

Curriculum Mapping – PSHE

Year 1

| Topic | National Curriculum | Skills | Vocabulary | Knowledge |
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| Relationships <ul style="list-style-type: none"> • Families and Friendships • Safe Relationships • Respecting ourselves and Others | Programme of Study Refs: R1, R2, R3, R4, R5, R10, R13, R15, R16, R17, R21, R22 | Recognise effects of own behaviour on others and use this to make choices Identify matters that are important to self and others Learn from mistakes and use feedback Participate in discussions about issues that affect self, others and the wider world | Parents Families Brothers/ sisters Care Love Worries Telling Private Feelings touching Permission. Rules Sharing Kind/ unkind Behaviour Polite Respect | Roles of different people; families; feeling cared for Recognising privacy; staying safe; seeking permission How behaviour affects others; being polite and respectful |
| Living in the Wider World <ul style="list-style-type: none"> • Belonging to a Community • Media Literacy and Digital Intelligence • Money and Work | Programme of Study Refs: L1, L2, L3, L7, L8, L14, L16, L17 | State opinions and start to give reasons for these Listen carefully to others Play and work cooperatively Help to ensure that everyone in own group is included | Rules Different needs Caring Respect Recycling Environment Internet Communicate Online Safely Strengths Interests Jobs Community | 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 |

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| <p>Health and Well Being</p> <ul style="list-style-type: none"> • Physical Health and Mental Well Being • Growing and Changing • Keeping Safe | <p>Programme of Study Refs: H1, H2, H3, H5, H8, H9, H10, H11, H12, H13, H14, H15, H21, H22, H23, H24, H28, H34</p> | <p>Begin to show tact and diplomacy</p> <p>Describe feelings about changes in own life and locally</p> <p>Contribute actively and constructively to the life of own class and school</p> <p>Take action when something is unfair</p> | <p>Healthy Clean Hygiene Unhealthy Sun safety Special Unique Same Different Feelings Rules</p> | <p>Keeping healthy; food and exercise; hygiene routines; sun safety</p> <p>Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p>How rules and age restrictions help us; keeping safe online</p> |
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| Topic | National Curriculum | Skills | Vocabulary | Knowledge |
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| Relationships <ul style="list-style-type: none"> Families and Friendships Safe Relationships Respecting ourselves and Others | Programme of Study Refs: R6, R7 R8, R9, R24, R11, R12, R14, R18, R19, R20, R23, R25 | Recognise effects of own behaviour on others and use this to make choices Identify matters that are important to self and others Learn from mistakes and use feedback Participate in discussions about issues that affect self, others and the wider world | Kindness Honesty Listening Friends Arguments Lonely Unhappy Bullying Online Secrets Pressure Similarities and differences | Making friends; feeling lonely and getting help Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Recognising things in common and differences; playing and working cooperatively; sharing opinions |
| Living in the Wider World <ul style="list-style-type: none"> Belonging to a Community Media Literacy and Digital Intelligence Money and Work | Programme of Study Refs: L2, L4, L5, L6, L8, L9, L10, L11, L12, L13, L15 | State opinions and start to give reasons for these Listen carefully to others Play and work cooperatively Help to ensure that everyone in own group is included | Groups Rights Responsibilities Community Internet Online Factual Entertainment False Money Spending Saving Paying Needing and wanting | 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 |
| Health and Well Being <ul style="list-style-type: none"> Physical Health and Mental Well Being | Programme of Study Refs: H4, H6, H7, H16, H17, H18, H19, H20, H25, H26, H27, H29, H30, | Begin to show tact and diplomacy | Physical health Mental health Sleep Dental health Mood Feeling | Why is sleep important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help Growing older; naming body parts; moving class or year |

