

PSHE Curriculum Map

	Key Stage One As good and healthy citizens, in our PHSE lessons we will learn the following over 2 years.
Mental health and emotional wellbeing	<p>All about me - strengths and differences.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to identify things that make them special• to identify things about their friends that make them special• to identify ways in which they are different to others• to understand that everyone is unique• to explain why being different can be a good thing
	<p>Recognising and managing emotions.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to name different feelings• to identify things that make them feel happy, scared or worried• to identify how emotions look and feel in the body• to identify some methods of managing feelings and behaviour• to understand that some emotions are useful, even if they don't feel good• to understand that some feelings can affect our behaviour• to give examples of kinds of behaviour• to understand that things they do can affect how others feel• to understand that different people might feel different emotions in response to the same situation• to explain what resilience is

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	<p>Positive friendships.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• how to demonstrate kindness to others• to identify some methods of managing feelings and behaviour• to identify what makes a good friend and a bad friend• to identify methods of dealing with times where friends treat us poorly, including asking an adult for help• to understand how people might feel if they are left out• to identify some ways to resolve conflict in friendships• to understand that choices they make can affect how other people feel• to understand that different people might feel different emotions in response to the same situation
	<p>Trying new things.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to try some easy new things, such as trying new foods• to explain why it is good to try new things• to identify reasons why people might not want to try new things
<p>Keeping safe and managing risk</p>	<p>Our community - who can help me? Including safe strangers.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to name significant people in their life• to know that they can ask adults for help• to identify ways in which other people help or look after them• to name some examples of safe strangers• to explain why it is important to only ask for help from 'safe' strangers

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	<p>Hazards in the home.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to understand that some situations, inside and outside, are unsafe• to know how to tell a trusted adult if they feel unsafe• to identify hazards in the home• to explain why hazards are dangerous• to identify what to do in response to home-hazards
	<p>First aid and 999.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to understand that some situations are an emergency• to know what number to phone in an emergency• to identify situations in which to call 999• to assess whether a situation is safe or unsafe• to understand that they can take responsibility for their own safety• to demonstrate how to respond to various first aid situations including an unconscious casualty
	<p>Pants are private.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to understand and know the PANTS rules• to know which parts of their body are private• to know which adults are safe to tell when they feel unsafe• to know the difference between appropriate and inappropriate touch• to understand that they have the right to say "no" to unwanted touch

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	<p>Road safety.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to understand that some situations, inside and outside, are unsafe• to know how to tell a trusted adult if I feel unsafe• to identify hazards by the road• to explain how to cross the road safely• to know that there are rules for road users to follow• to assess whether a situation is safe or unsafe• to understand that I can take responsibility for my own safety• to explain why road-side hazards are dangerous
	<p>Water safety.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to identify hazards involved with water• to explain how to use or play safely near water• to know that there are rules in many water-based settings e.g. the beach, the swimming pool• to assess whether a situation is safe or unsafe• to understand that I can take responsibility for my own safety• to explain why water-side hazards are dangerous
	<p>Fire safety</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to know that fire can be dangerous• the rules for keeping safe on bonfire night
Identity, society and equality	<p>Identity and society.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to name significant people in their lives• to identify ways in which other people help or look after them• to understand that different people have different families and social backgrounds

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	<p>Children's rights.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to know that people should help them to be happy, healthy and safe• to know that there are rules to make sure that adults look after them• to name some of their rights• to explain what a human right is• to explain why human rights are important• to know that they have the right to be treated fairly by others• to identify people who they can ask for help when they feel that they are being treated unfairly
Physical health and wellbeing	<p>Sun safety.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to know the slip, slop, slap rule• to know that they have to use sun-protection• to name some of the things they can do to protect their body from the sun• to know some of the possible effects of too much sun on the body• to explain why sun-safe strategies work
	<p>Healthy living.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to know what a healthy diet looks like• to know that the body needs exercise• to name some other aspects of staying healthy• to name some people who help them to stay healthy• to know that they can take responsibility for keeping healthy• to explain how choices can help us to be healthy

