

PSHE  
Curriculum Road Map Year 1



### My Family and Me

#### Autumn 1 -

This unit allows the children to get to know each other better as they start their time in Year One. This is done through exploring the similarities and differences between individuals and their families. They will learn to appreciate that these similarities and differences are what makes them special. The children end the unit by exploring how we care for each other and how to find help when worried.

#### Why do we follow on with this unit?

To develop understanding of themselves, in relation to their physical and mental wellbeing.

#### What skills will we continue to build upon?

Understanding how to share views respectfully about how to take care of themselves.

### Being the Healthiest Me

#### Autumn 2 -

In this unit, children will learn how to be healthy physically and mentally. By the end of this unit, children should be able to recognise their own strengths and feelings and have strategies for how to deal with them and develop them. Children will be aware of how to independently look after their own personal hygiene. Also, children will know of people in the wider community who can support when they need help and how to ask for help, using the skill of resilience.

### Citizenship

#### Spring 1 -

This unit will allow children to begin to understand how different types of behaviour can affect others around them. They will also be introduced to some key vocabulary: respect, tolerance and empathy. By the end of the unit, children should be able to identify kind and unkind behaviours and describe some of the feelings and emotions brought on by these behaviours.

**Why do we follow on with this unit?**  
To develop an understanding of the importance of taking personal responsibility for the well-being of ourselves and others.

**What skills will we continue to build upon?**  
Understanding how to give explanations e.g. of why we have rules.



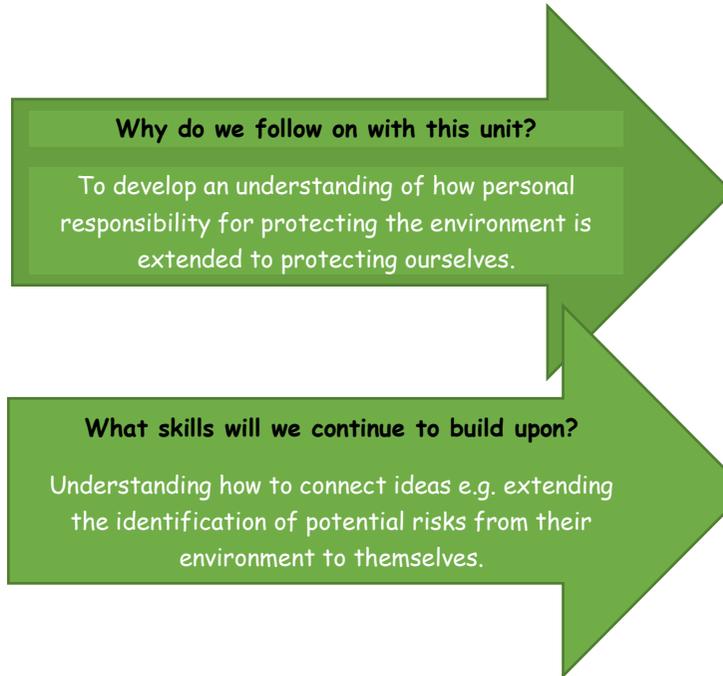
PSHE  
Curriculum Road Map Year 1



### Caring for the Wider World

Spring 2 -

In this unit, children will be exposed to some key texts, which explore the idea of the natural world and how humans fit into it. Furthermore, children will be given the opportunity to explore and discuss how to protect the natural world and will identify some key procedures that they can take part in to help with this process. Children should know the terms reduce, reuse, recycle and what endangered means. Some children will be able to identify endangered species and suggest ways they can be protected.



### Safe Me

Summer 1 -

This unit focuses on how children can stay safe, how to seek help when feeling unsafe and who they can turn to, including organisations such as Childline. Children will continue to develop the skills of resilience knowing the different ways they can ask for support. Children will learn how to respond to different adults appropriately and safely. Children will learn about the importance of medicines and vaccinations and how they keep us safe.

### Economics

Summer 2 -

Children will be introduced to the physical concept of money and how people earn it. They will discuss how money is spent and on what, as well as begin to understand how money can be used to help others in the community and the concept of charity. All children will have the opportunity to take part in an enterprise scheme, which is relevant to them and their setting, either in school or in the wider community. Finally, children will be able to suggest differences between a need and a want and how these affect our everyday lives.



PSHE  
Curriculum Road Map Year 2



### How am I Feeling?

Autumn 1 -

Throughout this unit, children will learn to recognise and name a wider range of feelings and understand how these affect their bodies. Children will learn the difference between physical and emotional feelings. By the end of the unit, children will understand how their feelings can change and how to manage and share their feelings, particularly to make themselves feel good or better

**Why do we follow on with this unit?**

To develop an understanding of how to manage feelings in relation to others.

