PHSE Curriculum Map

Y1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My world Why is it so important to have rights and responsibilities within our class? **Establishment week –** getting to know children, going through rules and behaviour and expectations. **Outcome: class charter**	**Celebrating Difference** Why is friendship so important? **Building on: EYFS** Understanding how we are similar and different to our friends and how we are all unique. Understanding what bullying means.	**Dreams and Goals** How can I be the best I can be? **Building on: EYFS** Understanding how to set simple goals and how to overcome obstacles**.** Think about how to work well with a partner and how to achieve dreams and goals.	**Healthy Me** Why is it so important to keep ourselves safe and healthy? **Building on: EYFS** Understanding about healthy lifestyles and keeping ourselves safe.	**Relationships** What is community? **Building on: EYFS** Thinking about what different families look like, what being a good friend means, knowing who can help us at school and explain why some people are special to us.	**Changing Me** How do we change as we grow? **Building on: EYFS** Life cycles of humans and animals, thinking about how we have changed since we were babies, naming parts of our body with scientific vocabulary, coping with change.

Y2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My world Why is it so important to have rights and responsibilities within our class? **Building on**: Y1 **Establishment week –** getting to know children, going through rules and behaviour and expectations. **Outcome: class charter**	**Celebrating Difference** Are there differences between boys and girls? **Building on: Y1** Understanding the difference between boys and girls**.** Thinking about stereotypes and why being different might lead to bullying.	**Dreams and Goals** How can I be the best I can be? **Building on: Y1** Understanding how to keep going when things get difficult. Why working with others is important and how to share success.	**Healthy Me** Why is it so important to keep our bodies healthy? **Building on: Y1** Understanding about stress, the foods we eat (different good groups) and how medicines work in our bodies.	**Relationships** How and why are some people special to us? **Building on: Y1** Understanding that everyone is unique and within families everyone has different relationships. Thinking about what types of physical contact are ok, when it's ok to keep secrets, how to get on with friends, how you know who to appreciate and trust.	**Changing Me** Why is it important to understand how things change as we grow up? **Building on: Y1** Understanding the life cycles of humans and animals, naming parts of the body, transition and understanding that there are different types of touch and how you feel about them.

Y3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My world Why is it so important to make responsible choices? **Building on**: Y2 **Establishment week –** getting to know children, going through rules and behaviour and expectations, thinking about transition into KS2. Comparing a nightmare/dream school. **Outcome: class charter**	**Celebrating Difference** How can words hurt us? **Building on: Y2** Understanding how families can be different. Understanding how to resolve conflict and what being a witness to bullying looks like.	**Dreams and Goals** How do people stay motivated when facing difficult challenges? **Building on: Y2** Thinking about overcoming challenges in life, looking at children with disabilities and what they have achieved. Building on how to work well with others and how to overcome any obstacles**.**	**Healthy Me** How can we keep safe? **Building on: Y2** Thinking about exercise and its importance, how what we eat impacts us, how to be safe around drugs and understand how to access the emergency services.	**Relationships** How do our roles and responsibilities change in different situations? **Building on: Y2** Understanding family roles and responsibilities, friendship, keeping safe online, and being a global citizen**.**	**Changing Me** What changes happen to you when you grow? **Building on: Y2** Understanding how a baby grows inside a mother, learning about family stereotypes, understand how boys' and girls' bodies change on the outside as they grow up, looking ahead and changes.

Y4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

	Being Me in My world Why is democracy important in our school? **Building on**: Y3 **Establishment week –** getting to know children, going through rules and behaviour and expectations. Understanding the democratic process and links to school parliament. **Outcome: class charter**	**Celebrating Difference** Why do we judge each other by our appearance? **Building on: Y3** Understanding that we are all unique and different, but that sometimes people can judge each other on what they look like and this can lead to bullying.	**Dreams and Goals** What are hopes and dreams? **Building on: Y3** Understanding what you could do to counteract disappointment if your hopes and dreams don't come true.	**Healthy Me** Why is it so important to know what is safe and what isn't? **Building on Y3** Think about why we have different friendship groups, the effect of smoking and drinking on health, and what being under too much pressure looks like.	**Relationships** How and why are relationships special? **Building on: Y3** Understanding jealousy and loss. Thinking about how friendships change over time, what it means to have a boyfriend or girlfriend (at an appropriate age) and how we know how to show love and appreciation to the people and animals who are special to us.	**Changing Me** What changes happen to you when you grow? **Building on: Y3** Understanding how our bodies change during puberty, understand how our bodies change on the inside during the growing up process, understand that some of your personal characteristics come from your parents, how you are unique, worries around change.

Y5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My world Why are rights and responsibilities as a citizen of our country and as a member of our school important? **Building on**: Y4 **Establishment week –** getting to know children, going through rules and behaviour and expectations. Learning about what it means to be a citizen of a country.	**Celebrating Difference** Why is culture so important? **Building on: Y4** Understanding that we are all influenced by our culture. Learn about racism and how words can hurt. Think about the difference between direct and indirect bullying.	**Dreams and Goals** Why is it important to think about your future? **Building on: Y4** Understanding that there are different job choices available and that money may affect our dreams and goals.	**Healthy Me** What makes a healthy lifestyle? **Building on Y4:** Looking at the risks of smoking and alcohol misuse, learning about the recover position, having a healthy attitude to food and thinking about whether all images are real.	**Relationships** Why are rights and responsibilities important online? **Building on Y4:** Understanding what makes us unique, what the positive and negative things are about an online community, thinking about how to stay safe online, and whether we should use devices less.	**Changing Me** What is puberty? **Building on: Y4** Identify how bodies change on the inside during puberty – how the male and female body change, periods, body image, self-image, and looking ahead to the next school year.

Y6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My world Building on: Y5 **Establishment week –** getting to know children, going through rules and behaviour and expectations. Learning what it means to be a global citizen. **Outcome: class charter**	**Celebrating Difference** Is there such a thing as 'normal'? **Building on: Y5** Understanding different people's lives and their experiences. Looking at how you can have a disability but still be empowered. Thinking about bullying and the power balance.	**Dreams and Goals** How can we reach our goals? **Building on: Y5** Understanding our own strengths and how these can help us reach our goals. Thinking about problems around the world and how we can fundraise to help.	**Healthy Me** How can we understand our own mental health and what makes us feel good? **Building on Y5:** Understanding immunisations, drugs and their different uses, what exploitation means, why people might join gangs and what causes stress and how to stay emotionally well.	**Relationships** Why is it so important to take care of our mental health? **Building on Y5:** Understanding grief and loss, mental health and when people are trying to have power and control over us. Thinking about when it is important to know whether something is safe, and why it is so important to use technology safely and positively.	**Changing Me** What is puberty? **Building on: Y5** Understanding about self -image, real self and ideal self, how the male and female body changes during puberty, understand conception (non-statutory/children can be withdrawn from this lesson),transition to secondary school.