



# (PSHE) Curriculum Long Term Map



	Reception	Year 1/2		Year 3/4		Year 5/6	
		A	B	A	B	Year 5	Year 6
<b>Term 1 Being me</b>	-Relationships and boundaries  <b>Who are your friends?</b>	-Rules and responsibilities -Expressing feelings  <b>What are your responsibilities at home?</b>	-Hopes and fears -Showing pride  <b>What are your hopes?</b>	-Personal goals -Rights and responsibilities  <b>What are the positive attributes about yourself?</b>	-Democracy -Decision making  <b>What is democracy?</b>	-Personal goals -Rights and responsibilities -Behaviour  <b>How does democracy benefit the school?</b>	-Goals -Universal rights -Local and global Democracy -Rights and responsibilities  <b>What are your rights and responsibilities</b>
<b>Term 2 Celebrating difference</b>	-Accepting difference -Making friends <b>Can you name some differences between you and a friend?</b>	-Similarities and differences -Bullying  <b>What are similarities and differences?</b>	-Stereotypes -Right and wrongs -Bullying  <b>What are your rights as a child?</b>	-Different families -How to help  <b>How can you get help?</b>	-Acceptance - Understanding conflict -Words can be hurtful  <b>How can you resolve conflict?</b>	-Cultural differences -Understanding racism -Comparisons  <b>What does cultural difference mean?</b>	-Understanding disabilities -Understanding bullying -Differences  <b>How are differences a good thing?</b>





# (PSHE) Curriculum Long Term Map



<p><b>Term 3</b></p> <p><b>Dreams and goals</b></p>	<ul style="list-style-type: none"> <li>-Friendly behaviours</li> <li>-Try my best</li> </ul> <p><b>How do you show your best?</b></p>	<ul style="list-style-type: none"> <li>-Simple goals</li> <li>-Tackling challenges</li> <li>-Overcoming obstacles</li> </ul> <p><b>How can you overcome a challenge?</b></p>	<ul style="list-style-type: none"> <li>-Realistic goals</li> <li>-Working with others</li> <li>-Sharing success</li> </ul> <p><b>How do you work well with others?</b></p>	<ul style="list-style-type: none"> <li>-People who have achieved</li> <li>-Identify dreams</li> <li>-Overcome obstacles</li> </ul> <p><b>How will you achieve your dream?</b></p>	<ul style="list-style-type: none"> <li>-Share hopes and dreams</li> <li>-Planning for difficulties</li> </ul> <p><b>How will you overcome an obstacle for a dream?</b></p>	<ul style="list-style-type: none"> <li>-Understanding money</li> <li>-Different Jobs</li> <li>-Positive contributions</li> </ul> <p><b>How can you give a positive contribution?</b></p>	<ul style="list-style-type: none"> <li>-Goal setting</li> <li>-Helping the world</li> <li>-Accepting praise</li> </ul> <p><b>How can you help the world?</b></p>
<p><b>Term 4</b></p> <p><b>Healthy me</b></p>	<ul style="list-style-type: none"> <li>-All about exercise</li> <li>-Healthy choices</li> </ul> <p><b>How can you be healthy?</b></p>	<ul style="list-style-type: none"> <li>-Health/ Unhealthy living</li> <li>-Germs</li> <li>-Medicines</li> <li>-Crossing the road</li> </ul> <p><b>Can you explain what health and unhealthy means?</b></p>	<ul style="list-style-type: none"> <li>-Keeping healthy</li> <li>-Medicines</li> <li>-Food groups</li> <li>-Healthy snacks</li> </ul> <p><b>Can you explain the different food groups?</b></p>	<ul style="list-style-type: none"> <li>-Effect of exercise</li> <li>-Organs</li> <li>-Drugs</li> <li>-Medicines</li> </ul> <p><b>How does exercise help your body?</b></p>	<ul style="list-style-type: none"> <li>-Friendship groups</li> <li>-Facts about smoking</li> <li>-Pressure Right and wrong</li> </ul> <p><b>How do you know if something is right or wrong?</b></p>	<ul style="list-style-type: none"> <li>-Smoking risks</li> <li>-Misusing alcohol</li> <li>-Basic first aid</li> <li>-Food roles</li> </ul> <p><b>What is the best way to look after your body?</b></p>	<ul style="list-style-type: none"> <li>-All about food</li> <li>-Different drug types</li> <li>-Evaluation of alcohol on the body</li> <li>-Mental wellbeing</li> <li>-Stress</li> </ul> <p><b>How do you help your mental wellbeing?</b></p>