**What skills will we continue to build upon?**

Understanding how to be an effective member of a small group, share ideas and be able to discuss what-if scenarios.

### My Friends and Me

Autumn 2 -

This unit is about staying mentally healthy through the understanding of what makes a good friend and how to deal with any conflicts that may arise. This also helps children recognise what they could do if they are feeling lonely. Then the children learn about what bullying is, including the different types of bullying and how they can find help and support if they are facing any of these difficulties.

### Healthy Me

Spring 1 -

This unit builds upon learning from Year 1 where children will learn a wider variety of things that are needed to maintain a healthy mind and body. Children will investigate the impact of including too much sugar in their diet and how to keep their teeth healthy. During this unit, children will understand how important physical activity is and why sufficient sleep contributes to a healthy lifestyle.

**Why do we follow on with this unit?**  
To develop an understanding that a healthy body is as important as a healthy mind.

**What skills will we continue to build upon?**  
Understanding how to respectfully share views about their health and well-being.



PSHE  
Curriculum Road Map Year 2



### Jobs in our community

Spring 2 -

This unit allows children to gain an understanding of the role jobs serve in their local community. Children will have the opportunity to explore their local community and be exposed to a range of different careers. By the end of this unit, children will be able to select a job of their choice and explain the skills involved.

#### Why do we follow on with this unit?

To develop an understanding of how appropriate relationships can be applied to any context, including the world of work.

#### What skills will we continue to build upon?

Understanding how to build on others' ideas through discussion and debate.

### My Body?

Summer 1 -

This unit supports children in understand what inappropriate touching is and how they can find support in these situations. Following on from this they define what an unsafe secret is and how to be resilient when asking for help.

### What's the Risk?

Summer 2 -

In this unit, children will learn about rules that keep us safe at home, school and online. They will consider environments and situations, which could be unsafe and learn ways to remove themselves from them. Children will learn how to keep themselves safe when online and how to respond to peer pressure, asking for help and support when needed.

**Why do we follow on with this unit?**  
To further develop an understanding of situations that present risk and how to manage them.

**What skills will we continue to build upon?**  
Understand how to contribute effectively in small groups and be able to put forward what-if suggestions in relation to keeping safe.



PSHE  
Curriculum Road Map Year 3



### Pressures I May Face

Autumn 1

In this unit, children will explore the pressures they may face in everyday life from false advertisements to peer pressure. Children will learn the importance of managing conflicting and challenging feelings and behaviours. Finally, children will learn the importance of asking and giving permission to touch and that their bodies belong to them. They will continue to develop their resilience skills when asking for support.

**Why do we follow on with this unit?**

To develop an understanding that external pressures can also come through friendships.

**What skills will we continue to build upon?**

Understanding how to explore a range of different possibilities in relation to healthy and unhealthy friendships.

### Great Friends Think Alike

Autumn 2 -

The children continue to develop their understanding of friendships from Year Two, focusing on how a friendship can affect one's wellbeing and what an unhealthy friendship looks like. The children develop the skills to manage these situations and who they can go to for help and support.

### Looking After Me

Spring 1

In this unit, children will revisit previous learning on the importance of hygiene, oral hygiene, a healthy diet and physical activity. In Year 3, they explore how a balanced diet, different types of physical activity and sleep all come together to help us have a healthy body and mind. Children also discuss why having hygiene routines help us stay healthy.

**Why do we follow on with this unit?**  
To further develop understanding that in addition to positive friendships, wellbeing is also enhanced by a healthy lifestyle.

**What skills will we continue to build upon?**  
Understanding how to stay focused on the matter at hand and explaining how ideas are linked to previous learning.



PSHE  
Curriculum Road Map Year 3



### People in our Community

Spring 2 -

This unit builds on learning from Year 1 around community, with a focus on people who make up a community. Children will reflect on the diversity in their community and the positive contribution this has on their own lives. They will also begin to consider stereotypes in a community and the impact this can have on people.

**Why do we follow on with this unit?**

To develop an understanding that respect is a common theme that helps communities and families live in harmony.

**What skills will we continue to build upon?**

Understanding how to explore a range of different possibilities in relation to family life.

### We are family

Summer 1 -

In this unit, the children will build upon their knowledge of families from Year One. They explore different family types and focus on why we should respect these differences. The children learn about common features of families and how a healthy family is built on a foundation of love and caring. Finally, the children develop their understanding of who can help them if they have family issues such as Childline.

