

PSHE Curriculum Map

Relationships, Health, Living in the wider world

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Lesson 1: Welcome to school Lesson 2: Emergencies and getting help	Lesson 1: People who care for us Lesson 2: Rights, responsibilities and respect	Lesson 1: Healthy friendships Lesson 2: Our bodies and boundaries	Lesson 1: Our health Lesson 2: Healthy food choices	Lesson 1: We all have feelings Lesson 2: Good and not so good feelings Lesson 3: Managing our time safely online	
Year 2	Lesson 1: Respecting uniqueness Lesson 2: Our communities	Lesson 1: Everyday safety Lesson 2: Basic first aid	Lesson 1: learning about work Lesson 2: Horrible hands (Infection)	Lesson 1: Sharing pictures Lesson 2: playing games (online safety)	Lesson 1: Online Friends Lesson 2: Big feelings Lesson 3: Keeping our teeth healthy	
Content in year 3&4 is organised into 2 yearly cycles to ensure that, over a 2 year period in the class, all pupils will receive the content requires in years 3&4						
Year 3 & 4 Cycle A	Lesson 1: World of work Lesson 2: Spending and saving money	Lesson 1: Road safety Lesson 2: Teamwork Skills	Lesson 1: Physical activity Lesson 2: Drugs	Lesson 1: The internet and everyday life Lesson 2: Everyday feelings	Lesson 1: Expressing feelings Lesson 2: Strategies to support positive mental well-being. Lesson 3: Sun Safety	
Year 3 & 4 Cycle B	Lesson 1: What makes a good friend? Lesson 2: Respecting others	Lesson 1: Resolving conflict and managing negative pressure Lesson 2: Everyday life and basic first aid	Lesson 1: Money choices Lesson 2: Volunteering and citizenship.	Lesson 1: Safely enjoying the world online Lesson 2: Keeping personal information safe and private online	Lesson 1: Understanding that not everyone is who they say they are online. Lesson 2: Managing feelings Lesson 3: The environment	
Content in year 5&6 is organised into 2 yearly cycles to ensure that, over a 2 year period in the class, all pupils will receive the content requires in years 5&6						
Year 5 & 6 Cycle A	Lesson 1: Diverse communities	Lesson 1: Illness	Lesson 1: Puberty – bodies and reproduction	Lesson 1: Online content	Lesson 1: Mental health and keeping well Lesson 2: Managing challenges and change	

	Lesson 2: Respectful relationships	Lesson 2: Nutrition and healthy eating	Lesson 2: Puberty – changes	Lesson 2: online contact	Lesson 3: Risk and Peer Pressure
Year 5 & 6 Cycle B	Lesson 1: Different types of families Lesson 2: Healthy and harmful relationships	Lesson 1: Keeping your body safe Lesson 2: Consent	Lesson 1: Spending decisions Lessons 2: Exploring risk in relation to gambling	Lesson 1: Online friendships and keeping safe Lesson 2: Skills for using the internet safely	Lesson 1: Social media Lesson 2: Feelings and common anxieties when changing schools Lesson 3: Changes from primary to secondary school