

Curriculum Map – PSHE



Year Group	Autumn			Spring			Summer		
Nursery/ Reception	Personal, social and emotional development underpins everything in early years. It is not taught discretely as it is present in (almost) every interaction and every activity across the year.								
	Nursery: <ul style="list-style-type: none"> Selecting and use resources, with help if needed Develop a sense of responsibility and membership of a community Show more confidence in a social setting Play with one or more children, extending and elaborating play ideas Find solutions to conflicts Remembering and following rules, understanding why Talk about their feelings, using words like 'happy', 'sad', 'angry' or 'worried' Understand gradually how others might be feeling 				Reception: <ul style="list-style-type: none"> See themselves as a valuable individual Build constructive and respectful relationships Express their feelings and consider the feelings of others Show resilience and perseverance in the face of challenge Identify and moderate their own feelings socially and emotionally Think about the perspectives of others Manage their own needs 				
	Families and Friendships	Safe Relationships	Respecting Ourselves and Others	Belonging to a Community	Media Literacy and Digital Resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful	Recognising things in common and differences; playing and working cooperatively	Belonging to a group; roles and responsibilities being the same and different in	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth	Growing older; naming body parts; moving class or year (non-statutory)	Safety in different environments; risk and safety at home; emergencies





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		behaviour	y; sharing opinions	the community			healthy; managing feelings and asking for help		
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online (Interwoven with 'My Hidden Chimp')	Responding to hurtful behaviour; managing confidentiality; recognising risks online (Interwoven with 'My Hidden Chimp')	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene; support with puberty (statutory)	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; work-place stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, First Aid.

Equality



Responsibility



Enjoyment



Aspiration





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Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition (non-statutory)	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media
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