



# PSHE Curriculum Map



Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

Reception

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.  
*RSE focus on private parts.*

EYFS — embedded throughout curriculum.  
**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.  
*RSE focus on body parts.*

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:**  
*RSE focus on puberty.*  
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:**  
*RSE focus on FGM*  
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:**  
*RSE focus on intercourse*  
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.