

## Personal, Social and Health Education (PSHE) Curriculum Map

	Autumn <b>About Me</b>	Spring <b>Relationships</b>	Summer <b>My World</b>
Year 1	<p><b>Me:</b> Name body parts, growing from young to old, healthy lifestyles, likes and dislikes, choices</p> <p><b>Hopes and dreams:</b> Things I am good at, things I want to get better at, dream jobs</p>	<p><b>Me and others:</b> Things I like about me, families that are similar and different but all special, friendships, being kind, anti-bullying, secrets that are good and bad, choices</p> <p><b>Safety:</b> Keeping safe at home (including medicine), road safety, e-safety: personal information, strangers</p>	<p><b>Community:</b> Places near me, belonging to groups, British Values</p> <p><b>Diversity:</b> People are the same and different, physical differences, people all over the world</p> <p><b>My place in the world:</b> <i>Recap: staying safe (e-safety, road), money, fair and unfair, helping others</i></p>
Year 2	<p><b>Me:</b> Healthy lifestyles (diet, looking after teeth, daily exercise, rest, e-smart and breaks), mental health (different emotions, feeling good), naming body parts (including external private parts), change and loss</p> <p><b>Hopes and dreams:</b> Things that I enjoy and have done well, things I want to get better at, different jobs</p>	<p><b>Me and others:</b> Types of relationships, people who care about me, family life, how behaviours affect others, working together, asking for help</p> <p><b>Safety:</b> Keeping myself safe: private places, permissions, trusted adults, e-safety: the internet, reporting problems, secrets and surprises, water and sun safety, calling 999</p>	<p><b>Community:</b> Places of nature and the environment nearby, the school's charity of the year, British Values</p> <p><b>Diversity:</b> Identity, different types of families, different cultures</p> <p><b>My place in the world:</b> <i>Recap: staying safe online, learning what it means to be eco-friendly, helping my world by being eco-friendly</i></p>
Year 3	<p><b>Me:</b> Healthy lifestyle: balanced lifestyle, choices, influences, screen time, mental health: the importance of taking care of self, behaviour to support good mental health, personal identity</p> <p><b>Hopes and dreams:</b> Positive things about myself, setting goals, careers over time</p>	<p><b>Me and others:</b> Positive friendships, different types of relationships, impact of hurtful behaviours, discrimination</p> <p><b>Safety:</b> Fire, medical and home safety, e-safety: passwords, age guidance, reporting and blocking, behaviours, water and sun safety, calling 999</p>	<p><b>Community:</b> Groups in the community, School's charity of the year, British Values, rules and laws</p> <p><b>Diversity:</b> Recognise a range of cultures and diversity, benefits of diversity</p> <p><b>My place in the world:</b> <i>Recap: staying safe online, money sources, needs and wants, eco-friendly, moving on</i></p>
Year 4	<p><b>Me:</b> Healthy lifestyle: positive and negative, planning healthy meals, unhealthy risks, early signs of illness, mental health: feelings and change, expressing feelings, personal strengths, resilience, external and internal body parts</p> <p><b>Hopes and dreams:</b> Positive things about myself, setting goals, careers: challenging stereotypes, influences and jobs and careers</p>	<p><b>Me and others:</b> Online friends, impact of behaviour, seeking support, privacy and personal boundaries, talking online, stranger danger, partnerships and families</p> <p><b>Safety:</b> Being safe in the community, firework safety, risks or legal drugs, e-safety: searching online, secure data, safe website, getting help, importance of laws, calling 999</p>	<p><b>Community:</b> Stereotypes and how to challenge these, British Values, Human Rights, rights and responsibilities, School Charity</p> <p><b>Diversity:</b> Differences in abilities: seen and unseen</p> <p><b>My place in the world:</b> <i>Recap: staying safe online, spending money, different ways to pay, moving on.</i></p>
Year 5	<p><b>Me:</b> Healthy lifestyle: benefits of regular exercise, risks of inactivity, importance of sleep, everyday hygiene, use of medicines, mental health: expressing feelings in different ways, intense and conflicting feelings, warning signs and where to seek help, puberty</p> <p><b>Hopes and dreams:</b></p>	<p><b>Me and others:</b> Including others, managing peer influences, changing friendships, different types of contact, seeking and giving permission, secrets and confidential information, family relationships</p> <p><b>Safety:</b> Water safety, choices and the law for legal drugs, illegal drugs and the law, e-safety: sharing</p>	<p><b>Community:</b> The importance of compassion, School charity of the year, British Values, Prejudice</p> <p><b>Diversity:</b> People with different values and customs, LGBT+</p> <p><b>My place in the world:</b> <i>Recap: staying safe online, tracking and saving money, keeping money safe, impact of spending, moving on.</i></p>

	Positive things about myself, setting goals, careers: payment and skills for jobs/careers	information, connecting devices, social media, advertising, digital responsibilities, risks, right and wrong, calling 999	
Year 6	<p><b>Me:</b> Healthy lifestyle: oral hygiene, the impact of choices, benefits and risks of sun and keeping safe, managing screen time, accessing health support, mental health recognising ill health, support, change and loss, managing emotions, self-care during puberty, basic reproduction, managing independence</p> <p><b>Hopes and dreams:</b> Positive things about myself, setting goals, career aspirations, different routes to learning</p>	<p><b>Me and others:</b> Managing and resolving disputes, unsafe friends, respect for all including self-respect</p> <p><b>Safety:</b> Basic first aid, responding to emergency situations, railway safety, types of abuse, mixed messages, finding help, e-safety: privacy rules and sharing, using social media safely, cyber-bullying, managing peer and social pressures</p>	<p><b>Community:</b> Protecting the environment, School charity of the year, demonstrating British Values</p> <p><b>Diversity:</b> Different families and cultures around the world, social justice and equality</p> <p><b>My place in the world:</b> <i>Recap: staying safe online, money and the way it makes people feel, gambling, responsibility for actions, moving on to a new school</i></p>