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| <ul style="list-style-type: none"> • Growing and Changing • Keeping Safe | H31, H32, H33, H35, H36, | Describe feelings about changes in own life and locally Contribute actively and constructively to the life of own class and school Take action when something is unfair | Change Loss Growth Change Goals Safety Rail Water Medicines Homes Emergency | Safety in different environments; risk and safety at home; emergencies |
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Year 3

| Topic | National Curriculum | Skills | Vocabulary | Knowledge |
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| Relationships | Programme of Study Refs: | Identify connections between personal decisions and issues | different families single parents, same-sex parents, | What makes a family; features of family life |

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| <ul style="list-style-type: none"> • Families and Friendships • Safe Relationships • Respecting ourselves and Others | <p>R1, R6, R7, R8, R9, R19, R22, R24, R30, R31</p> | <p>affecting people locally and globally</p> <p>Explore reasons for negative feelings towards others and in new or difficult situations</p> <p>Listen attentively, question and respond to others</p> <p>Express own views and ideas on issues clearly, using a range of appropriate methods</p> | <p>step-parents, blended families, foster and adoptive support</p> <p>stability and love</p> <p>time together</p> <p>love</p> <p>caring</p> <p>encouragement</p> <p>unsafe</p> <p>unhappy</p> <p>privacy boundaries</p> <p>passwords</p> <p>bullying</p> <p>hurtful</p> <p>helpful</p> <p>self-respect</p> | <p>Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p>Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p> |
| <p>Living in the Wider World</p> <ul style="list-style-type: none"> • Belonging to a Community • Media Literacy and Digital Intelligence • Money and Work | <p>Programme Of Study</p> <p>Refs: L1, L2, L3, L11, L12, L25, L26, L27, L30</p> | <p>Give reasons, evidence and examples in support of an opinion</p> <p>Work cooperatively to solve problems or achieve goals</p> <p>Use strategies to manage anger, frustration and aggressive feelings</p> <p>Use knowledge of others' viewpoints to</p> | <p>Rules</p> <p>Laws</p> <p>Human rights</p> <p>Rights</p> <p>Responsibilities</p> <p>Online</p> <p>Accurate information</p> <p>Adapted/ edited images</p> <p>Reliable choices</p> <p>Appropriate searches</p> <p>Jobs</p> <p>Stereotypes</p> <p>Myths</p> <p>Goals</p> <p>Skills</p> | <p>The value of rules and laws; rights, freedoms and responsibilities</p> <p>How the internet is used; assessing information online</p> <p>Different jobs and skills; job stereotypes; setting personal goals</p> |

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| <p>Health and Well Being</p> <ul style="list-style-type: none"> Physical Health and Mental Well Being Growing and Changing Keeping Safe | <p>Programme Of Study Refs: H1, H2, H3, H4, H6, H7, H17, H18, H19, H27, H28, H29, H38, H39, H41</p> | <p>resolve problems and compromise</p> | <p>Health choices Balanced diet Exercise Positive and negative feelings Being unique Strengths Challenges Setbacks Hazards Risks Fire safety</p> | <p>Health choices and habits; what affects feelings; expressing feelings</p> <p>Personal strengths and achievements; managing and reframing setbacks</p> <p>Risks and hazards; safety in the local environment and unfamiliar places</p> |
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Year 4

| Topic | National Curriculum | Skills | Vocabulary | Knowledge |
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| <p>Relationships</p> <ul style="list-style-type: none"> Families and friendships Safe relationships | <p>Programme of Study Refs: R10, R11, R12, R13, R18,</p> | <p>Identify connections between personal decisions and issues affecting people locally and globally</p> | <p>Friendships Trust Positive Respect Support</p> | <p>Positive friendships, including online</p> <p>Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> |

