

# PSHE and RSHE Curriculum Map

Linked to PSHE Association Programme of Study.

Links with Science

Core Theme 1: Health and Wellbeing (H)

Core Theme 2: Relationships (R)

Core Theme 3: Living in The Wider World - Economic wellbeing, Careers, The World of Work) (L)

E-safety, British Values and Citizenship are referenced throughout and identified by the relevant colour.

Elements of this will be delivered through in class teaching, assemblies, circle time, tutor time, and drop down extra-curricular days.

Please note there have been some temporary changes to the order in which some elements of this curriculum have been delivered due to the two lockdown periods of remote learning.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>EYFS</b>	<p><b>All about me:</b></p> <p>H2, H9, H11-H19, H21-24 R1, R2, L1, L4, L8, L17</p> <p>What I like and dislike. Making friends. My feelings and other people's feelings. Giving feedback and support to others.</p>	<p><b>Being a good friend:</b></p> <p>H2, H11-H19, R1, R2, R10, R11, R12 L1, L3</p> <p><b>Choices have consequences that can make me happy or sad. Good and not so good feelings.</b></p>	<p><b>Healthy me:</b></p> <p>H1, H2, H3, H4, H5, H6, H7, H8, H10, H12, H13, R12, L7, L8, L9</p> <p>Exercising, sleeping, keeping clean and keeping myself safe, vaccinations, sun safety.. <b>Online safety.</b></p>	<p><b>Celebrating Differences:</b></p> <p>H13, H14, H21-23, L4, L6, L5, L16, R3, R4, R5, R23, R24, R25</p> <p><b>Different types of families, who can look after me? Where I live.</b></p>	<p><b>Road safety:</b></p> <p>H12, L5, L16</p> <p>How to safely cross the road, THINK!</p> <p><b>L1, L2, L3 L5 Caring for our Environment:</b></p> <p>What improves and harms our natural and built environment?</p>	<p><b>Changes:</b></p> <p>L3, L4, L8, H14, H16, H20, H24, H27</p> <p><b>We are all unique, there will never be another you. Ways in which we are the same but different.</b></p>

<p><b>Year 1</b></p>	<p><b>Right and wrong/secrets:</b></p> <p>R4, R3, R5, R13, R15, R16, R17, R18, R19, R20</p> <p>What is fair and unfair, right and wrong, kind and unkind? Difference between secrets and nice surprises, secrets that make you feel uncomfortable.</p>	<p><b>Playing together:</b></p> <p>H9, H13, R6, R7, R8, R9, R10, R23, R24, R25, L1, L2, L3</p> <p><b>Playing and working cooperatively, negotiation, listening to others. What kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable? Following rules.</b></p>	<p><b>Making Healthy Choices:</b></p> <p>H1, H2, H3, H4, H5, H7, H10-H19, R19, R20, L7, L8, L9</p> <p>Healthy balanced diet, physical activity, sleep, <b>healthy friendships</b> and dental health. <b>Online safety.</b></p>	<p><b>Who am I?</b></p> <p>H9, H11-H19, H21-23, R8, R5, H21-23, R23, R24, R25, L17</p> <p><b>What am I good at? What makes me, me? Self-identity. Celebrating differences and similarities.</b></p> <p><b>Growing and changing:</b></p> <p>H25, H26</p> <p>Name main body parts including external genitalia. Changing from young to old.</p>	<p><b>Water road and home safety:</b></p> <p>H8, H12, L5, H29, H28-H37</p> <p>Road safety recap, staying safe near water, what to do in a fire. Sun safety. Special people who work in our community.</p>	<p><b>Dealing with change:</b></p> <p>H5, H20, H24, R5, L4, H27</p> <p>Changes happening to my family: e.g. moving house, new siblings, loss of a pet, share your opinions.</p>
<p><b>Year 2</b></p>	<p><b>Special people:</b></p> <p>R1, R2, R3, R4, R5, R9, L4</p> <p><b>Identifying special friends, why are they special to me? How should special people care for one another?</b></p>	<p><b>Bullying:</b></p> <p>H13, R12 R13, R14, R19, R20, R21, R22, R23, R24, R25, L3</p> <p><b>Recognising people being unkind and what you should do. To learn strategies to resist teasing and bullying.</b></p> <p><b>Feelings:</b></p>	<p><b>Staying safe:</b></p> <p>H5, H6, H7, H8, H10, H11, H12, H37, R12, L7, L8, L9, L16</p> <p>Medicine safety, being safe around the home, preventing disease spreading, vaccinations, tooth health, sun safety. <b>Online Safety.</b></p>	<p><b>Money:</b></p> <p>L6, L10, L11, L12, L13, L14, L15</p> <p><b>Where does money come from? What is money used for? How to keep money safe/saving money.</b></p>	<p><b>Staying safe in my environment:</b></p> <p>H12, H15, L5, L1, H28-37</p> <p>Railway lines, fire safety, cycle safety. Keeping others safe, secrets. Special people who work in our community. What improves and harms our natural and built environment?</p>	<p><b>Transition:</b></p> <p>H8, H11, H20, H27</p> <p>Transition between key stages. Dealing with loss and separation.</p>

