



Janvrin School Curriculum Map: PSHE

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Nursery</b>	Settling in  Following Routines  Learning rules and boundaries  Making friends  Learning to share and take turns	Following routines  Learning rules and boundaries  Making friends  Learning to share and take turns	Following routines  Following rules and boundaries  Making friends  Learning to share and take turns	Following routines  Following rules and boundaries  Making friends  Learning to share and take turns	Following routines  Following rules and boundaries  Making friends  Learning to share and take turns	Following routines  Following rules and boundaries  Making friends  Learning to share and take turns  Self-regulation
<b>Reception</b>	New routines  Sharing  Structure  Timetable	New routines  Sharing  Structure  Timetable	<u><b>Dreams and Goals</b></u>  Overcome challenges  Having a go	<u><b>Healthy me</b></u>  Importance of exercising to have	<u><b>Relationships</b></u> Families/responsibilities  Friendships/ Including	<u><b>Changing me</b></u> Body parts  Healthy bodies  Healthy/unhealthy eating

	<p>Self-regulation</p> <p>Being me in my world</p> <p>No outsiders</p>	<p>Self-regulation</p> <p>Being me in my world</p> <p>No outsiders</p>	<p>Problem solving</p> <p>Resilience</p> <p>Being kind</p> <p>Encourage others</p> <p>Celebrating difference</p> <p>No outsiders</p>	<p>healthy bodies</p> <p>Healthy eating/ balance diet</p> <p>Sleep and bedtimes routines</p> <p>Hands washing</p> <p>Being safe/ not talking to strangers</p> <p>No outsiders</p>	<p>Friendship issues/solving problems</p> <p>Falling out and bullying</p> <p>Best friends</p> <p>Ways to make friends and keep friends together</p> <p>No outsiders</p>	<p>Growing up and changes</p> <p>New beginnings</p> <p>Memories/celebrations</p> <p>No outsiders</p>
<p><b>Year 1</b></p>	<p><b><u>Relationships</u></b> People that care for me</p> <p>different roles my family members play in my family.</p>	<p><b><u>Relationships</u></b></p> <p>situations when someone's body or feelings might</p>	<p><b><u>Living in the wider world (families)</u></b></p> <p>examples of rules in different situations</p>	<p><b><u>Living in the wider world (Media Literacy)</u></b></p> <p>respect for self and others and the importance</p>	<p><b><u>Health and wellbeing</u></b></p> <p>Similarities and differences between people.</p>	<p><b><u>Health and wellbeing</u></b></p>

	<p>identifying different types of touch and how they make people feel</p> <p>how to respond if I feel uncomfortable or unsafe.</p> <p>kind and unkind behaviour</p> <p>difference and similarities to people in my class</p>	<p>be hurt and whom to go to.</p> <p>Privacy - including parts of the body that are private.</p> <p>different types of touch</p> <p>kind and unkind behaviour mean in and out school.</p> <p>How kind and unkind behaviour can make people feel.</p> <p>understand what respect means.</p> <p>How to ask for and give/not give permission.</p>	<p>different jobs and the work people do.</p> <p>how to care for people, animals and other living things in different ways.</p> <p>how and why people use the internet.</p> <p>how to look after the environment, e.g. recycling.</p>	<p>of responsible behaviours and actions</p> <p>communication online in ways that show kindness and respect.</p> <p>where money comes from, how to keep it safe.</p> <p>how money plays an important part in people's lives</p> <p>different groups and communities</p> <p>rights and responsibilities as members of families, other groups and</p>	<p>what makes me unique.</p> <p>identify different emotions.</p> <p>what emotions feel like and what our body does to show them.</p> <p>manage feelings</p> <p>how boys and girls change as they get older</p> <p>the zones of regulation.</p> <p>different emotions.</p> <p>how emotions affect my behaviour.</p> <p>what diversity means.</p>	
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				ultimately as citizens	physical differences between people.	
<b>Year 2</b>	<p><b><u>Relationships</u></b></p> <p>recognising and asking for help</p> <p>how to be a good friend</p> <p>different ways that people make and meet friends</p> <p>strategies for positive play with friends</p> <p>what causes arguments between friends</p> <p>we are all different</p>	<p><b><u>Relationships</u></b></p> <p>describe hurtful behaviour / recognise hurtful behaviour online.</p> <p>what I would do if I were to experience hurtful behaviour online.</p> <p>Identify bullying / how people can be bullied.</p>	<p><b><u>Living in the wider world (families)</u></b></p> <p>part of a group</p> <p>recognise how I am the same and different as others around me.</p> <p>rights and responsibilities.</p> <p>online content and information.</p> <p>diversity</p>	<p><b><u>Living in the wider world (Media Literacy)</u></b></p> <p>what money is and its different forms</p> <p>how money can be kept and looked after.</p> <p>how to get, keep and look after money.</p> <p>recognise the difference between needs and wants</p>	<p><b><u>Health and wellbeing</u></b></p> <p>Physical health and Mental Wellbeing</p> <p>Why sleep is important</p> <p>medicines and keeping healthy</p> <p>managing feelings</p> <p>routines and habits</p> <p>good physical and mental health.</p>	<b><u>Health and wellbeing</u></b>