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| <ul style="list-style-type: none"> Respecting Ourselves and Others | <p>R20, R23, R27, R28. R32, R33</p> | <p>Explore reasons for negative feelings towards others and in new or difficult situations</p> <p>Listen attentively, question and respond to others</p> <p>Express own views and ideas on issues clearly, using a range of appropriate methods</p> | <p>Lonely Risk Online Teasing Bullying Witness Pressure Secrets/ confidence Gender Race Faith Values Shared likes/ interests Differences Respect</p> | <p>Respecting differences and similarities; discussing difference sensitively</p> |
| <p>Living in the Wider World</p> <ul style="list-style-type: none"> Belonging to a Community Media Literacy and Digital Intelligence Money and Work | <p>Programme Of Study Refs: L4, L6, L7, L13, L14, L17, L19 L20, L21</p> | <p>Give reasons, evidence and examples in support of an opinion</p> <p>Work cooperatively to solve problems or achieve goals</p> <p>Use strategies to manage anger, frustration and aggressive feelings</p> <p>Use knowledge of others' viewpoints to resolve problems and compromise</p> | <p>Community Belonging Individuals Contribute Volunteer Responsibility Digital footprint Information Advertising Spending Budget Value Needs Cards Cash E payment</p> | <p>What makes a community; shared responsibilities</p> <p>How data is shared and used</p> <p>Making decisions about money; using and keeping money safe</p> |

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| <p>Health and Well Being</p> <ul style="list-style-type: none"> • Physical Health and Mental Well Being • Growing and Changing • Keeping Safe | <p>Programme Of Study Refs: H2, H5, H11, H30, H31, H32, H34, H10, H38, H40, H46</p> | | <p>Balanced Physical Mental Healthy lifestyle Illness Dental hygiene Puberty Menstruation Changes Erection Wet dreams Drugs Medicines Side effects Risks Habits Advice</p> | <p>Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p>Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p>Medicines and household products; drugs common to everyday life</p> |
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Year 5

| Topic | National Curriculum | Skills | Vocabulary | Knowledge |
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| <p>Relationships</p> <ul style="list-style-type: none"> • Families and Friendships • Safe Relationships | <p>Programme of Study Refs: R14, R15, R16, R17, R18, R26, R9, R25, R26, R27, R29, R20, R21, R31, R33</p> | <p>Recognise personal strengths and weaknesses Evaluate ways in which emotions, words and behaviour</p> | <p>Friendship Included Peer influence Peer approval Assertive communication</p> | <p>Managing friendships and peer influence</p> <p>Physical contact and feeling safe</p> |

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| <ul style="list-style-type: none"> Respecting ourselves and Others | | <p>can affect people both locally and globally</p> <p>Communicate effectively through a range of media about issues to suit subject, audience and purpose</p> <p>Use active listening skills</p> <p>Adapt behaviour to new cultural environments</p> | <p>Resolve disputes</p> <p>Physical touch</p> <p>Permission</p> <p>Unwanted</p> <p>Unacceptable</p> <p>Treated equally</p> <p>Respect</p> <p>Traditions</p> <p>Beliefs</p> <p>Discrimination</p> <p>Sexism</p> <p>Racism</p> <p>Homophobia</p> <p>Trolling</p> | <p>Responding respectfully to a wide range of people; recognising prejudice and discrimination</p> |
| <p>Living in the Wider World</p> <ul style="list-style-type: none"> Belonging to a Community Media Literacy and Digital Intelligence Money and Work | <p>Programme Of Study Refs: L4, L5, L19, L12, L14, L27, L28, L29, L31, L32</p> | <p>Take on different roles in group work</p> <p>Employ effective strategies for repairing damaged relationships</p> <p>Adapt to new situations and explore new ways of seeing local and global issues</p> <p>Explore multiple perspectives and alternative visions of the future</p> | <p>Communities</p> <p>Environment</p> <p>Protection</p> <p>Responsibility</p> <p>Media</p> <p>Fact</p> <p>Opinion</p> <p>Bias</p> <p>Stereotype</p> <p>Reliable</p> <p>Suspicious</p> <p>Ambition</p> <p>Career</p> <p>Diversity</p> <p>Inclusion</p> | <p>Protecting the environment; compassion towards others</p> <p>How information online is targeted; different media types, their role and impact</p> <p>Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p> |
| <p>Health and Well Being</p> <ul style="list-style-type: none"> Physical Health and | <p>Programme Of Study Refs: H8, H9, H10, H12 H16, H25, H26, H27 H38, H43, H44, H45</p> | <p>Adapt to new situations and explore new ways of seeing local and global issues</p> <p>Explore multiple perspectives and alternative visions of the future</p> | <p>Sleep</p> <p>Benefits</p> <p>Sun damage</p> <p>Risk</p> <p>Medicines</p> <p>Diseases</p> | <p>Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p>Personal identity; recognising individuality and different qualities;</p> |

