

Woodborough Primary School - PSHE long term curriculum map

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media, literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping Safe
R e c e p t i o n	What makes me special, all about me, my feelings	Who can help me, kind and caring	I'm special, differences and similarities between ourselves and our families	Looking after my special people, looking after my friends, caring for our world	Keeping safe online	Looking after money	Healthy eating; bouncing back when things go wrong; a good night's sleep	Life stages- plants, animals and humans; where do babies come from; body parts; getting bigger	Listening to my feelings; keeping myself safe, people who help keep me safe
Y e a r 1	Roles of different people, families: feeling cared for.	Recognising privacy; staying safe; seeking permission.	How behaviour affects others; being polite and respectful.	What rules are; caring for others' needs; looking after the environment.	Using the internet and digital devices; communicating online.	Strengths and interests; jobs in the community.	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them special, managing feelings; naming body parts	How rules and age restrictions help us; keeping safe online
Y e a r 2	Making friends, feeling lonely and getting help.	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour.	Recognising things in common and difference; playing and working cooperatively; sharing opinions.	Belonging to a group; roles and responsibilities; being the same and different in the community.	The internet in everyday life; online content and information.	What money is; needs and wants; looking after money.	Why sleep is important; medicines and keeping healthy; keeping teeth healthy, managing feelings and asking for help	Growing older; naming body parts; moving class	Safety if different environments; risk and safety at home; emergencies
Y e a r 3	What makes a family? Features of a family life.	Personal boundaries, safely responding to others; the impact of hurtful behaviour.	Recognising respectful behaviour, importance of self-respect; courtesy and being polite.	The value of rule and laws; rights and freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Growing up, how and why bodies need to change; understand how babies grow; strengths and achievements	Risks and hazards; safety in the local environment and unfamiliar places
Y e a r 4	Positive friendships, including online.	Responding to hurtful behaviour, managing confidentiality; recognising risks online.	Respecting differences and similarities; discussing differences sensitively.	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; puberty support	Medicines and household products; drugs common to everyday life
Y e a r 5	Managing friendships and peer influence.	Physical contact and feeling safe.	Responding respectfully to a wide range of people, recognising prejudice and discrimination.	Protecting the environment; compassion toward others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations, what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Changes to bodies for reproduction, body parts, menstruation; personal identity, mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Y e a r 6	Attraction to others, romantic relationships, civil partnership and marriage.	Recognising and managing pressure; consent in different situations.	Expressing opinions and respecting other points of view, including discussing topical issues.	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources, sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media