		<p>Recognise if someone else is being bullied.</p> <p>identify feelings of someone who is being bullied.</p> <p>similarities / differences with friends.</p> <p>confidence</p>		<p>friendship</p>	<p>which foods and drinks effect my dental health.</p> <p>communicate in different ways</p> <p>sign language</p>	
<b>Year 3</b>	<p><b><u>Relationships</u></b></p> <p>recognise and respect that there are different types of families</p> <p>friendships</p> <p>Solving disagreements and conflict</p> <p>Relationships</p>	<p><b><u>Relationships</u></b></p> <p>Safe relationships</p> <p>personal boundaries</p> <p>bullying and hurtful behaviour</p>	<p><b><u>Living in the wider world (families)</u></b></p> <p>Rights and responsibilities</p> <p>Rules and laws</p> <p>Online pictures/photoshop</p>	<p><b><u>Living in the wider world (Media Literacy)</u></b></p> <p>Media Literacy and Digital Literacy</p> <p>make safe, reliable choices from search result</p>	<p><b><u>Health and wellbeing</u></b></p> <p>Physical health and mental wellbeing</p> <p>healthy and unhealthy choices</p> <p>healthy diet</p>	<p><b><u>Health and wellbeing</u></b></p>

	Families Discrimination	effects and consequences of bullying uniqueness		reporting concerns online different job roles skills that are needed in specific jobs recognise aspirations in life stereotypes	positive and negative feelings stereotypes and how they affect people	
Year 4	<u>Relationships</u>  Families and friendships  positive healthy friendships  support with relationships	<u>Relationships</u>  how to manage pressures  how people may behave differently online	<u>Living in the wider world (families)</u>  Belonging to a community  different groups that make up a community  local community  school community.	<u>Living in the wider world (Media Literacy)</u>  budget, values, and beliefs.  saving money.	<u>Health and wellbeing</u>  maintaining a balanced, healthy lifestyle physically and mentally.  physical health  oral hygiene	<u>Health and wellbeing</u>

	<p>relationships online</p> <p>online communication</p> <p>the difference between being playful and being hurtful.</p> <p>accepting difference</p>	<p>reporting concerns and seeking help</p> <p>recognise difference between gender, race, and faith. respecting the differences and similarities between people.</p> <p>assertiveness</p>	<p>Showing compassion</p>	<p>different ways to pay for things</p> <p>online adverts</p>	<p>the effects of different foods and drinks on dental health.</p> <p>physical and emotional changes during puberty</p> <p>mental health</p>	
<p><b>Year 5</b></p>	<p><b><u>Relationships</u></b></p> <p>Families and friendships</p> <p>healthy friendship</p> <p>peer influence</p> <p>seek support in relation to friendships</p>	<p><b><u>Relationships</u></b></p> <p>physical touch acceptable and unacceptable</p> <p>secrets</p> <p>equality</p> <p>discrimination</p>	<p><b><u>Living in the wider world (families)</u></b></p> <p>protecting the environment</p> <p>money</p> <p>mass media</p> <p>unsafe content</p> <p>stereotypes</p>	<p><b><u>Living in the wider world (Media Literacy)</u></b></p> <p>different job titles</p> <p>ambitions</p> <p>careers</p> <p>stereotypes</p>	<p><b><u>Health and wellbeing</u></b></p> <p>healthy diet</p> <p>bedtime routine</p> <p>sleep</p> <p>medicines</p> <p>vaccinations and immunisations</p>	<p><b><u>Health and wellbeing</u></b></p>

				empathy	hygiene	
<b>Year 6</b>	<b><u>Relationships</u></b>  Families and friendships  loving relationships  gender, ethnicity, and faith sexual orientation and gender identity  marriage / forced marriage  immigration	<b><u>Relationships</u></b>  peer pressure  positive and negative pressure  risk of different challenges/dares different perspectives and views  values  positive role models  managing difficult situations online	<b><u>Living in the wider world (families)</u></b>  Prejudice  Discrimination  Stereotypes safe on the internet  overcoming fears about difference.	<b><u>Living in the wider world (Media Literacy)</u></b>  the role that money plays  common risks associated with money, including debt, fraud, and gambling.  how money can be gained or lost  financial help  racist behaviour	<b><u>Health and wellbeing</u></b>  mental health  physical health  negative experiences can affect mental wellbeing  loss and grief  manage time spent online	<b><u>Health and wellbeing</u></b>

		freedom of speech				
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