



(PSHE) Curriculum Long Term Map



At Downton Primary School, we believe that all children should be equipped with the skills that allow them to be lifelong learners and able to apply the skills to the ever changing world around us.

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





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





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							Can you explain how to help others?
Term 5 Relationships	-Special people -Positive relationships Who are your special people?	-Different family types -Good friends -Special people What makes a good friend?	-Relationships -Acceptable and unacceptable touch -Secrets -Community What are your relationships within the community?	-Family roles and responsibilities -Awareness of people in the world. -Express appreciation What are your responsibilities in your family and the world?	-Important people in their lives -Animal rights -Love and appreciation How do you appreciate the important people in your life?	-Own self esteem -Negotiate and compromise -Understanding boyfriend/girlfriend relationships -Online safety How do you build your self-esteem? How do you stay safe online?	-Significant people in my life -Feelings around death and leaving -Different stages of grief -Use of technology How can you support someone with grief?
Term 6 Changing me	-Naming body parts -Health Stages of life How are you feeling towards Year 1?	-Life cycle of humans and animals -Talk about themselves How are you feeling towards Year 2?	-Life cycles in nature -How they have changed since birth -Differences between boys and girls	-Changes in animals and humans -What do babies need? -Internal and external body parts	-Personal characteristics -Internal and external body parts -Changes in a girl's body so she can have a baby	-Develop self esteem -How girls body changes during puberty -Sexual intercourse leads to contraception	-Self-image -Changes during puberty -Changes of a baby in the womb. -Physical attraction





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