



PSHE Whole School Curriculum Map Year A (2024-2025)

Core themes: **Relationships education** / **Health education**

Reception		
Autumn term	Spring term	Summer term
Managing Self <i>(These statements have been split for extra focus, but all will apply on an ongoing basis throughout the year)</i>		
<ul style="list-style-type: none"> • See themselves as a valuable individual. • Build constructive and respectful relationships. • Express their feelings and consider the feelings of others. 	<ul style="list-style-type: none"> • Show resilience and perseverance in the face of challenge. • Identify and moderate their own feelings socially and emotionally. 	<ul style="list-style-type: none"> • Think about the perspectives of others. • Manage their own needs.
Self – Regulation		
<ul style="list-style-type: none"> • Controlling own feelings and behaviours • Applying personalised strategies to return to a state of calm <ul style="list-style-type: none"> • Being able to curb impulsive behaviours • Being able to concentrate on a task <ul style="list-style-type: none"> • Being able to ignore distractions <ul style="list-style-type: none"> • Planning • Thinking before acting • Delaying gratification • Persisting in the face of challenge 		

KS1

Autumn term	Spring term	Summer term
<p><u>Rights and responsibilities</u></p> <ul style="list-style-type: none"> • about group and class rules and why they are important • that everybody is unique • about the ways we are the same as other people 	<p><u>Healthy lifestyles</u></p> <p>Health and prevention</p> <p>Internet safety and harms</p> <p>Mental wellbeing</p> <p>Healthy eating</p> <ul style="list-style-type: none"> • about some of the things that keep our bodies healthy (physical activity, sleep, rest, healthy food) • about basic personal hygiene routines and why these are important 	<p><u>Growing and changing</u></p> <ul style="list-style-type: none"> • to recognise what they are good at and set simple goals • about how it feels when there is change or loss
<p><u>Feelings and emotions</u></p> <p>Mental Wellbeing</p> <ul style="list-style-type: none"> • about recognising how other people are feeling • about sharing feelings their own feelings with others 	<p><u>Keeping safe</u></p> <p>Health and prevention</p> <p>Physical health and fitness</p> <p>Families and people who care for me</p> <p>Drugs, alcohol and tobacco</p> <p>Online relationships</p> <p>Mental wellbeing</p> <ul style="list-style-type: none"> • that household products, including medicines, can be harmful if not used correctly • how to ask for help if they are about something 	<p><u>Valuing difference</u></p> <p>Families and people who care for me</p> <p>Respectful relationships</p> <ul style="list-style-type: none"> • share their views and opinions with others • about the importance for respect for the differences and similarities between people <p><u>Family structures</u></p> <ul style="list-style-type: none"> • <i>birth of a new family member and the impact of this.</i> <p><i>understand and accept a wide range of family arrangements (single parent, same sex, grandparents, foster parents etc).</i></p>
<p><u>Healthy relationships</u></p> <p>Families and people who care for me</p> <p>Caring friendships</p> <ul style="list-style-type: none"> • about the importance of not keeping secrets that make them feel uncomfortable, anxious or afraid • about special people in their lives 	<p><u>Right Start Training</u></p> <p><u>Environment</u></p> <ul style="list-style-type: none"> • about looking after the local environment 	<p><u>Money</u></p> <ul style="list-style-type: none"> • about where money comes from and what it is used for • about spending and saving money (how to use money) • about how to keep money safe

LKS2

Autumn term	Spring term	Summer term
<p><u>Rights and responsibilities</u></p> <p>Mental wellbeing</p> <ul style="list-style-type: none"> • about group and class rules and why they are important • about respecting the needs of ourselves and others • about groups and communities that they belong to • about the people who work in their community • how to get their help, including in an emergency 	<p><u>Feelings and emotions</u></p> <ul style="list-style-type: none"> • about different types of behaviour and how this can make others feel • that bodies and feelings can be hurt 	<p><u>Keeping safe</u></p> <p>Being safe</p> <p>Online relationships</p> <p>Physical health and fitness</p> <p>Mental wellbeing</p> <p>Basic first aid</p> <ul style="list-style-type: none"> • about the importance of school rules for health and safety • about how to get help in an emergency • about people who help them stay healthy and safe
<p><u>Healthy relationships</u></p> <p>Families and people who care for me</p> <p>Caring friendships</p> <p>Online relationships</p> <p>Internet safety and harms</p> <ul style="list-style-type: none"> • about listening to others and playing cooperatively • about appropriate and inappropriate touch • that hurtful teasing and bullying is wrong • what to do if teasing and bullying is happening 	<p><u>Growing and changing</u></p> <p>Mental wellbeing</p> <ul style="list-style-type: none"> • to recognise their achievements and set personal targets for the future • about a wider range of feelings, both good and not so good • that people can experience conflicting feelings at the same time <p><u>Year 4 only</u></p> <ul style="list-style-type: none"> • <i><u>Understand how a baby develops</u></i> • <i><u>Explore role of midwife and other people who help</u></i> • about the changes that happen at puberty 	<p><u>Environment</u></p> <ul style="list-style-type: none"> • about looking after the local environment
<p><u>Healthy lifestyles</u></p> <p>Healthy eating</p> <ul style="list-style-type: none"> • about what makes up a balanced diet • about opportunities they have to make their own choices about food • about what influences their choices about food • about what is meant by a habit 	<p><u>Valuing difference</u></p> <p>Respectful relationships</p> <p>Online relationships</p> <p>Mental wellbeing</p> <p>Internet safety and harms</p>	<p><u>Money</u></p> <ul style="list-style-type: none"> • about where money comes from and what it is used for • about spending and saving money (how to use money) • about how to keep money safe