## (PSHE) Curriculum Long Term Map



							<b>Can you explain how to help others?</b>
<b>Term 5 Relationships</b>	<ul style="list-style-type: none"> <li>-Special people</li> <li>-Positive relationships</li> </ul> <p style="text-align: center;"><b>Who are your special people?</b></p>	<ul style="list-style-type: none"> <li>-Different family types</li> <li>-Good friends</li> <li>-Special people</li> </ul> <p style="text-align: center;"><b>What makes a good friend?</b></p>	<ul style="list-style-type: none"> <li>-Relationships</li> <li>-Acceptable and unacceptable touch</li> <li>-Secrets</li> <li>-Community</li> </ul> <p style="text-align: center;"><b>What are your relationships within the community?</b></p>	<ul style="list-style-type: none"> <li>-Family roles and responsibilities</li> <li>-Awareness of people in the world.</li> <li>-Express appreciation</li> </ul> <p style="text-align: center;"><b>What are your responsibilities in your family and the world?</b></p>	<ul style="list-style-type: none"> <li>-Important people in their lives</li> <li>-Animal rights</li> <li>-Love and appreciation</li> </ul> <p style="text-align: center;"><b>How do you appreciate the important people in your life?</b></p>	<ul style="list-style-type: none"> <li>-Own self esteem</li> <li>-Negotiate and compromise</li> <li>-Understanding boyfriend/girlfriend relationships</li> <li>-Online safety</li> </ul> <p style="text-align: center;"><b>How do you build your self-esteem?</b></p> <p style="text-align: center;"><b>How do you stay safe online?</b></p>	<ul style="list-style-type: none"> <li>-Significant people in my life</li> <li>-Feelings around death and leaving</li> <li>-Different stages of grief</li> <li>-Use of technology</li> </ul> <p style="text-align: center;"><b>How can you support someone with grief?</b></p>
<b>Term 6 Changing me</b>	<ul style="list-style-type: none"> <li>-Naming body parts</li> <li>-Health Stages of life</li> </ul> <p style="text-align: center;"><b>How are you feeling towards Year 1?</b></p>	<ul style="list-style-type: none"> <li>-Life cycle of humans and animals</li> <li>-Talk about themselves</li> </ul> <p style="text-align: center;"><b>How are you feeling towards Year 2?</b></p>	<ul style="list-style-type: none"> <li>-Life cycles in nature</li> <li>-How they have changed since birth</li> <li>-Differences between boys and girls</li> </ul>	<ul style="list-style-type: none"> <li>-Changes in animals and humans</li> <li>-What do babies need?</li> <li>-Internal and external body parts</li> </ul>	<ul style="list-style-type: none"> <li>-Personal characteristics</li> <li>-Internal and external body parts</li> <li>-Changes in a girl's body so she can have a baby</li> </ul>	<ul style="list-style-type: none"> <li>-Develop self esteem</li> <li>-How girls body changes during puberty</li> <li>-Sexual intercourse leads to contraception</li> </ul>	<ul style="list-style-type: none"> <li>-Self-image</li> <li>-Changes during puberty</li> <li>-Changes of a baby in the womb.</li> <li>-Physical attraction</li> </ul>





## (PSHE) Curriculum Long Term Map



	<b>Can you list the different stages of life?</b>	<b>Can you list the life cycle of a animal?</b>	Different types of touch <b>How are you feeling towards Year 3?</b>  How have you changed since birth?	Changes in a girl's body when they have a baby <b>How are you feeling towards Year 4?</b>  Can you list what babies need?	<b>How are you feeling towards Year 5?</b>  What are your personal characteristics ?	-Talk about going into teenage hood  <b>How are you feeling towards Year 6?</b>  What do you know about teenage hood?	-Changes in relationships -Talk about transition to secondary <b>How are you feeling about going to secondary school?</b>  Can you list the changes of a baby in the womb?
--	---	---	---	--	--	---	--