



## PSHE Curriculum Map 22-23

	Autumn 1 Me and my Relationships	Autumn 2 Valuing Difference	Spring 1 Keeping Myself Safe	Spring 2 Rights and Responsibilities	Summer 1 Being my Best	Summer 2 Growing and Changing
<b>Nursery</b>	Feelings Special people	Recognising similarities and differences. Caring for others	Taking care	Taking care Making choices	Making healthy choices Being persistent	Seasons Growing up
<b>Reception</b>	Feelings Getting help	Recognising and respecting difference. Being kind and caring	Asking for help Keeping healthy Staying safe around medicines	Looking after things	Making healthy choices Being persistent	Life cycles Girls and boys
<b>Year 1</b>	Feelings Getting help Classroom rules	Recognising, valuing and celebrating difference Developing tolerance	How our feelings can keep us safe Keeping healthy Medicine safety	Cooperation and self-regulation	Keeping healthy Growth Mindset	Getting help Becoming independent Body parts
<b>Year 2</b>	Feelings/self-regulation Being a good friend Bullying and teasing Our school rules about bullying	Being kind and helping others Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Safe and unsafe secrets Appropriate touch Medicine safety	Looking after my body Growth Mindset	Being supportive Dealing with loss Life cycles
<b>Year 3</b>	Cooperation Friendships	Recognising and respecting diversity Being respectful and tolerant	Managing risk Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped	Keeping myself healthy Celebrating and developing my skills	Keeping safe Relationships Menstruation
<b>Year 4</b>	Recognising feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use)	Decisions about spending money Media influence Making a difference (different ways of helping others or the environment)	Having choices and making decisions about my health Taking care of my environment	Managing difficult feelings Relationships including marriage Body changes during puberty
<b>Year 5</b>	Feelings Friendship skills, including compromise Assertive skills	Recognising and celebrating difference (including religions and cultural difference)	Managing risk, including staying safe online	Managing risk, including staying safe online Norms around use of legal drugs (tobacco, alcohol) Decisions about money	Growing independence and taking responsibility  Media awareness and safety	Managing difficult feelings Getting help Managing change

		Influence and pressure of social media	Norms around use of legal drugs (tobacco, alcohol)	Rights and responsibilities relating to my health		
<b>Year 6</b>	Assertiveness Cooperation Safe/unsafe touches	Recognising and reflecting on prejudice-based bullying Understanding bystander behaviour	Staying safe online Drugs: norms and risks (including the law) Emotional needs	Earning and saving money Understanding media bias, including social media Caring: communities and the environment	Managing risk Aspirations and goal setting	Self esteem Keeping safe Body Image Sex education (voluntary)