		<p><b>R10, R11, R12, R15, R16, R17, R19, R20, L3, H11-19</b></p> <p>People's feelings and bodies can be hurt, What makes you feel comfortable and uncomfortable? What kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable?</p>				
<b>Year 3</b>	<p><b>Anti-social behaviour:</b></p> <p>L6, L7, L8, R30, R31, R32, R33, R34</p> <p>To know that there are consequences of anti-social, aggressive and harmful behaviour. To develop strategies for getting support. Ways to resolve differences.</p>	<p><b>Conflict Negotiation:</b></p> <p>R10, R11, R12, R14, R15, R19, R20, R21</p> <p>I understand that I should listen and be respectful. I can work collaboratively. Resolving disputes.</p>	<p><b>Balanced lifestyle:</b></p> <p>H1, H2, H3, H5, H6, H7, H8, H9, H10, H11, H12, H13, H14, H15, H12, L11-16</p> <p>Making informed decisions about a balanced lifestyle. Eating a balanced diet. How to stay healthy and minimise risk of spreading disease. Basic emergency procedures. Sun safety Online safety.</p>	<p><b>Different types of partnerships:</b></p> <p>R1- 8, R19, R20</p> <p>Different types of relationships. Committed relationships, civil partnership and marriage.</p>	<p><b>Physical contact:</b></p> <p>R8, R9, R21, R22-29</p> <p>Keeping secrets and what kind of physical contact is acceptable. To understand personal boundaries and our right to privacy.</p>	<p><b>Growing up:</b></p> <p>H8, H9, H10, H30, H31, H32, H33, H34, H35, H45</p> <p>Life cycles, my changing body, boys and girls and body part names.</p>
<b>Year 4</b>	<p><b>Diversity:</b></p> <p>L8, L9, L10, L11, L12, L27, H25, R21</p>	<p><b>Positive relationships:</b></p> <p>R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, R11, R12, R14, R16,</p>	<p><b>Mental and Emotional Health:</b></p> <p>H1, H6, H15, H16, H17, H18, H19, H20, H21, H22 R1</p>	<p><b>Stereotypes:</b></p> <p>R16, R21, R32, R33, R34, L8, L9, L10, L27</p>	<p><b>Finances:</b></p> <p>L17, L18, L19, L20, L21, L22, L23, L24</p>	<p><b>Politics:</b></p> <p>L1, L2, L3, L4, L5, L6, L7, L11, R33. R34</p>

