

# CURRICULUM MAP - PSHE

	KEY VOCABULARY	AUTUMN TERM	SPRING TERM	SUMMER TERM
EARLY YEARS	Feelings, sad, happy, scared, worried, angry, care, love, friends, family, rules, right, wrong, healthy, sharing,	<p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate</p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in an activity, and show an ability to follow instructions involving several ideas and actions</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly;</p> <p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices</p> <p>Work and play cooperatively and take turns with others;</p> <p>Form positive attachments to adults and friendships with peers</p> <p>Show sensitivity to their own and others' needs</p>		
YEAR 1	Family, friends, relationships, caring, loving, lonely, help, privacy, secrets, safe, pressure, permission, respect, cooperation, opinions Belonging, community, environment, internet, strengths, interests, roles, responsibilities, information, money Healthy, exercise, hygiene, routines, unique, special, feelings, restrictions, medicines, emergencies	<p><b>Families and friendships</b> - Roles of different people; families; feeling cared for</p> <p><b>Safe relationships</b> - Recognising privacy; staying safe; seeking permission</p> <p><b>Respecting ourselves and others</b> - How behaviour affects others; being polite and respectful</p>	<p><b>Belonging to a community</b> - What rules are; caring for others' needs; looking after the environment</p> <p><b>Media literacy and Digital resilience</b> Using the internet and digital devices; communicating online</p> <p><b>Money and Work</b> - Strengths and interests; jobs in the community</p>	<p><b>Physical health and Mental wellbeing</b> - Keeping healthy; food and exercise; hygiene routines; sun safety</p> <p><b>Growing and changing</b> - Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p><b>Keeping safe</b> - How rules and age restrictions help us; keeping safe online</p>
YEAR 2		<p><b>Families and friendships</b> - Making friends; feeling lonely and getting help</p> <p><b>Safe relationships</b> - Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</p> <p><b>Respecting ourselves and others</b> - Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p><b>Belonging to a community</b> - Belonging to a group; roles and responsibilities; being the same and different in the community</p> <p><b>Media literacy and Digital resilience</b> - The internet in everyday life; online content and information</p> <p><b>Money and Work</b> - What money is; needs and wants; looking after money</p>	<p><b>Physical health and Mental wellbeing</b> - Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p><b>Growing and changing</b> - Growing older; naming body parts; moving class or year</p> <p><b>Keeping safe</b> - Safety in different environments; risk and safety at home; emergencies</p>

YEAR 3	Boundaries, self-respect, courtesy, confidentiality, risks, similarities, differences, sensitive Laws, rights, freedom, responsibilities, information, stereotypes, goals, data, Habits, strengths, achievements, setbacks, hazards, hygiene, emotions, puberty, drugs	<p><b>Families and friendships</b> - What makes a family; features of family life</p> <p><b>Safe relationships</b> - Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p><b>Respecting ourselves and others</b> - Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p>	<p><b>Belonging to a community</b> - The value of rules and laws; rights, freedoms and responsibilities</p> <p><b>Media literacy and Digital resilience</b> - How the internet is used; assessing information online</p> <p><b>Money and Work</b> - Different jobs and skills; job stereotypes; setting personal goals</p>	<p><b>Physical health and Mental wellbeing</b> - Health choices and habits; what affects feelings; expressing feelings</p> <p><b>Growing and changing</b> - Personal strengths and achievements; managing and reframing setbacks</p> <p><b>Keeping safe</b> - Risks and hazards; safety in the local environment and unfamiliar places</p>
YEAR 4		<p><b>Families and friendships</b> - Positive friendships, including online</p> <p><b>Safe relationships</b> - Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p><b>Respecting ourselves and others</b> - Respecting differences and similarities; discussing difference sensitively</p>	<p><b>Belonging to a community</b> - What makes a community; shared responsibilities</p> <p><b>Media literacy and Digital resilience</b> - How data is shared and used</p> <p><b>Money and Work</b> - Making decisions about money; using and keeping money safe</p>	<p><b>Physical health and Mental wellbeing</b> - Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p><b>Growing and changing</b> - Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p><b>Keeping safe</b> - Medicines and household products; drugs common to everyday life</p>
YEAR 5	Peers, influence, prejudice, discrimination, attraction, civil partnerships, marriage, consent, points of view, Compassion, aspirations, influences, career, diversity, sources, finance Vaccinations, immunisations, allergies, Identity, individuality, bereavement, reproduction, birth, transitions, regulations	<p><b>Families and friendships</b> - Managing friendships and peer influence</p> <p><b>Safe relationships</b> - Physical contact and feeling safe</p> <p><b>Respecting ourselves and others</b> - Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p><b>Belonging to a community</b> - Protecting the environment; compassion towards others</p> <p><b>Media literacy and Digital resilience</b> - How information online is targeted; different media types, their role and impact</p> <p><b>Money and Work</b> - Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p><b>Physical health and Mental wellbeing</b> - Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p><b>Growing and changing</b> - Personal identity; recognising individuality and different qualities; mental wellbeing, physical and emotional changes in puberty, support with puberty</p> <p><b>Keeping safe</b> - Keeping safe in different situations, including responding in emergencies, first aid</p>
YEAR 6		<p><b>Families and friendships</b> - Attraction to others; romantic relationships; civil partnership and marriage</p> <p><b>Safe relationships</b> - Recognising and managing pressure; consent in different situations</p>	<p><b>Belonging to a community</b> - Valuing diversity; challenging discrimination and stereotypes</p>	<p><b>Physical health and Mental wellbeing</b> - What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p>

		<p><b>Respecting ourselves and others</b> - Expressing opinions and respecting other points of view, including discussing topical issues</p>	<p><b>Media literacy and Digital resilience</b> - Evaluating media sources; sharing things online</p> <p><b>Money and Work</b> - Influences and attitudes to money; money and financial risks</p>	<p><b>Growing and changing</b> - Human reproduction and birth; increasing independence; managing transitions</p> <p><b>Keeping safe</b> - Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>
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