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Drugs, alcohol and tobacco	<p>Safe substances (including medicines).</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to understand that some substances are unsafe to touch• to know how to tell a trusted adult if they feel unsafe• to identify substances that they should not touch or swallow• to understand that they can take responsibility for their own safety• to know that medicines have specific purposes• to name people who are allowed to give them medicine• to know what some of the hazardous substance symbols mean• to explain why hazards are dangerous• to identify what to do in response to home-hazards
SRE	<p>Sex and relationship education.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• to understand that boys and girls can do the same tasks and enjoy the same things• to understand that people enjoy different things and come from different backgrounds• to identify the biological differences between boys and girls• to know the scientific names for the areas covered by Pants are Private• to know that the biological differences between boys and girls are related to reproduction

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	Key Stage Two - Years 3 & 4 As good and healthy citizens, in our PHSE lessons we will learn the following over 2 years.
Mental health and emotional wellbeing	<p>Our pupils will learn about strengths and challenges.</p> <p>They will learn:</p> <ul style="list-style-type: none">• about celebrating achievements and setting personal goals• about dealing with put-downs• about positive ways to deal with set-backs
Keeping safe and managing risk	<p>Our pupils will learn about bullying - see it, say it, stop it.</p> <p>They will learn:</p> <ul style="list-style-type: none">• to recognise bullying and how it can make people feel• about different types of bullying and how to respond to incidents of bullying• about what to do if they witness bullying <p>Our pupils will learn about road safety.</p> <p>They will learn:</p> <ul style="list-style-type: none">• the 'Stop, Look, Listen, Think' sequence and safer places to cross the road• the key road skills they will need when they are old enough to travel without an adult• how to plan a safer journey <p>Our pupils will learn about playing safe.</p> <p>They will learn:</p> <ul style="list-style-type: none">• how to stay in their computer gaming habits• about anti-bullying (including cyber-bullying)• about keeping safe near roads, rail, water, building sites and around fireworks• about what to do in an emergency and basic emergency first aid procedures

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<p>Identity, society and equality</p>	<p>Our pupils will learn about celebrating difference.</p> <p>They will learn:</p> <ul style="list-style-type: none">• about valuing the similarities and differences between themselves and others• about what is meant by community• about belonging to groups <p>Our pupils will learn about democracy.</p> <p>They will learn:</p> <ul style="list-style-type: none">• about Britain as a democratic society• about how laws are made• about the local council
<p>Physical health and wellbeing</p>	<p>Our pupils will learn about what helps them make healthy choices.</p> <p>They will learn:</p> <ul style="list-style-type: none">• about making healthy choices for food and drinks• about how branding can affect what foods people choose to buy• about keeping active and some of the challenges of this <p>Our pupils will answer the question: what is important to me?</p> <p>They will learn:</p> <ul style="list-style-type: none">• why people may eat or avoid certain foods (religious, moral, cultural or health reasons)• about other factors that contribute to people's food choices (eg. ethical farming, fair trade and seasonality)• about the importance of getting enough sleep

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<p>Drug, alcohol and tobacco education</p>	<p>Our pupils will learn that tobacco is a drug.</p> <p>They will learn:</p> <ul style="list-style-type: none">• the definition of a drug and that drugs (including medicines) can be harmful to people• about the effects and risks of smoking tobacco and secondhand smoke• about the help available for people to remain smoke free or stop smoking• that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow the instructions for their use <p>Our pupils will learn about making choices.</p> <p>They will learn:</p> <ul style="list-style-type: none">• that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them• about the effects and risks of drinking alcohol• about different patterns of behaviour that are related to drug use• that medicines can be used to manage and treat medical conditions such as asthma and epilepsy, and that it is important to follow instructions for use
<p>Careers, financial capability and economic wellbeing</p>	<p>Our pupils will learn about saving, spending and budgeting.</p> <p>They will learn:</p> <ul style="list-style-type: none">• about what influences people's choices about spending and saving money• how people can keep track of their money• about the world we work in
<p>SRE</p>	<p>Sex and Relationship Education.</p> <p>Our pupils will learn:</p> <ul style="list-style-type: none">• about the way we grow and change throughout the human lifecycle• about the physical changes associated with puberty• about the impact of puberty on physical hygiene and strategies to manage this• how puberty affects emotions and behaviour plus strategies to deal with this• to answer each other's questions about puberty with confidence, to seek support and advice when they need it

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Key Stage Two - Years 5 & 6

As good and healthy citizens in our PSHE lessons, we will learn the following over 2 years.