	<p><b>What is a community? National, regional, religious and ethnic identities in the UK. The lives of people living in other places.</b></p>	<p><b>R17, R18, R30, R31, L11, L12, L13, L14, L15, L16</b></p> <p>What is a positive, healthy relationship? How can a relationship be unhealthy. Skills to form and maintain positive relationships. Your actions affect you and others. <b>Online relationships.</b></p>	<p>Positive and negative impacts on my mental and emotional health. Good and not so good feelings. Dealing with conflicting emotions.</p>	<p><b>What is a stereotype? How can I recognise stereotypes? Discrimination. Challenging stereotypes.</b></p>	<p><b>How do personal finances affect me? What is 'interest', 'loan', 'debt' and 'tax'? How economic choices can affect others around the World.</b></p>	<p><b>Know the main political parties and their leaders. To look at and discuss topical issues-offering recommendations.</b></p>
<b>Year 5</b>	<p><b>Achievements/careers : H27, H28, H29, L25, L26, L27, L28, L29, L30, L31, L32</b></p> <p><b>What am I good at? What does the future hold? What will my future career be?</b></p>	<p><b>Sex and relationships education:</b></p> <p><b>H18, H19, H20, H30, H31, H32, H33, H34, R22, R25, R26</b></p> <p>How your body and emotions may change as you approach puberty. What is human reproduction. Taking care of your own body. Boundaries and consent. FGM.</p>	<p><b>Risks:</b></p> <p><b>H8, H9, H10, H13, H35, H37, H38, H39, H41, H42, R15, R18, R23, R24, L11-16</b></p> <p>To know the terms: 'risk', 'danger' and 'hazard'. To recognise how independence may bring greater risk. Pressure to behave in unsafe ways. Sun safety. People who can help you stay safe. To recognise and manage 'dares'. <b>Online safety.</b></p>	<p><b>Images and the Media:</b></p> <p><b>H14, H25, R18, L17, L18, H41, H42, L11-16</b></p> <p><b>Images in the media and how they do not always reflect reality. Resisting pressure and asking for help. How to manage requests for images of yourself or others.</b></p>	<p><b>Enterprise skills:</b></p> <p><b>L25, L26, L27, L28, L29, L30, L31, L32</b></p> <p><b>What is meant by enterprise? Develop enterprise skills through a class project.</b></p>	<p><b>Bikeability:</b></p> <p><b>H21, H37, H38, H39, H41</b></p> <p>Staying safe in your environment. Sensible road use, cycle safety.</p>
<b>Year 6</b>	<p><b>Bullying:</b></p> <p><b>R1-R18 R 19-21</b></p> <p><b>Differences and similarities occur because a number of</b></p>	<p><b>Social Media:</b></p> <p><b>R18, L17, L18, H41, H42, L11-16</b></p> <p>Critically examine what is presented in social</p>	<p><b>Drug Safety:</b></p> <p><b>H40, H43, H44, H46, H47, H48, H49, H50</b></p> <p>The damage caused by commonly available</p>	<p><b>Gender Identity:</b></p> <p><b>R17, H26, H27, H30</b></p> <p>To know that your sex is biologically determined but that</p>	<p><b>Rule of Law:</b></p> <p><b>L2, L3, L4, L5, H45, H46, H47</b></p> <p><b>Rules and laws. How they protect us. How are</b></p>	<p><b>Transition:</b></p> <p><b>H23, H24, H35, H36</b></p> <p>Transition to secondary school.</p>

	<p><b>factors (protected characteristics). The consequences of teasing, bullying and aggressive behaviours.</b></p>	<p>media. How information presented on social media can be misrepresented or misleading. <b>Online safety.</b></p>	<p>substances and drugs. What is a habit and why are they hard to change? Basic first aid.</p>	<p>your gender is not. What is transgender? What is sexual orientation?</p>	<p><b>rules made? Basic rights of a child. Universal rights protect everyone. What cultural practices are against British laws (FGM, etc)?</b></p>	<p>Dealing with loss and separation.</p> <p><b>Sex and relationships education:</b></p> <p><b>H18, H19, H20, H30, H31, H32, H33, H34, R22, R25, R26</b></p> <p>The physical act of sexual reproduction and the journey to the birth of a baby.</p>
<p><b>Year 7</b></p>	<p><b>Transition - Starting Secondary School</b> In school safeguarding awareness <b>H1, H2, H15, R1, R2, R3, L1, L2, L8</b></p> <p><b>Student Leadership L5, L3</b> Democracy - Voting Parliament</p>	<p><b>Human Rights - The Rights of Child</b></p> <p><b>L3, L4, L6, L7</b></p> <p><b>Introduction to Countylines</b> Contextual Safeguarding <b>R6, R7, R28, R29, R34</b></p> <p><b>Anti-Bullying Week</b> Start of November <b>R,27 R28, R29</b></p>	<p><b>Healthy Lifestyles, Healthy Minds</b> How to live a healthy lifestyle both physically and mentally.</p> <p>Drugs - legal/illegal - identifying risk.</p> <p><b>H4, H5, H9, H13, H14, H15, H16, H17, H25, H28</b></p> <p><b>Online Safety -</b> Assessing Risk in the real and online world</p> <p><b>H20, H6, R35, R36, R37, R38, H21, H23</b></p> <p>Child Mental Health Week - Tutor time activities and</p>	<p><b>Relationships and</b> Understanding emotional elements of relationships - Strong feelings and attraction Characteristics of healthy respectful relationships in all contexts</p> <p><b>R1, R4, R5, R6, R7 R8, R13, R27, R34</b></p> <p><b>Introduction to Careers -</b> Personality and Skills analysis <b>L9, L10, L13</b></p> <p><b>Bikeability H23</b></p>	<p><b>Diversity and Inclusion</b> Gender identity, sexuality, sex - terms used. Phobic language and consequences of this. Community cohesion Online bullying - rules and laws Different types of families</p> <p><b>R24, R25, R26, R27, R28, L17, H19, R11, R12, L3, L4, L5</b></p>	<p><b>A Positive Sense of Self</b></p> <p>Mindfulness, positive body image, accepting helpful feedback, and rejecting unhelpful criticism.</p> <p><b>H5, H18, H19</b></p> <p><b>Safety in the community and online</b> Managing risk, Road Safety, Cycling Safety, Staying Safe during the summer</p> <p><b>H21, H22, H23</b></p>