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| <p>Mental Well Being</p> <ul style="list-style-type: none"> • Growing and Changing • Keeping Safe | | <p>Identify and plan appropriate action/s and opportunities to make own voice heard Challenge viewpoints which perpetuate inequality and injustice Reflect on learning from taking action</p> | <p>Allergies Vaccination Immunity Identity Gender Individuality Well-being Risk Unsafe Emergency Injury Female genital mutilation</p> | <p>mental wellbeing</p> <p>Keeping safe in different situations, including responding in emergencies, first aid and FGM</p> |
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Year 6

| Topic | National Curriculum | Skills | Vocabulary | Knowledge |
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| <p>Relationships</p> <ul style="list-style-type: none"> • Families and friendships • Safe relationships | <p>Programme of Study Refs: R1, R2, R3, R4, R5, R7 R26, R28, R29 R30, R34</p> | <p>Recognise personal strengths and weaknesses Evaluate ways in which emotions, words and behaviour can affect people both locally and globally</p> | <p>Loving Gender Sexual orientation Relationship Commitment Marriage Civil partnership Pressure Risk</p> | <p>Attraction to others; romantic relationships; civil partnership and marriage</p> <p>Recognising and managing pressure; Consent in different situations</p> <p>Expressing opinions and respecting</p> |

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| <ul style="list-style-type: none"> • Respecting Ourselves and Others | | <p>Communicate effectively through a range of media about issues to suit subject, audience and purpose Use active listening skills</p> | <p>Challenges Permission Values Behaviour Positive role model Respect Conflict</p> | <p>other points of view, including discussing topical issues</p> |
| <p>Living in the Wider World</p> <ul style="list-style-type: none"> • Belonging to a Community • Media Literacy and Digital Intelligence • Money and Work | <p>Programme Of Study Refs: L8, L9, L10, R21 H37, L11, L13, L15, L16 L18, L22, L23, L24</p> | <p>Adapt behaviour to new cultural environments</p> <p>Take on different roles in group work Employ effective strategies for repairing damaged relationships</p> <p>Adapt to new situations and explore new ways of seeing local and global issues</p> | <p>Prejudice Discrimination Challenge Stereotype Influence Communication Fake Restrictions Manipulate Inappropriate Online Value for money Critical consumer Debt Fraud Gambling Finance</p> | <p>Valuing diversity; challenging discrimination and stereotypes</p> <p>Evaluating media sources; sharing things Online</p> <p>Influences and attitudes to money; money and financial risks</p> |
| <p>Health and Well Being</p> <ul style="list-style-type: none"> • Physical Health and Mental Well Being | <p>Programme Of Study Refs: H13, H14, H15, H20, H21, H22, H23, H24, H33, H35, H36 H37, H42, H46, H47, H48, H49, H50</p> | <p>Explore multiple perspectives and alternative visions of the future</p> | <p>Mental well-being Strategies Conflicting feelings Support Grief Change Support</p> | <p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p> <p>Human reproduction and birth; increasing independence; managing</p> |

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| <ul style="list-style-type: none"> • Growing and Changing • Keeping Safe | | <p>Identify and plan appropriate action/s and opportunities to make own voice heard Challenge viewpoints which perpetuate inequality and injustice Reflect on learning from taking action</p> | <p>Change Independence Transition Intercourse Pregnancy Sperm Egg Womb Fertilize Pregnancy Drugs Medicine Risk Illegal/ legal Report</p> | <p>transitions</p> <p>Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p> |
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