Mental health and emotional wellbeing

Our pupils will learn about dealing with feelings.

They will learn:

- about a wide range of feelings and how these are experienced in the body
- about times of change and how this can make people feel
- about the feelings associated with loss, grief and bereavement

Our pupils will learn about healthy minds.

They will learn:

- what mental health is
- about what can affect mental health and some ways of dealing with this
- about some every day ways to look after mental health
- about the stigma and discrimination that can surround mental health

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<p>Keeping safe and managing risk</p>	<p>Our pupils will learn about when things go wrong.</p> <p>They will learn:</p> <ul style="list-style-type: none">• about respect: what it looks like, what it sounds like, what it feels like, including showing respect on-line• about keeping safe on-line• that violence within relationships is not acceptable• about problems that can occur when someone goes missing from home <p>Our pupils will learn about being out and about in the community.</p> <p>They will learn:</p> <ul style="list-style-type: none">• about feelings of being out and about in the local area with increasing independence• about recognising and responding to peer pressure• about the consequences of anti-social behaviour (including gang and gang-related behaviour) <p>Our pupils will learn about Female Genital Mutilation (FGM).</p> <p>They will learn:</p> <ul style="list-style-type: none">• about the importance for girls to be protected against FGM
<p>Identity, society and equality</p>	<p>Our pupils will learn about stereotypes, discrimination and prejudice (including tackling homophobia).</p> <p>They will learn:</p> <ul style="list-style-type: none">• about stereotyping, including gender stereotyping• about prejudice and discriminatory language and how that can make a person feel• about homophobia• about racism and how it can make people feel <p>Our pupils will learn about human rights.</p> <p>They will learn:</p> <ul style="list-style-type: none">• about people who have moved to our area from other places (including the experience of refugees)• about human rights and the UN Convention on the Rights of the Child• about homelessness

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Physical health and wellbeing	<p>Our pupils will learn about what is portrayed in the media.</p> <p>They will learn:</p> <ul style="list-style-type: none">• that messages given on food adverts can be misleading• about role models• about how the media can manipulate images and that these images may not reflect reality
Drug, alcohol and tobacco education	<p>Our pupils will learn that are different influences associated with taking drugs.</p> <p>They will learn:</p> <ul style="list-style-type: none">• about the risks associated with smoking drugs, including cigarettes, e-cigarettes and cannabis• about different influences on drug use for the drugs: alcohol, tobacco and nicotine products• strategies to resist pressure from others to use drugs (smoking drugs and drinking alcohol) <p>Our pupils will learn about the risks associated with drugs, alcohol and tobacco.</p> <p>They will learn:</p> <ul style="list-style-type: none">• about the risks associated with using different drugs (tobacco/nicotine products, alcohol, solvents, medicines and other legal/illegal drugs)• about assessing the level of risk in different situations involving drug use• about ways to manage risk in situations involving drug use
Careers, financial capability and economic wellbeing	<p>Our pupils will learn about borrowing money.</p> <p>They will learn:</p> <ul style="list-style-type: none">• that money can be borrowed but there are risks associated with this• about enterprise• what influences people's decisions about careers

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<p>Sex and relationships education</p>	<p>Our pupils will learn about healthy relationships.</p> <p>They will learn:</p> <ul style="list-style-type: none">• about the changes that occur during puberty• about menstruation and wet dreams• to consider different attitudes and values around gender stereotyping and sexuality - consider their origin and impact• what values are important to them in relationships and appreciate the importance of friendship in intimate relationships• strategies to deal with feelings in the context of relationships <p>Our pupils will learn about how a baby is made.</p> <p>They will learn:</p> <ul style="list-style-type: none">• about human reproduction in the context of the human lifecycle• how a baby is made and grows (conception and pregnancy)• about roles and responsibility of carers and parents)• that contraception can be used to stop a baby from being conceived• to answer each other's questions about sex and relationships with confidence, and where to find support and advice• the myths and misconceptions about HIV: who it affects and how it is transmitted• about how the risk of HIV can be reduced
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