



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

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

Reception		
Autumn term	Spring term	Summer term
<b>Managing Self</b>		
<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"> <li>• See themselves as a valuable individual.</li> <li>• Build constructive and respectful relationships.</li> <li>• Express their feelings and consider the feelings of others.</li> </ul>	<ul style="list-style-type: none"> <li>• Show resilience and perseverance in the face of challenge.</li> <li>• Identify and moderate their own feelings socially and emotionally.</li> </ul>	<ul style="list-style-type: none"> <li>• Think about the perspectives of others.</li> <li>• Manage their own needs.</li> </ul>
<b>Self – Regulation</b>		
<ul style="list-style-type: none"> <li>• Controlling own feelings and behaviours</li> <li>• Applying personalised strategies to return to a state of calm               <ul style="list-style-type: none"> <li>• Being able to curb impulsive behaviours</li> <li>• Being able to concentrate on a task                   <ul style="list-style-type: none"> <li>• Being able to ignore distractions                       <ul style="list-style-type: none"> <li>• Planning</li> <li>• Thinking before acting</li> <li>• Delaying gratification</li> </ul> </li> </ul> </li> <li>• Persisting in the face of challenge</li> </ul> </li> </ul>		

## KS1

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

## LKS2

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

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

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

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