			Assembly <b>H5 H6</b>			
<b>Year 8</b>	<p><b>Democracy, Parliament - Laws/Economy Social and Moral Dilemas</b></p> <p><b>L3, L4,L5, L6,L7, L20</b></p> <p><i>Sex - Understanding puberty &amp; adolescence, conception and development of a baby, the menstrual cycle and contraception are covered through Biology Science.</i></p> <p><i>H11, H7, H12, R5, R15, R21,R22</i></p> <p>HPV - Knowledge of the importance of different vaccinations - Herd immunity <b>H12</b></p>	<p><i>Drugs/Alcohol/Smoking - Covered in Science Factual information</i></p> <p><b>H24, H25, H26, H27, H28, H29, H30, H31</b></p> <p><b>Citizenship -</b> consequences of Crime.</p> <p>Gang/knife culture</p> <p>PREVENT</p> <p><b>External Performance relating to Countylines and follow up work.</b></p> <p><b>R14, R30</b></p>	<p><b>Health Lifestyles and Healthy Minds</b></p> <p><b>Media - self image, social media</b></p> <p>Healthy Relationships</p> <p><b>H1, H4, H5 , R1, R5, R6, R7, R8</b></p> <p>Child Mental Health Week - Tutor time activities and Assembly <b>H5 H6</b></p>	<p><b>Relationships</b></p> <p>Forming Relationships - including sexual attraction</p> <p>Conflict resolution both with peers and adults</p> <p>Long term relationships including marriage, civil partnerships etc</p> <p><b>H18, H19, R4, R5,R9, R10, R13</b></p> <p><b>Bikeability H23</b></p> <p><b>Careers and Enterprise Tenner Challenge</b> Students to work on the Careers and Enterprise Tenner Challenge</p> <p><b>L15, L16, L18, R2, R3</b></p>	<p><b>Spending and Saving</b> Money in the real world. Saving/Spending/Interest etc</p> <p><b>L7, L18, L19, L20</b></p> <p>Careers and jobs - considering pathways Labour Market Information</p> <p><b>L8, L9, L10, L11</b></p> <p><b>Business careers day</b></p>	<p><b>Career Planning</b></p> <p>Strengths and difficulties Setting objectives</p> <p><b>L7, L8, L9</b></p> <p><b>First aid -</b> Basic first aid training <b>H22,H23</b></p> <p>Sex and Relationships Day - making informed choices - consent</p> <p><b>R13, R14, R15, R16, R17, R18, R19, R20, R21, R22, R23</b></p>
<b>Year 9</b>	<p><b>Team work</b></p>	<p><b>Anti-Bullying Week</b> Start of November <b>,R,27 R28, R29</b></p> <p><b>Drugs and alcohol</b></p>	<p><b>Careers</b></p> <p><b>Careers fair</b> linked to options process.</p>	<p><b>Healthy Lifestyles and Healthy Minds</b></p> <p>FGM</p>	<p><i>Biology - Cancer, StiS H32, H12, H10</i></p> <p><b>Citizenship</b></p> <p>Global Issues -</p>	<p><b>Transition to KS4</b></p> <p>Learning and Study Skills <b>L2, L8, L9</b></p>