### First aid

Summer 2 -

In this unit, we will introduce the children to what "First aid" is and how they will deal with situations that may arise. In year 3 they will focus on "bites and stings" following the St John's ambulance service resources. They will also look at the importance of washing their hands and how to keep themselves safe.

**Why do we follow on with this unit?**  
To develop an understanding that as well as help being received, it can be given in order to help others.

**What skills will we continue to build upon?**  
Understanding how to keep focussed on the matter at hand when dealing with first aid situations that might arise.



PSHE  
Curriculum Road Map Year 4



### My Feelings and Me

Autumn 1

In this unit, children will recognise how everyday events can affect their feelings and behaviour. They will consider strategies to help manage feelings in these situations. Children will begin to think about their own character traits and how these can be used positively to build their self-esteem. They will also set goals and consider how to overcome barriers in their quest to achieve their goals.

#### Why do we follow on with this unit?

To further, develop an understanding of how ones feelings and the feelings of others are intrinsically linked to how we behave and how others behave.

#### What skills will we continue to build upon?

Understanding how to identify associated concepts and explain their relevance, in relation to rights and responsibilities.

### Responsible Me

Autumn 2 -

This unit goes back to understanding what a healthy relationship is, then takes the learning forward by exploring what rights and responsibilities people should be given and receive. This is challenged by exploring when privacy rights may be broken to protect someone's safety.

### Respecting the individual

Spring 1 -

This unit build on the children's previous learning about respecting others and people who may be different to you. The children develop their learning through the understanding of different forms of exclusion including stereotyping and discrimination. This is underpinned by an emphasis on how everyone's rights are protected by law.

**Why do we follow on with this unit?**  
To further develop an understanding of how to self-regulate through the choices we make (to follow on from manaaina feelinas.)

**What skills will we continue to build upon?**  
Understanding how to empathise with how others are feeling or thinking, in relation to showing and receiving respect.



PSHE  
Curriculum Road Map Year 4



## Managing Myself and My Behaviour

Spring 2

In this unit, children will focus on their behaviours and how they can be influenced and changed by external pressures e.g. their peers and online use. Children develop their self-esteem and self-worth and make that link between them and recognising personal qualities. Children will think about their goals and setting realistic goals. Children learn about rules and laws that are made to keep us safe and the importance of them. Finally, children continue to work on the skill of resilience.

### Why do we follow on with this unit?

To further develop skills and vocabulary needed to share thoughts, ideas and opinions in discussion.

### What skills will we continue to build upon?

Understanding of how to draw upon evidence and one's own experience to be able to better appreciate and exercise collective responsibility.

## Living in the wider world Collective responsibility

Summer 1 -

In this unit, children will gain a greater understanding of environmental issues and their responsibility towards looking after their environment. They will choose an issue they feel passionate about and design a solution to the problem. They will produce a persuasive piece of writing to advertise their product. Children will also learn how to protect and care for animals.

## Health and Wellbeing Puberty

Summer 2 -

In this unit, children will be introduced to the human life cycle. They will understand what puberty means and learn about physical and emotional changes that may occur. They will know what menstruation is and how they can seek support if needed. Children will know ways in which they can keep themselves clean, as they grow older.

**Why do we follow on with this unit?**  
To develop an understanding of the importance of taking care of themselves as well as others.

**What skills will we continue to build upon?**  
Understanding how to empathise with how others are feeling or thinking and be willing to illustrate the ideas of others with their own experiences, in relation to physical changes happening to their bodies.



PSHE  
Curriculum Road Map Year 5



## Similarities, Differences and Stereotypes.

Autumn 1 -

In this unit, children will consider their own identity and the similarities and differences that they share with others. Children will consider how gender identity affects their behaviour and that of others. They will understand the concept of stereotyping and how to challenge it in a positive manner.

**Why do we follow on with this unit?**

To further develop questioning that challenges stereotypes associated with different types of jobs.

**What skills will we continue to build upon?**

Understanding of how to evaluate in some detail a range of possibilities and opportunities in relation to the world of work.

## Careers Week

Autumn 2 -

In this unit, children will be exposed to a number of different careers through a careers week. They will have the opportunity to hear about visitor's career journeys and learn about transferrable skills. Children will relate having a job to earning money and reflect on differences in the value of money in other countries. They will also understand how advertising can influence spending, how gambling can be a risk to maintaining a healthy income and become aware of stereotypes in the workplace.

## Online Safety

Spring 1 -

This unit builds on previous lessons of privacy and keeping safe online by exploring the different images and interactions the children will have with others. The children develop their understanding of the consequences of their online footprint and how they should be cautious about what they post online.

