



PSHE Curriculum Map

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
RECEPTION	<p>Unit Title: Being me in my world</p> <p>Focus: Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities</p>	<p>Unit Title: Celebrating difference</p> <p>Focus: Identifying talents Being special Families Where we live Making friends Standing up for yourself</p>	<p>Unit Title: Dreams and Goals</p> <p>Focus: Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals</p>	<p>Unit Title: Healthy Me</p> <p>Focus: Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p>	<p>Unit Title: Relationships</p> <p>Focus: Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p>	<p>Unit Title: Changing me</p> <p>Focus: Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p>
YEAR 1	<p>Unit Title: Being me in my world</p> <p>Focus: Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter</p>	<p>Unit Title: Celebrating difference</p> <p>Focus: Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone</p>	<p>Unit Title: Dreams and Goals</p> <p>Focus: 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</p>	<p>Unit Title: Healthy Me</p> <p>Focus: Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness</p>	<p>Unit Title: Relationships</p> <p>Focus: 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</p>	<p>Unit Title: Changing me</p> <p>Focus: 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</p>
YEAR 2	<p>Unit Title: Being me in my world</p> <p>Focus: Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings</p>	<p>Unit Title: Celebrating difference</p> <p>Focus: Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Diversity Celebrating difference and remaining friends</p>	<p>Unit Title: Dreams and Goals</p> <p>Focus: Achieving realistic goals Perseverance Learning strengths Learning with others Group cooperation Contributing to and sharing success</p>	<p>Unit Title: Healthy Me</p> <p>Focus: Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food</p>	<p>Unit Title: Relationships</p> <p>Focus: Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p>	<p>Unit Title: Changing me</p> <p>Focus: Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition</p>



PSHE Curriculum Map

Term 1

Term 2

Term 3

Term 4

Term 5

Term 6

YEAR 3

Unit Title:
Being me in my world

Focus:
Setting personal goals
Self-identity and worth
Positivity in challenges
Rules, rights and responsibilities
Rewards and consequences
Responsible choices
Seeing things from others' perspectives

Unit Title:
Celebrating difference

Focus:
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

Unit Title:
Dreams and Goals

Focus:
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

Unit Title:
Healthy Me

Focus:
Exercise Fitness challenges
Food labelling and healthy swaps
Attitudes towards drugs
Keeping safe and why it's important online and offline scenarios
Respect for myself and others
Healthy and safe choices

Unit Title:
Relationships

Focus:
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

Unit Title:
Changing me

Focus:
How babies grow
Understanding a baby's needs
Outside body changes
Inside body changes
Family stereotypes
Challenging my ideas
Preparing for transition

YEAR 4

Unit Title:
Being me in my world

Focus:
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

Unit Title:
Celebrating difference

Focus:
Challenging assumptions
Judging by appearance
Accepting self and others
Understanding influences
Understanding bullying
Problem-solving
Identifying how special and unique everyone is
First impressions

Unit Title:
Dreams and Goals

Focus:
Hopes and dreams
Overcoming disappointment
Creating new, realistic dreams
Achieving goals
Working in a group
Celebrating contributions
Resilience
Positive attitudes

Unit Title:
Healthy Me

Focus:
Healthier friendships
Group dynamics
Smoking
Alcohol and vaping
Assertiveness
Peer pressure
Celebrating inner strength

Unit Title:
Relationships

Focus:
Jealousy
Love and loss
Memories of loved ones
Getting and Falling Out
Girlfriends and Boyfriends
Showing appreciation to people and animals

Unit Title:
Changing me

Focus:
Being unique
Having a baby
Girls and puberty
Confidence in change
Accepting change
Preparing for transition
Environmental change



PSHE Curriculum Map

Term 1

Term 2

Term 3

Term 4

Term 5

Term 6

YEAR 5

Unit Title:
Being me in my world

Focus:
Planning the year ahead
Being a citizen Rights and responsibilities
Rewards and consequences
How behaviour affects groups
Democracy, having a voice, participating

Unit Title:
Celebrating difference

Focus:
Cultural differences and how they can cause conflict
Racism Rumours and name-calling
Types of bullying
Materials wealth and happiness
Enjoying and respecting other cultures

Unit Title:
Dreams and Goals

Focus:
Future dreams
The importance of money
Jobs and careers
Dream job and how to get there
Goals in different cultures
Supporting others (charity)
Motivation

Unit Title:
Healthy Me

Focus:
Smoking including vaping
Alcohol and vaping
Alcohol and anti-social behaviour
Emergency aid
Body image
Relationships with food
Healthy choices
Motivation and behaviour

Unit Title:
Relationships

Focus:
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

Unit Title:
Changing me

Focus:
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

Unit Title:
Being me in my world.

Focus:
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

Unit Title:
Celebrating difference

Focus:
Perceptions of normality
Understanding disability
Power struggles
Understanding bullying
Inclusion/exclusion
Differences as conflict, difference as celebration
Empathy

Unit Title:
Dreams and Goals

Focus:
Personal learning goals, in and out of school
Success criteria
Emotions in success
Making a difference in the world
Motivation
Recognising achievements
Compliments

Unit Title:
Healthy Me

Focus:
Taking personal responsibility
How substances affect the body
Exploitation including 'county lines' and gang culture
Emotional and mental health
Managing stress

Unit Title:
Relationships

Focus:
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

Unit Title:
Changing Me

Focus:
Self-image
Body-image
Puberty and feelings
Conception to birth
Reflections about change
Physical attraction
Respect and consent
Boyfriends/girlfriends
Sexting
Transition