<ul style="list-style-type: none"> • how habits can be hard to change 	<ul style="list-style-type: none"> • to share their views and opinions with others • about the importance for respect for the differences and similarities between people <p><u>Family structures</u></p> <ul style="list-style-type: none"> • <u>Understand and accept a wide range of family arrangements (single parent, same sex, grandparents, foster parents etc).</u> 	
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UKS2		
Autumn term	Spring term	Summer term
<p><u>Rights and responsibilities</u></p> <p>Respectful relationships</p> <p>Internet safety and harms</p> <p>Mental wellbeing</p> <ul style="list-style-type: none"> • to research, discuss and debate to discuss and debate issues concerning health and wellbeing • why and how laws are rules and laws are made • how to take part in making and changing rules • how anti-social behaviours can affect wellbeing • how to handle, challenge or respond to antisocial or aggressive behaviours • about resolving differences, respecting different points of view and making their own decisions 	<p><u>Healthy lifestyles</u></p> <p>Mental wellbeing</p> <p>Internet safety and harms</p> <p>Physical health and fitness</p> <p>Healthy eating</p> <p>Health and prevention</p> <ul style="list-style-type: none"> • about positively and negatively affects health and wellbeing (including mental and emotional health) • how to make informed choices that contribute to a 'balanced lifestyle' • about the benefits of a balanced diet • about different influences on food and diet • about developing skills to help make their own choices about food 	<p><u>Keeping safe</u></p> <p>Online relationships</p> <p>Being safe</p> <p>Internet safety and harms</p> <ul style="list-style-type: none"> • about strategies for managing personal safety - local environment • about strategies for managing personal safety – online • what to consider before sharing pictures of themselves and others online • how to keep safe and well when using a mobile phone • <u>understand the term grooming and its associated risks (discuss ulterior motives, what should you watch out for?)</u>
<p><u>Healthy relationships</u></p> <p>Caring friendships</p> <p>Internet safety and harms</p>	<p><u>Valuing difference</u></p> <p>Respectful relationships</p> <p>Being safe</p>	<p><u>Environment (linked to Earth Day)</u></p> <ul style="list-style-type: none"> • about different kinds of responsibilities (home, school, community and the environment)

<ul style="list-style-type: none"> • about the consequences of their actions on themselves and others • about working collaboratively toward shared goals • negotiation and compromise strategies to resolve disputes and conflict • to give helpful feedback and support to others 	<ul style="list-style-type: none"> • to respectfully listen to others but raise concerns and challenge points of view when necessary 	
<p><u>Feelings and emotions</u></p> <ul style="list-style-type: none"> • how to respond appropriately to a wider range of feelings in others 	<p><u>Money</u></p> <ul style="list-style-type: none"> • how finance plays an important part in people's lives • about being a critical consumer • about what is meant by 'interest', 'loan', 'debt' • about the importance of looking after money, including managing loans and debts • that people pay 'tax' to contribute to society • 	<p>Transition</p>
<p><u>Growing and changing</u></p> <p>Mental wellbeing</p> <p>Changing adolescent body</p> <ul style="list-style-type: none"> • about different ways of achieving and celebrating personal goals • how having high aspirations can support personal achievements • how to further describe the range and intensity of their feelings to others • how to manage complex or conflicting emotions • about the changes that happen at puberty (recap learning from year 4) • about human reproduction in the context of the human lifecycle 		

<ul style="list-style-type: none">• about roles and responsibilities of parents and carers• how a baby is made and how it grows <p><u>that pregnancy can be prevented (Year 6 only)</u></p> <p><u>understand that safer sex routines can stop infections (Year 6 only)</u></p>		
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