

Curriculum Map

Subject: PSHE

Curriculum Leader: Eleanor Collins

	Term 1	Term 2	Term 3
<p><b>Nursery</b> Following the EYFS Framework Content is not taught in a specific order, as PSED is taught in the moment in response to children’s behaviour and wellbeing.</p>	<p>Become more outgoing with unfamiliar people, in the safe context of their setting. <b>C1 Keeping Safe</b></p> <p>Show more confidence in new social situations. <b>C1 Mental Health</b></p> <p>Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. <b>C2 Friendships, C2 Respecting Self and Others</b></p> <p>Increasingly follow rules, understanding why they are important. <b>C3 Shared Responsibilities</b></p> <p>Remember rules without needing an adult to remind them. <b>C3 Shared Responsibilities</b></p> <p>Develop appropriate ways of being assertive. <b>C2 Respecting Self and Others</b></p> <p>Talk with others to solve conflicts. <b>C2 Friendships, C2 Respecting Self and Others</b></p> <p>Talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’. <b>C1 Mental Health</b></p> <p>Understand gradually how others might be feeling. <b>C1 Mental Health, C2 Friendships</b></p> <p>Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly. <b>C1 Healthy Lifestyles</b></p> <p>Make healthy choices about food, drink, activity and toothbrushing. <b>C1 Healthy Lifestyles</b></p> <p>See themselves as a valuable individual. <b>C1 Mental Health, C1 Ourselves, Growing and Changing</b></p> <p>Build constructive and respectful relationships. <b>C2 Families and Close, Positive Relationships, C2 Friendships, C2 Respecting Self and Others</b></p>		
<p><b>Reception</b> Following the EYFS Framework Content is not taught in a specific order, as PSED is taught in the moment in response to children’s behaviour and wellbeing.</p>	<p>Express their feelings and consider the feelings of others. <b>C2 Friendships, C2 Respecting Self and Others, C1 Mental Health</b></p> <p>Identify and moderate their own feelings socially and emotionally. <b>C1 Mental Health, C2 Respecting Self and Others</b></p> <p>Think about the perspectives of others. <b>C2 Respecting Self and Others</b></p> <p>Know and talk about the different factors that support their overall health and wellbeing: • regular physical activity • healthy eating • toothbrushing • sensible amounts of ‘screen time’ • having a good sleep routine • being a safe pedestrian. <b>C1 Healthy Lifestyles</b></p>		

<p>Year 1</p>	<p><b>Core 1:</b>  <b>Health and Wellbeing</b>  <b>Autumn 1</b>  Healthy Lifestyles  Keeping Safe  <b>Autumn 2</b>  Mental Health  Ourselves, Growing and Changing</p>	<p><b>Core 2:</b>  <b>Relationships</b>  <b>Spring 1</b>  Families and close, positive relationships  Friendships  Managing hurtful behaviour and bullying  <b>Spring 2</b>  Safe relationships  Respecting self and others</p>	<p><b>Core 3:</b>  <b>Living in the Wider World</b>  <b>Summer 1</b>  Shared responsibilities  Communities  <b>Summer 2</b>  Media literacy and digital resilience  Economic wellbeing: money  Economic wellbeing: Aspirations, work and career</p>
<p>Year 2</p>	<p><b>Core 1:</b>  <b>Health and Wellbeing</b>  <b>Autumn 1</b>  Healthy Lifestyles  Keeping Safe  <b>Autumn 2</b>  Mental Health  Ourselves, Growing and Changing  Drugs, Alcohol and Tobacco</p>	<p><b>Core 2:</b>  <b>Relationships</b>  <b>Spring 1</b>  Families and close, positive relationships  Friendships  Managing hurtful behaviour and bullying  <b>Spring 2</b>  Safe relationships  Respecting self and others</p>	<p><b>Core 3:</b>  <b>Living in the Wider World</b>  <b>Summer 1</b>  Shared responsibilities  Communities  <b>Summer 2</b>  Media literacy and digital resilience  Economic wellbeing: money  Economic wellbeing: Aspirations, work and career</p>
<p>Year 3</p>	<p><b>Core 1:</b>  <b>Health and Wellbeing</b>  <b>Autumn 1</b>  Healthy Lifestyles  Keeping Safe  <b>Autumn 2</b>  Mental Health  Ourselves, Growing and Changing  Drugs, Alcohol and Tobacco</p>	<p><b>Core 2:</b>  <b>Relationships</b>  <b>Spring 1</b>  Families and close, positive relationships  Friendships  Managing hurtful behaviour and bullying  <b>Spring 2</b>  Safe relationships  Respecting self and others</p>	<p><b>Core 3:</b>  <b>Living in the Wider World</b>  <b>Summer 1</b>  Shared responsibilities  Communities  <b>Summer 2</b>  Media literacy and digital resilience  Economic wellbeing: Aspirations, work and career</p>

Year 4	<p><b>Core 1:</b></p> <p><b>Health and Wellbeing</b></p> <p><b>Autumn 1</b> Healthy Lifestyles Keeping Safe</p> <p><b>Autumn 2</b> Mental Health Ourselves, Growing and Changing Drugs, Alcohol and Tobacco</p>	<p><b>Core 2:</b></p> <p><b>Relationships</b></p> <p><b>Spring 1</b> Families and close, positive relationships Friendships Managing hurtful behaviour and bullying</p> <p><b>Spring 2</b> Safe relationships Respecting self and others</p>	<p><b>Core 3:</b></p> <p><b>Living in the Wider World</b></p> <p><b>Summer 1</b> Shared responsibilities Communities</p> <p><b>Summer 2</b> Media literacy and digital resilience Economic wellbeing: money</p>
Year 5	<p><b>Core 1:</b></p> <p><b>Health and Wellbeing</b></p> <p><b>Autumn 1</b> Healthy Lifestyles Keeping Safe</p> <p><b>Autumn 2</b> Mental Health Ourselves, Growing and Changing Drugs, Alcohol and Tobacco</p>	<p><b>Core 2:</b></p> <p><b>Relationships</b></p> <p><b>Spring 1</b> Families and close, positive relationships Friendships Managing hurtful behaviour and bullying</p> <p><b>Spring 2</b> Safe relationships Respecting self and others</p>	<p><b>Core 3:</b></p> <p><b>Living in the Wider World</b></p> <p><b>Summer 1</b> Shared responsibilities</p> <p><b>Summer 2</b> Economic wellbeing: money Economic wellbeing: Aspirations, work and career</p>
Year 6	<p><b>Core 1:</b></p> <p><b>Health and Wellbeing</b></p> <p><b>Autumn 1</b> Healthy Lifestyles Keeping Safe</p> <p><b>Autumn 2</b> Mental Health Ourselves, Growing and Changing Drugs, Alcohol and Tobacco</p>	<p><b>Core 2:</b></p> <p><b>Relationships</b></p> <p><b>Spring 1</b> Families and close, positive relationships Friendships Managing hurtful behaviour and bullying</p> <p><b>Spring 2</b> Safe relationships Respecting self and others</p>	<p><b>Core 3:</b></p> <p><b>Living in the Wider World</b></p> <p><b>Summer 1</b></p> <p><b>Summer 2</b> Economic wellbeing: money Economic wellbeing: Aspirations, work and career</p>