



PSHE Curriculum Map



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception			EYFS — embedded throughout curriculum.			
Year 1	Emotions and Identity: Introduction to emotions and being able to identify them. Understanding differences in each other.	Relationships: Discuss different family members and how they can be different. <i>RSE focus on private parts.</i>	Community: Introduction to what a community is. Discuss the importance of respect and having rules. *Internet safety day	Money and work: Discuss the different forms that money comes in. Understand how money is obtained.	Physical health: Discuss what it means to be healthy and how we can maintain this (focus on diet). Discuss different types of play.	Growing and changing: Understand what change is and if they have experienced this. Discuss good and bad change.
Year 2	Emotions and Identity: Explore new emotions and how they can respond to them. Identifying emotions in other people.	Relationships: Discussing conflicts in friendships and bullying. Who and how to ask for help.	Community: Discuss being a part of a community and the responsibilities this entails. *Internet safety day	Money and work: Understanding a wider range of forms that money comes in. Explore how money can be spent.	Physical health: Discuss routines and habits that can maintain good health. Discuss how medicines can help.	Growing and changing: Explore the human cycle and how our bodies change. <i>RSE focus on body parts.</i>
Year 3	Emotions and Identity: Begin to understand how the cortisol plays a role in our feelings. Recognise how feelings change over time.	Relationships: Understand different relationships including same sex. Discuss the consequences of bullying.	Community: Know why the country has rules and laws. Understand that everybody has human rights, including children. *Internet safety day	Money and work: Discuss different jobs people can have. Understand that there can be stereotypes in the workplace.	Physical health: Identify healthy and unhealthy choices. Know how exercise can affect physical and mental health.	Growing and changing: Know how to identify strengths in themselves and what they're proud of. Learn strategies to deal with setbacks.
Year 4	Emotions and Identity: Children will know how to reduce cortisol to help manage emotions. Understand how personal attributes can build self-esteem.	Relationships: Identify a healthy and unhealthy relationship. Know how to respond if they see hurtful behaviour or bullying.	Community: How to stay safe in the local community and how to look after our local environment. *Internet safety day	Money and work: Understand spending decisions based on wants and needs. Know the different ways you can spend money.	Physical health: Know how to recognise signs of physical illness and how to seek help. Introduce common illnesses. Understand importance of oral hygiene.	Growing and changing: <i>RSE focus on puberty.</i> Understand the physical and emotional changes that come with puberty.
Year 5	Emotions and Identity: Identify ways in which they can problem solve for different emotions. More about personal identity and what contributes to it.	Relationships: How to make people feel included and dealing with conflict. Discussing physical contact.	Community: Dementia focus. Having an awareness of what dementia is and how it can affect people. *Internet safety day	Money and work: Think about jobs for the future and what influences this choice.	Physical health: Understanding the importance of sleep. A more in-depth look at bacteria and viruses.	Growing and changing: <i>RSE focus on FGM</i> Understanding what is meant by FGM and who to talk to about this issue. Ways on improving their mental wellbeing.
Year 6	Emotions and Identity: Dealing with emotions that they will encounter this year. Focus on mental health strategies.	Growing and changing: <i>RSE focus on intercourse</i> Discussion about intercourse and pregnancy.	Money and work: Understand the value of money. Identify risks associated with money.	Physical health: Understand how mental health and physical health are linked. Deeper understanding of healthy choices.	Relationships: Attraction to others, romantic relationships and marriages.	Community: Recap what dementia is and minimising risk. *Include visits to a local care home.