

PSHE Curriculum Map 2023-24

	Autumn		Spring		Summer	
Year Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Reception	<ul style="list-style-type: none"> Self-identity Understanding feelings Being in a classroom Being gentle Our rights Our responsibilities 	<ul style="list-style-type: none"> Identifying talents Being special Families Where we live Making friends Standing up for yourself 	<ul style="list-style-type: none"> Bodies Respecting my body Growing up Everybody's body Physical activity Keeping clean 	<ul style="list-style-type: none"> Family life + Class room life Friendships 1 Friendships 2 Falling out and bullying 1 Being a good friend Jobs and future 	<ul style="list-style-type: none"> Challenges Perseverance Goal-setting Overcoming obstacles Achieving goals 	<ul style="list-style-type: none"> Healthy food Sleep Fun and fears 1 Fun and fears 2 Celebrations Safety - stranger danger
Year 1	<ul style="list-style-type: none"> Feeling special and safe Rights and responsibilities 	<ul style="list-style-type: none"> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone 	<ul style="list-style-type: none"> Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges 	<ul style="list-style-type: none"> Keeping myself healthy Keeping clean Being safe with medicine and household items Road safety Linking health and happiness 	<ul style="list-style-type: none"> Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Celebrating special relationships 	<ul style="list-style-type: none"> Changes since being a baby Coping with change Transition
Year 2	<ul style="list-style-type: none"> Hopes and fears for the year Rights and responsibilities 	<ul style="list-style-type: none"> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity 	<ul style="list-style-type: none"> Achieving realistic goals Perseverance Learning strengths Learning with others 	<ul style="list-style-type: none"> Medicine safety Healthier choices Relaxation 	<ul style="list-style-type: none"> Different types of family (including same sex families) Physical contact boundaries, safeguarding (PANTS lesson) Friendship and conflict 	<ul style="list-style-type: none"> Life cycles in nature Growing from young to old Increasing independence

Year 3	Setting personal goals Rules, rights and responsibilities Rewards and consequences Responsible choices	Families and their differences (including same sex families) Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful (including homophobic slurs) Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions Recognising and trying to overcome obstacles	Attitudes towards drugs Keeping safe and why it's important online and offline scenarios	Family roles and responsibilities Friendship and negotiation 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	Family stereotypes Challenging my ideas
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Year 4	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences	Challenging assumptions - Judging by appearance Understanding influences Understanding bullying Problem-solving Special me - Identifying how special and unique everyone is	Hopes and dreams Broken dreams Overcoming disappointment	Healthy friendships Peer pressure - age appropriate story Assertiveness - celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Showing appreciation to people and animals	Circles of change Accepting change Looking ahead Compulsory introduction to puberty (health education)- naming private parts of boys and girls. Appropriate and inappropriate touch. Outside changes to boys' and girls' bodies when growing up. Introducing menstrual cycle for girls only. (taught separately by same gender staff)
Year 5	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups	Cultural differences and how they can cause conflict Enjoying and respecting other cultures Racism Rumours and name-calling	Future dreams Dream job and how to get there Goals in different cultures How we can support each other	Smoking, including vaping Alcohol Emergency aid Body image Relationships with food Healthy choices	Self recognition and self worth Reducing screen time	Self and body image Girls study how their bodies change outside and inside, including menstruation (compulsory- taught separately by same gender staff) Boys identify how their bodies change as part of growing up (compulsory- taught separately by

	Democracy, having a voice, participating	Types of bullying (including homophobic bullying) Material wealth and happiness Gender stereotypes and the media				same gender staff)
Year 6	Identifying goals for the year Global citizenship	Perceptions of normality Understanding disability Understanding bullying (including homophobic bullying) Differences as cause for conflict and celebration What is sexism? Understanding the impact of inappropriate language Respecting others' physical boundaries	Making a difference in the world	How substances affect the body (Science) Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	Identifying mental health worries and sources of support Love and loss (RE) Power and control Technology safety and responsibility (Online Safety)	TBC after parent consultation