

PSHE Curriculum Map



Cycle A:

Year Group:	Autumn 1 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	Being me in my world Self-identification Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Celebrating differences Identifying talents Being special Families Where we live Making friends Standing up for yourself	Dreams and goals Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals	Healthy me Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Relationships Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Changing me Bodies Respecting my body Growing up Growth and change Fun and fears Celebration
Year 1	Being me in my world Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Celebrating differences Similarities and differences Understanding bullying and knowing how to deal with it Making friends Celebrating the differences in everyone	Dreams and goals Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievements with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Healthy me Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Relationships 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	Changing me Lifecycles – animals and humans Changes in me Changes since being a baby Differences between male and female bodies (correct terminology) Linking growing and learning Coping with change Transition
Year 2	Being me in my world Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Celebrating differences Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating differences and remaining friends	Dreams and goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and celebrating success	Healthy me Motivation Healthier choices Relaxation Healthy eating and nutrition Healthy snacks and sharing food	Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Changing me Lifecycles in nature Growing from young to old Increasing independence Differences between male and female bodies (correct terminology) Assertiveness Preparing for transition
Year 3	INDUCTION + setting personal goals self-identity and worth Positivity in change Rights rules and Responsibilities rewards and consequences Responsible choices	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	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning	Exercise Fitness challenge Food labelling and healthy swaps Attitude towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others	Family roles and responsibilities Friendship and negotiation Keeping safe online and where to go for help Being a global citizen being aware of how my choices affect others	How babies grow Understanding a baby's needs Outside body changes Inside body changes family stereotypes Challenging my ideas Preparing for transition

	Seeing things from others' perspectives.	Giving and receiving compliments.	process Managing feelings Simple budgeting	Healthy and safe choices.	Awareness of how other children have different lives Expressing appreciation for family and friends	
Year 4	INDUCTION + 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	Challenging assumptions judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Year 5	INDUCTION + Planning for the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice	Cultural differences and they can cause conflict Racism Rumours and name calling Types of bullying Material wealth and happiness Enjoying and respecting cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking (including vaping) Alcohol Alcohol and anti-social behaviour Emergency Aid Body image Relationships with food Healthy choices Motivations and behaviour	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 SMART internet safety rules	Self and body image Influence of online and media on body image Puberty for girls Puberty for girls Conceptions (including IVF) Growing responsibility Coping with change Preparing for transition
Year 6	INDUCTION + 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	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals in and out of school Success criteria Emotions in success Making a difference in the world Motivation recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation, including county lines and gang culture Emotional and mental health Managing stress	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	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition

Cycle B: same as cycle A

Year Group:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS						
Year 1						
Year 2						
Year 3						
Year 4						
Year 5						
Year 6						