



# PSHE Learning Map



Year		Spring	Summer
<b>Nursery Reception</b>	Self-identity, Understanding feelings, Being in a classroom, Being gentle and Rights and responsibilities. Identifying talents, Being special, Families, Where we live, Making friends and Standing up for yourself.	Challenges, Perseverance, Goal-setting, Overcoming obstacles, Seeking help, Jobs and Achieving goals. Exercising bodies, Physical activity, Healthy food, Sleep, Keeping clean and Safety.	Family life, Friendships, Breaking friendships, Falling out, Dealing with bullying and Being a good friend. Bodies, Respecting my body, Growing up, Growth and change, Fun and fears and Celebrations.
<b>Year1</b>	Feeling special and safe, Being part of a class, Rights and responsibilities, Rewards and feeling proud, Consequences and Owing the Learning Charter. Similarities and differences, Understanding bullying and knowing how to deal with it, Making new friends and Celebrating the differences in everyone.	Setting goals, Identifying successes and achievements, Learning styles, Working well and celebrating achievement with a partner, Tackling new challenges, Identifying and overcoming obstacles and Feelings of success.  Keeping myself healthy. Healthier lifestyle choices, Keeping clean, Being safe, Medicine and safety/safety with household items, Road safety and Linking health and happiness	Belonging to a family, Making friends/being a good friend, Physical contact preferences, People who help us, Qualities as a friend and person Self-acknowledgement, Being a good friend to myself and Celebrating special relationships  Life cycles – animal and human, Changes in me, Changes since being a baby Differences between female and male bodies (correct terminology) -Linking growing and learning Coping with change and Transition
<b>Year2</b>	Hopes and fears for the year, Rights and responsibilities, Rewards and consequences, Safe and fair learning environment, Valuing contributions, Choices and Recognising feelings  Assumptions and stereotypes about gender, Understanding bullying, Standing up for self and others, Making new friends, Gender diversity and Celebrating difference and remaining friends.	Achieving realistic goals, Perseverance, Learning strengths, Learning with others, Group co-operation and Contributing to and sharing success.  Motivation, Healthier choices, Relaxation, Healthy eating and nutrition and Healthier snacks and sharing food.	Different types of family, Physical contact boundaries, Friendship and conflict, Secrets, Trust and appreciation and Expressing appreciation for special relationships. Life cycles in nature, Growing from young to old, Increasing independence, Differences in female and male bodies (correct terminology) Assertiveness, and Preparing for transition.
<b>Year 3</b>	Setting personal goals, Self-identity and worth, Positivity in challenges, Rules, rights and responsibilities, Rewards and consequences, Responsible choices and Seeing things from others' perspectives.  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 and Giving and receiving compliments.	Difficult challenges and achieving success, Dreams and ambitions, New challenges, Motivation and enthusiasm, Recognising and trying to overcome obstacles, Evaluating learning processes, Managing feelings and Simple budgeting.  Exercise, Fitness challenges, Food labelling and healthy swaps, Attitudes towards drugs, Keeping safe and why it's important online and off line scenarios, Respect for myself and others and Healthy and safe choices.	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 and Expressing appreciation for family and friends.  How babies grow, Understanding a baby's needs, Outside body changes, Inside body changes, Family stereotypes, Challenging my ideas and Preparing for transition.
<b>Year 4</b>	Being part of a class team, Being a school citizen, Rights, responsibilities and democracy (Primary Parliament) Rewards and consequences, Group decision-making, Having a voice and What motivates behaviour.  Challenging assumptions, Judging by appearance, Accepting self and others, Understanding influences, Understanding bullying, Problem-solving, Identifying how special and unique everyone is and First impressions.	Hopes and dreams, Overcoming disappointment, Creating new, realistic dreams, Achieving goals, Working in a group, Celebrating contributions and Resilience Positive attitudes.  Healthier friendships, Group dynamics, Smoking, Alcohol, Assertiveness, Peer pressure and Celebrating inner strength	Jealousy, Love and loss, Memories of loved ones, Getting on and Falling Out, Girlfriends and boyfriends and Showing appreciation to people and animals  Being unique, Having a baby, Girls and puberty, Confidence in change, Accepting change, Preparing for transition and Environmental change

<b>Year 5</b>	<p>Planning the forthcoming year, Being a citizen, Rights and responsibilities, Rewards and consequences, How behaviour affects groups and Democracy, having a voice and participating.</p> <p>Cultural differences and how they can cause conflict, Racism Rumours and name-calling, Types of bullying, Material wealth and happiness and Enjoying and respecting other cultures.</p>	<p>Future dreams, The importance of money, Jobs and careers, Dream job and how to get there, Goals in different cultures, Supporting others (charity) and Motivation.</p> <p>Smoking, including vaping, Alcohol, Alcohol and anti-social behaviour, Emergency aid, Body image, Relationships with food and Healthy choices Motivation and behaviour.</p>	<p>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 and SMARRT internet safety rules.</p> <p>Self- and body image. Influence of online and media on body image, Puberty for girls, Puberty for boys, Conception (including IVF) Growing responsibility and Coping with change Preparing for transition.</p>
<b>Year 6</b>	<p>Identifying goals for the year, Global citizenship, Children's universal rights, Feeling welcome and valued, Choices, consequences and reward, Group dynamics, Democracy, having a voice, Anti-social behaviour and Role-modelling.</p> <p>Perceptions of normality, Understanding disability, Power struggles, Understanding bullying, Inclusion/exclusion, Differences as conflict, difference as celebration and Empathy.</p>	<p>Personal learning goals, in and out of school, Success criteria, Emotions in success, Making a difference in the world, Motivation, Recognising achievements and Compliments.</p> <p>Taking personal responsibility, How substances affect the body, Exploitation including 'county lines' and gang culture, Emotional and mental health and Managing stress.</p>	<p>Mental health, Identifying mental health worries and sources of support, Love and loss, Managing feelings, Power and control, Assertiveness, Technology safety and Take responsibility with technology use.</p> <p>Self-image, Body image, Puberty and feelings, Conception to birth, Reflections about , Physical attraction, Respect and consent, Boyfriends/girlfriends, Sexting and Transition.</p>

# Aspire for Excellence