**Why do we follow on with this unit?**  
To further, develop the concept of personal safety through the skilled choices that we make.

**What skills will we continue to build upon?**  
Understanding of how to show appreciation for the comments of others and how the ideas of others can challenge our thinking.



PSHE  
Curriculum Road Map Year 5



### First Aid and Head Injuries

Spring 2 -

The children develop their understanding of first aid from their lessons within year three by going into more detail on what to do in the event of a head injury and also if someone is having an asthma attack.

**Why do we follow on with this unit?**

To develop further understanding about the intricate workings of the body.

**What skills will we continue to build upon?**

Understanding how to air feelings in a way that supports an enquiry into a sensitive subject matter and encourages others to contribute.

### Growing Up

Summer 1 -

How can we deal with changes in our body? This unit allows children to gain a greater understanding of how their bodies will change throughout puberty. The children will have the chance to learn more detail on menstruation and wet dreams. They will also have a chance to discuss how the media portrays body image and how this can affect confidence and self-esteem.

### What do I know about Drugs?

Summer 2

In this unit, children will develop their knowledge on the different types that people may take - from legal to illegal drugs. Children will understand why people take drugs and delve into the dark side of drug taking e.g. the risks and side effects and the reasons for addiction. Children will work in groups to think of ways of how they can ask for help and support and how they can avoid the threat of taking a drug.

**Why do we follow on with this unit?**  
To develop further awareness of our bodies in relation to the adverse side effects of drugs.

**What skills will we continue to build upon?**  
Understanding how to critically evaluate one's own evidence and that offered by others, when discussing or debating the world of drugs.



PSHE  
Curriculum Road Map Year 6



### My Mental Health and Me

#### Autumn 1 -

In this unit, children will focus on mental health. With mental health becoming a big issue for children in today's society, it's important that we teach children what mental health is, the causes of poor mental health and the signs of poor mental health. Most importantly, in this unit, children will also learn about different strategies to help with their mental health and why self-confidence is important when it comes to having a good mental health. Finally, children will learn to whom they can ask for help and support if needed.

#### Why do we follow on with this unit?

To develop understanding of the link between the choices we make and our physical and mental health.

#### What skills will we continue to build upon?

Understanding of how to suggest and explain new and novel ideas that build on the ideas of others whilst in discussion or debate.

### Choices, Choices, Choices...

#### Autumn 2 -

Throughout this unit, the children will learn the importance of good physical and mental health. They will develop their knowledge of a balanced diet to include calorie intake and nutritional value. When exploring the use of drugs, the children will consider the effect on the wider family and the implications that this might have. Finally, children will develop strategies in order to say no to their friends when under pressure.

### Living in an online world

#### Spring 1 -

In this unit, the children will have a chance to recap what they have learned about staying safe online. They will also become "teachers" and support another year group with understanding what acceptable behaviour is online. The final section to this unit will give the children a chance to reflect and ask questions about being safe online.

#### Why do we follow on with this unit?

To further, develop the concept that the choices we make influence how safe we can keep ourselves when online.

#### What skills will we continue to build upon?

Understanding of how to extend and show their thinking beyond PSHE lessons, in relation to online safety.



PSHE  
Curriculum Road Map Year 6



### Changing Relationships

Spring 2 -

In this unit, children will learn about the diversity of different kinds of relationships and how these can change over time. They will consider what makes a healthy loving relationship and some of the reasons relationships may come to an end.

**Why do we follow on with this unit?**

To further, develop an understanding of what makes a healthy, loving relationship.

**What skills will we continue to build upon?**

Understand of how to alter strategies to an investigation that will ensure progress is made, and allow you to succinctly summarise the learning that has taken place as a result.

### Reproduction

Summer 1 -

In this unit, children will recap their knowledge around puberty. They will learn about reproductive organs and how these function during conception. Children will then reflect on what makes a loving and safe relationship. They will think about how to look after a baby and take responsibility for caring for an egg for a period of time. The unit also includes different ways of creating a family including fostering, adoption, IVF and surrogacy.

### Moving On Up

Summer 2 -

The purpose of this unit to prepare children with their transition to high school. The children will learn about the need to take responsibility for their own learning and resources to have a successful move to high school. This will involve working closely with the children's next school to help address any worries the children may have and create strategies to help them manage the transition.

**Why do we follow on with this unit?**  
To further, develop the skills of how to make and sustain positive relationships.

**What skills will we continue to build upon?**  
Understanding how to explain new and novel ideas that build on the ideas of others and extend their thinking beyond PSHE lessons, in relation to the subject of secondary transfer.

