

## PSHE/RSE Curriculum Map.

Early Years					
Autumn		Spring		Summer	
1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>
-Settling into Reception, -Agreeing on Class Charter -Understanding the classroom rules	- Growth Mindset - Learning to manage own needs such as personal hygiene -NSPCC pants story - Zones of Regulation	- Zones of Regulation -Learning about our rights through CRC - What makes a good friend	-Growth Mindset approach -Understand about the different factors that support their overall health and wellbeing -NSPCC pants story	-Learning about how we express emotions in our friendships -Learning about our rights through CRC -Continue to talk about emotions using stories and Zones of Regulation	-Continue to develop resilience and perseverance skills with Growth Mindset approach -Build on understanding about the different factors that support their overall health and wellbeing
Year 1					
Autumn		Spring		Summer	
1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>
<b>Mental Wellbeing:</b> Zones of Regulation <b>Healthy Eating:</b> -Importance of food -To discuss a variety of food <b>Other:</b> How to set a goal	<b>Relationships Education:</b> -Different behaviours which might be bullying <b>Health Education:</b> -Basic hygiene principles -How to keep teeth	<b>Relationships Education:</b> -Being different - Different needs and wants with boys and girls <b>Online Relationships:</b> -Personal information <b>Being Safe:</b> - Places and people who make me feel safe	<b>Mental Wellbeing:</b> Importance of sleep <b>Drugs, Alcohol &amp; Tobacco:</b> -What can go into our bodies and how it can make people feel - How to make an emergency call	<b>Relationships Education:</b> -Identifying the good qualities of a friend -How to communicate with a friend -Importance of a compliment <b>Being Safe:</b> -Understanding bad secrets	<b>Science:</b> Understand how our bodies grow and change as we get older <b>Relationships Education:</b> -Different toys that can be enjoyed by

	healthy <b>Other:</b> Importance of voting	-How to keep safe in the classroom and at home			everyone -Different types of families
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## Year 2

Autumn		Spring		Summer	
1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>
<b>Mental Wellbeing:</b> Zones of Regulation <b>Healthy Eating:</b> -To name and recognise five groups from the Eatwell plate -Importance of fruit and vegetables in our diet	<b>Health Education:</b> Medicines <b>Relationships Education:</b> <b>Education:</b> -What is bullying How does it make people feel -How to resolve conflict <b>Other:</b> To understand how the UK parliament is formed	<b>Relationships Education:</b> -Needs and wants -Understand life in different countries <b>Online Relationships:</b> -Personal information -Who to trust and how to stay safe online <b>Caring Friendships:</b> -Understand conflict	<b>Caring Friendships:</b> -Understanding conflict and how to resolve it <b>Being Safe:</b> -To be able to identify risks and hazards -Emergency 999 call <b>Respectful Relationships:</b> -To explore gender stereotypes in careers	<b>Relationships Education:</b> -PANTS rules -Qualities of a good friend - Differences between males and females <b>Growth &amp; Development</b> - To name the body parts	<b>Growth &amp; Development</b> - Ways we are growing and changing <b>Families and People who care for me</b> - Everyone needs to be cared for - Different types of families <b>Respectful Relationships:</b> To understand pride

## Year 3

Autumn		Spring		Summer	
1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>
<b>Mental Wellbeing:</b> Zones of Regulation <b>Healthy Eating:</b> Food groups <b>Other:</b> To set a goal	<b>Being Safe:</b> Road safety <b>Relationships Education:</b> <b>Education:</b> -Bullying -How to resolve	<b>Relationships Education:</b> Online safety <b>Other:</b> -Rights of a child -Democracy -Jobs and how to spend	<b>Drugs, Alcohol &amp; Tobacco:</b> -Harmful effects of drugs and tobacco <b>Basic First Aid:</b> -How to call for help in an	<b>Relationships Education:</b> -Qualities of a good friend - Gender stereotyping - Family differences - Saying no to bad touch <b>Mental Wellbeing:</b>	<b>Mental Wellbeing:</b> Self talk <b>Relationships Education:</b> Healthy friendships

