



HOLY NAME CATHOLIC PRIMARY SCHOOL

Curriculum Map - PSHE

Autumn Term							
Term	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<u>Being Me in My World</u> Self-identity Understanding feelings Being in the classroom Being gentle Rights and responsibilities	<u>Being Me in My World</u> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	<u>Being Me in My World</u> Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	<u>Being Me in My World</u> Setting personal goals Self identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	<u>Being Me in My World</u> Being part of a class team Being a school citizen Rights, responsibilities and democracy (School Council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	<u>Being Me in My World</u> Planning the forth coming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	<u>Being Me in My World</u> Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice, anti-social behaviour Role modelling
Autumn 2	<u>Celebrating Differences</u> Identifying talents Being special Families Where we live Making friends Standing up for yourself	<u>Celebrating Differences</u> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	<u>Celebrating Differences</u> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	<u>Celebrating Differences</u> Families and their differences Family conflict and how to manage it (child centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	<u>Celebrating Differences</u> Challenging assumptions Judging by appearance Accepting self and others Understanding influence Understanding bullying, problem-solving Identifying how special and unique everyone is First impressions	<u>Celebrating Differences</u> Cultural differences and how they can cause conflict Racism Rumours and name calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	<u>Celebrating Differences</u> Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy

Success Takes Application, Resilience & Stickability

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Spring Term							
Term	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Spring 1	<u>Dreams and Goals</u> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	<u>Dreams and Goals</u> Setting goals Identifying success and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feeling of success	<u>Dreams and Goals</u> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	<u>Dreams and Goals</u> Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	<u>Dreams and Goals</u> Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	<u>Dreams and Goals</u> Future dreams Importance of money Jobs and careers Dream job and how to get there Goals in different cultures supporting others (charity) Motivation	<u>Dreams and Goals</u> Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments
Spring 2	<u>Healthy Me</u> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	<u>Healthy Me</u> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	<u>Healthy Me</u> Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	<u>Healthy Me</u> Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices	<u>Healthy Me</u> Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	<u>Healthy Me</u> Smoking, including vaping Alcohol Anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	<u>Healthy Me</u> Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress

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Summer Term

Term	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Summer 1	<u>Relationships</u> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	<u>Relationships</u> Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgment Being a good friend to myself Celebrating special relationships	<u>Relationships</u> Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	<u>Relationships</u> Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	<u>Relationships</u> Jealousy Love and loss Memories of loved ones Getting on and falling out Girl friends and boy friends Showing appreciation to people and animals	<u>Relationships</u> Self recognition and self worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules	<u>Relationships</u> Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use
	<u>Changing Me</u> Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	<u>Changing Me</u> Life-cycles– animals and human Changes in me Changes since being a baby Differences between male and female bodies (correct terminology) Linking growing and learning Coping with change Transition	<u>Changing Me</u> Life cycles in nature Growing from young to old Increasing independence Differences between male and female bodies (correct terminology) Assertiveness Preparing for transition	<u>Changing Me</u> How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition	<u>Changing Me</u> Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change	<u>Changing Me</u> Self and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition	<u>Changing Me</u> Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition

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