:<br>Coping with changes<br>Keeping safe<br>Body Image<br>Sex education<br>Self-esteem |