	conflict	money -Consumer choices	emergency <b>Health and Prevention:</b> Vaccinations <b>Respectful Relationships:</b> What is identity. What makes us unique and special	Positive thoughts	
<b>Year 4</b>					
<b>Autumn</b>		<b>Spring</b>		<b>Summer</b>	
<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>
<b>Mental Wellbeing:</b> <b>Zones of Regulation</b> <b>Healthy Eating:</b> How food gives us energy Nutrients <b>Drugs, Alcohol &amp; Tobacco:</b> -Asthma -Why people choose to use drugs <b>Other:</b> To set a goal	<b>Drugs, Alcohol &amp; Tobacco:</b> -Risks of drinking alcohol -Patterns of behaviour related to drugs <b>Relationships Education:</b> -The role of victims, bullies and bystanders <b>Health and Prevention:</b> -Understand how infection can be spread and how to prevent the spread of infection	<b>Basic First Aid:</b> -Learn about kindness, helping others and ourselves <b>Being Safe:</b> -Water safety <b>Other:</b> Money	<b>Being Safe:</b> -Water safety <b>Online Relationships:</b> Online safety. To make decisions on what they trust online using agreed criteria <b>Respectful Relationships:</b> -Understand how images are manipulated online -Understand how stereotypes can label people	<b>Relationships Education:</b> -Qualities of a good friend - recognise positive things about themselves - Gender stereotyping - Aspects of discrimination <b>Science:</b> -Stages of the human lifecycle -Puberty and personal hygiene	<b>Relationships Education:</b> -Prejudice and discrimination - Rights and responsibilities in a friendship <b>Online Relationships:</b> -Identify and resist pressurising and manipulative behaviour -Understand how a child's online actions can affect others

<b>Year 5</b>					
<b>Autumn</b>		<b>Spring</b>		<b>Summer</b>	
<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>
<p><b>Mental Wellbeing:</b> Zones of Regulation</p> <p><b>Healthy Eating:</b> -Looking at a day's menu - Functions of nutrients and fibre - The importance of keeping hydrated</p> <p><b>Other:</b> To set a goal</p>	<p><b>Healthy Eating:</b> -How different types and portions of foods and drinks provide different amounts of energy</p> <p><b>Relationships Education:</b> - Explore the concept of fairness -Bullying</p>	<p><b>Families and People who care for me</b> Understand reasons for migration</p> <p><b>Health and Prevention:</b> -Vaccinations - Understanding common infections</p> <p><b>Other:</b> -Understand deductions from payslips</p>	<p><b>Relationships Education:</b> -Online safety: Understand content which may be appropriate or inappropriate to share online -Being safe: Identify appropriate people to turn to for help</p> <p><b>Respectful Relationships:</b> Understand gender</p>	<p><b>Relationships Education:</b> Qualities of a good friend</p> <p><b>Science:</b> How we have changed and grown since we were babies</p> <p><b>Changing Adolescent Body</b> -Puberty:</p> <ul style="list-style-type: none"> <li>• Physical changes</li> <li>• Menstruation and wet dreams</li> </ul>	<p><b>Relationships Education:</b> -Feelings in relationships -Developing a sense of belonging -Recap: Qualities of a good friend</p>

	-How and why people are excluded <b>Basic First Aid:</b> - Learn first aid skills	-Understand budgeting	stereotypes <b>Being Safe:</b> How to keep safe when cycling	<ul style="list-style-type: none"> <li>• Importance of hygiene during puberty</li> <li>• How and why emotions and relationships change</li> <li>• Where to get help and support</li> </ul>	
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## Year 6

Autumn		Spring		Summer	
1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>
<b>Mental Wellbeing:</b> <b>Zones of Regulation</b> <b>Physical Health and Fitness:</b> - <b>Recap:</b> How to keep ourselves healthy - Health benefits of being active <b>Drugs, Alcohol &amp;</b>	<b>Drugs, Alcohol &amp; Tobacco:</b> Learn about assessing the level of risk in different situations involving drug use <b>Relationships Education:</b> <b>Education:</b> -Bullying	<b>Relationships Education:</b> Understanding homelessness <b>Mental Wellbeing:</b> -Mental Health: <ul style="list-style-type: none"> <li>• What it means and how we can take care of it</li> <li>• How feelings and emotions are</li> </ul>	<b>Relationships Education:</b> - <b>Online safety:</b> Tactics someone might use to manipulate another person online - <b>Being safe:</b> Identify risks and risky behaviour - <b>Respectful Relationships:</b> Challenge gender stereotypes	<b>Relationships Education:</b> -Understanding different types of friendships and how they can change over time <b>Sex Education:</b> -To know the difference between an adult intimate/loving relationship and other	<b>Relationships Education:</b> -Risks of meeting someone online  <b>Mental Wellbeing:</b> -Transition to secondary school -Positive self-talk -Managing screen

<p><b><u>Tobacco:</u></b> -Risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs</p> <p><b><u>Other:</u></b> To set a goal</p>	<p>-What is meant by privilege -What trust means when online - Understand the concept of appearance ideals - Identify and critically evaluate current hair beauty stereotypes</p> <p><b><u>Internet Safety</u></b> What to do if they have any concerns about something they experience online</p>	<p>affected and can be managed at changing, challenging or difficult times</p> <p><b><u>Other:</u></b> - Know there are a range of salaries for different jobs - Understand 'value for money'</p>		<p>types of relationships - To know how a baby is made and grows (conception and pregnancy)</p> <p><b><u>Health Education:</u></b> Puberty Explore ways to communicate safely online</p>	<p>time -Importance of good sleep</p>
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