	<p><b>H1, H2, H3, R1, R2, R3</b></p> <p><b>Healthy Lifestyles and Healthy minds</b>  Body Image  Mental Health  Peer pressure,  Healthy choices  Links between physical and mental health</p> <p><b>H5, H6, H9, H18, H19</b></p>	<p>Dangers, moral responsibilities, rules laws and consequences</p> <p>Peer pressure  Support available  <b>H24, H25, H26, H27, H28, H29, H30, H31</b></p> <p><b>Recognising and Calculating Risks</b> - positive and negative risks. Safe mobile phone use.  <b>H21</b></p>	<p>Consider, wages, salary, costs of living, taxes and take home pay.</p> <p>Debt/Consumer Rights  <b>L12, L13,, L14, L18</b></p> <p>Child Mental Health Week - Tutor time activities and Assembly  <b>H5 H6</b></p>	<p>Sexuality</p> <p>Sexual Identity</p> <p>Sexual Exploitation</p> <p>Sexual health</p> <p>Consent</p> <p>Respect</p> <p>Grooming  <b>H7, H8, H11,H12, R12, R13, R14, R15,R16,R17,R18, R19, R20, R21, R22, R23, R24, R25, R26</b></p>	<p>Democracy - government, terrorism, Climate Change, The EU, Immigration, Asylum</p> <p><b>L3, L4, L5,L6, L7, L19</b></p>	<p>Coping with stress  <b>H4, H5, H6, H1</b></p>
<p><b>Year 10</b></p>	<p><b>Healthy Lifestyles and Healthy Minds</b>  Managing strong emotions  Taking on board constructive feedback  Managing relationships  Stress and Resilience  Taking responsibility for own health  Body image and procedures related to it  Cancer - checking yourself</p>	<p><b>Drugs and Alcohol</b></p> <p><b>Personal Safety Recap first aid, including CPR</b></p> <p><b>Social Media</b>  Sharing views on social media</p> <p><b>L8, L9</b></p> <p><b>H12,H13, H14 , H15, H16, H17</b></p>	<p><b>Sexual Health and Relationships</b>  FGM  Forced Marriage  Sexual Exploitation  Homophobia and Sexuality  Recap contraception  Pregnancy  Abortion  STIs  Abusive relationships  Accessing support for relationship breakdowns  Sex in the media  Consent</p>	<p><b>Understanding the needs of others - locally and across the world</b></p> <p>Adoption and fostering  Supporting others  Discrimination and Bigotry  Extremism (PREVENT)</p> <p><b>R24. R29, L2, L3, L4, L5</b></p>	<p><b>Careers Work Experience</b> - Planning and evaluation  Budgeting and Money  CV Planning  Career Progression</p> <p><b>L1, L10, L11, L12, L13, L20,</b></p>	<p><b>Lifecoices</b>  Money  Debt  Housing  Employment in the local area  Rights and responsibilities in the work place</p> <p>Consumer Rights  <b>L14, L15, L16, L17, L18, L20, L21, L22</b></p>

	H1, H2, H3, H4, H5, H6, H7, H10, H11, H18, R1, R29		Harrasment Assess readiness for sex  H8,H9, R2, R3, R4, R5, R6, R7, R9, R10, R11, R12, R13, R14, R15, R16, R19, R20, R21, R22, R23, R25, R26			
Year 11	<p><b>Careers Provision &amp; Exam Preparation and Support</b></p> <p>Revision Methods and strategies</p> <p>Coping with anxiety and stress / worry from examinations</p> <p>Applications for 6Tth form / College</p> <p>Guest speakers to give bigger picture for post 16 options</p>	<p><b>HCareers Provision &amp; Exam Preparation and Support</b></p> <p>Applications for 6th form / College</p> <p>Further guest speakers to give bigger picture for post 16 options</p> <p>Curriculum Vitae compilation</p> <p><b>L20, L21, L19, L15, L14, L12</b></p>	<p><b>Citizenship</b></p> <p>Democracy/Freedom of speech</p> <p>Diversity</p> <p>Values in Society</p> <p><b>R29, L1, L", L3, L4, L5, L6, L7, L8</b></p>	<p><b>Diversity &amp; Peer Support</b></p> <p>Dealing with obstacles - bereavement, prejudice, separation</p> <p>Positivity and Self-Esteem</p> <p>Peer and self support</p> <p>RSE, mindfulness &amp; stress management (drop down day March)</p>	<p><b>Healthy Choices / Peer Support</b></p>	



