



PSHE Curriculum Map

Nursery

<p><u>Me and my relationships</u> What makes me special People close to me Getting help</p>	<p><u>Valuing difference</u> Similarities & difference Celebrating difference Showing kindness</p>	<p><u>Keeping safe</u> Keeping my body safe Safe secrets & touches People who help to keep us safe</p>	<p><u>Rights and Respect</u> Looking after things: friends, environment, money</p>	<p><u>Being my best</u> Keeping my body healthy - food, exercise, sleep Growth Mindset</p>	<p><u>Growing and Changing</u> Cycles Life stages Girls & boys - similarities & difference</p>
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Reception

<p><u>Me and my relationships</u> What makes me special People close to me Getting help</p>	<p><u>Valuing difference</u> Similarities & difference Celebrating difference Showing kindness</p>	<p><u>Keeping safe</u> Keeping my body safe Safe secrets & touches People who help to keep us safe</p>	<p><u>Rights and Respect</u> Looking after things: friends, environment, money</p>	<p><u>Being my best</u> Keeping my body healthy - food, exercise, sleep Growth Mindset</p>	<p><u>Growing and Changing</u> Cycles Life stages Girls & boys - similarities & difference</p>
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Year 1

<p><u>Me and my relationships</u> Feelings Getting help Classroom rules Special people Being a good friend</p>	<p><u>Valuing Differences</u> Recognising, valuing & celebrating difference Developing respect & accepting others Bullying & getting help</p>	<p><u>Keeping safe</u> How our feelings can keep us safe - inc. online safety Safe & unsafe touches Medicine Safety Sleep</p>	<p><u>Rights and Respect</u> Taking care of things: Myself My money My environment</p>	<p><u>Being my best</u> Growth Mindset Healthy eating Hygiene & health Cooperation</p>	<p><u>Growing and Changing</u> Getting help Becoming independent My body parts Taking care of self & others</p>
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Year 2

<p><u>Me and my relationships</u> Bullying & teasing Our school rules about bullying Being a good friend Feelings/self-regulation</p>	<p><u>Valuing Differences</u> Being kind & helping others Celebrating difference People who help us Listening Skills</p>	<p><u>Keeping safe</u> Safe & unsafe secrets Appropriate touch Medicine safety</p>	<p><u>Rights and Respect</u> Cooperation Self-regulation Online safety Looking after money - saving & spending</p>	<p><u>Being my best</u> Growth Mindset Looking after my body Hygiene & health Exercise & sleep</p>	<p><u>Growing and Changing</u> Life cycles Dealing with loss Being supportive Growing & changing Privacy</p>
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Year 3

<p><u>Me and my relationships</u> Cooperation Online rules & restrictions Online behaviours Friendship (respectful relationships) Coping with loss</p>	<p><u>Valuing Differences</u> Recognising & respecting diversity Being respectful & tolerant My community Bullying, inc. online</p>	<p><u>Keeping safe</u> Managing risk Decision-making skills Drugs & their risks Staying safe online Digital literacy</p>	<p><u>Rights and Respect</u> Helping & being helped Looking after the environment Managing money Developing critical thinking</p>	<p><u>Being my best</u> Life cycles Dealing with loss Being supportive Growing & changing Privacy</p>	<p><u>Growing and Changing</u> Changing bodies & puberty Keeping safe Safe & unsafe secrets Relationships, inc. online</p>
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Year 4

<p><u>Me and my relationships</u> Healthy relationships Listening to feelings Bullying Assertive skills</p>	<p><u>Valuing Differences</u> Recognising & celebrating difference (inc. religions & cultural difference) Understanding & challenging stereotypes</p>	<p><u>Keeping safe</u> Managing risk inc. online Understanding the norms of drug use (cigarette & alcohol use) Influences Online safety & behaviours</p>	<p><u>Rights and Respect</u> Making a difference (different ways of helping others or the environment) Media influence & digital literacy Decisions about spending money</p>	<p><u>Being my best</u> Having choices & making decisions about my health Taking care of my environment My skills & interests</p>	<p><u>Growing and Changing</u> Body changes during puberty Managing difficult feelings Relationships inc. marriage</p>
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Year 5

<p><u>Me and my relationships</u> Feelings Friendship skills, inc. compromise Assertive skills Cooperation Recognising emotional needs</p>	<p><u>Valuing Differences</u> Recognising & celebrating difference, inc. religions & cultural difference Critical digital awareness Online Bullying & self esteem</p>	<p><u>Keeping safe</u> Online safety Bullying inc. online Norms around use of legal drugs (tobacco, alcohol) Decision-making skills</p>	<p><u>Rights and Respect</u> My health rights, respect & duties Making a difference Decisions about lending, borrowing & spending</p>	<p><u>Being my best</u> Growing independence & taking ownership Keeping myself healthy My community</p>	<p><u>Growing and Changing</u> Managing difficult feelings Managing change How my feelings help keeping safe Getting help</p>
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Year 6

<p><u>Me and my relationships</u> Assertiveness Cooperation Safe/unsafe touches Positive relationships</p>	<p><u>Valuing Differences</u> Recognising & celebrating difference Recognising & reflecting on prejudice-based bullying Bystander behaviour Gender stereotyping</p>	<p><u>Keeping safe</u> Understanding emotional needs Staying safe online Digital footprint Drugs: norms & risks (inc. the law)</p>	<p><u>Rights and Respect</u> Understanding media bias Caring: communities & the environment Earning & saving money Understanding democracy</p>	<p><u>Being my best</u> Aspirations Managing risk Looking after wellbeing</p>	<p><u>Growing and Changing</u> Coping with changes Keeping safe inc. online Body Image Sex education Self-esteem</p>
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