



Sherdley Primary School

PSHE Curriculum map

2020-21

	Autumn		Spring		Summer	
	Being me in my world	Celebrating difference	Dreams and Goals	Healthy me	Relationships	Changing me
Early Years Foundation Stage	In this theme children will learn about themselves and who they are. They will develop an understanding of being in a classroom and how to be gentle and take care of toys and resources. They will begin to notice that people have feelings.	In this theme the children will talk about why they are special and what they are good at. They will discuss where they live and who their family is. Learners will develop an understanding of how we make friends.	The aim of this unit is to make children aware of perseverance and how to face challenges. They will become of personal goals and about facing obstacles. Children will know about achievement and some different occupations.	In this unit the children will learn about the importance of physical activity, healthy food, hygiene and sleep to maintain a healthy body. Learners will also develop their understanding of safety and how to deal with risky situations.	In this theme the children will discuss family life and friendships. They will understand that relationships can sometimes have fall outs. Learners will understand how to spot bullying and how to deal with it. They will discuss what makes a good friend.	The aim of this unit is for the learners to be aware of their bodies and how they will change and grow. Learners will be aware of self-respect. They will also develop an understanding of celebrations and changes in life.

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	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 1	In this theme children will learn about feeling special and safe. They will learn about belonging and how they belong to a class, and school. Learners will develop an understanding of the impact that their behaviour has on others. They will talk about rewards and feeling proud. They will discuss how they can keep themselves and other safe.	The purpose of this unit is to enable learners to be able to discuss similarities and differences between themselves and their peers. Learners will gain an understanding of what bullying is and how they might feel if they were being bullied. Learners will develop the skills to make a new friend.	The aim of this unit is to support children to identify what they are successful in, and what they want to achieve. Learners will develop the skills to work collaboratively with a partner. Learners will begin to develop the skills they need to overcome a challenge and to recognise when they feel proud of themselves. They will recognise the feelings of success.	Within this unit, learners will develop an understanding of what choices they can make that will help them to stay healthy. They will learn about keeping clean, and safety with household items. The importance of road safety. Begin to understand the link between health and happiness.	In this theme, learners will reflect on how it feels to belong to a family and be able to discuss about people who they care about. Learners will begin to discuss and reflect on what types of physical touch they find acceptable reflecting on how we greet others. Learners will develop in confidence and the skills to be able to praise themselves and be able to recognise and celebrate their positive qualities by reflecting on ways in which they are a good friend.	In this theme, learners will begin to explore change by beginning to develop an understanding of the life cycles of humans and animals. Learners will be able to discuss how their body has changed since they were a baby. Learners will learn the correct terminology for body parts and develop an understanding of what parts of their body is private. Learners will begin to reflect on coping with change and support with transition to Year 2.

<p style="text-align: center;">Year 2</p>	<p>Being Me in My World In this theme, learners will reflect on their hopes and dreams for the year ahead. They will discuss who can support them when they feel worried and strategies they can use to ask for help. Learners will gain an understanding of their rights and responsibilities as a member of their class. They will reflect on what they can do to ensure our classroom is a safe and fair place. Learners will listen and reflect on the ideas contributed by others. Learners will reflect on how their behaviour impacts the learning of others within the class.</p>	<p>Celebrating Difference In this theme, learners will begin to challenge their understanding of gender stereotypes and understand that at times, boys and girls are different. They will consider gender diversity. Learners will reflect on the idea that bullying is impacted by difference and how they can help others to understand. Learners will gain the skills to be able to recognise behaviour in themselves and others and what to do if they need help if they or others are being bullied. Learners will be able to articulate how they are different to their friends and celebrate these differences by explaining what makes them special.</p>	<p>Dreams and Goals In this theme, learners will begin by identifying a realistic goal that they can achieve. Children will reflect on what their strengths are as a learner and what helps them to learn. They will reflect on perseverance and what this means. Children will then use this to reflect on who they work well with and who it is difficult for them to work with. Learners will then be able to apply these skills by working within a group to create a product.</p>	<p>Healthy Me In this theme, learners will look at what motivates them to make healthy choices and how this will help them to keep their body healthy. Learners will begin to reflect on the physical differences they feel in their body when they are stressed and relaxed. Learners will develop an understanding of the impact of medicine on their body and the importance of using medicine correctly. Learners will identify which foods they need to eat to have a balanced and healthy diet. They will identify ways in which eating healthily and nutrition is important by identifying healthier snacks.</p>	<p>Relationships In this theme, learners will identify the different members of their family, understand their relationships with each of them and know why it is important to share and cooperate. Learners will develop a greater understanding of how they can keep themselves safe by understanding that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not. Learners will build on keeping themselves safe by understanding that sometimes it is good to keep a secret and sometimes it is not good to keep a secret. Learners will begin to consider people who they trust by</p>	<p>Changing Me In this theme, learners will develop a greater understanding of growing from young to old learners will be able to tell you about the natural process of growing from young to old and understand that this is not in their control. Learners will begin to consider the physical differences between boys and girls. Learners will further develop skills of assertiveness by developing the confidence to explain what touch they do and do not like and who they can ask for help. Learners will begin to reflect on what changes they are looking forward to as they progress into Year 3.</p>
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					recognising and appreciating people who can help them in their family, school and community. They will express appreciation for the special relationships they have in their life.	
Year 3	<p>Being me in my world In this theme, learners will begin by identifying their achievements and recognising their self-identity and worth.</p> <p>Learners will reflect on valuing themselves and how they can value and welcome somebody new. Learners will identify how it feels to be happy, sad or scared and identify if other people are feeling these emotions by reflecting what would be their 'Nightmare School'. Learners will reflect on what would make their 'Dream School' by developing an understanding of why rules are needed and how they relate to rights and responsibilities and how they can see things from another perspective.</p>	<p>Celebrating difference In this theme, learners will recognise that everybody's family is different and important to them.</p> <p>Learners will develop an understanding of differences and conflict can happen and how they can remain calm and use a 'solve it together' technique. Learners will reflect on what it means to be a witness to bullying and what their responsibilities are and how they can make a situation better or worse. Learners will reflect on the use of their words and how this can hurt others and how they will reflect on a time when their words have had an impact on others.</p> <p>Learners will reflect on, and learn how to give and receive compliments.</p>	<p>Dreams and goals In this theme, learners will reflect and discuss people who have faced difficult challenges and achieved successes. Learners will reflect on an ambition that is important to them and how they will feel when they achieve it. Learners will reflect on how to approach a challenge and how they can break it down in to smaller steps. Learners will consider how they can overcome obstacles that may hinder their successes. Learners will then reflect on their own learning process and identify how they can be better next time.</p> <p>They will learn simple budgeting.</p>	<p>Healthy Me In this theme, learners will understand how exercise affects their body and know why their heart and lungs are important. They will set themselves simple fitness challenges. They will look at food labelling and what this means when making healthy choices. Learners will begin to reflect on their understanding of drugs and identify how they feel about drugs. Learners will identify things; people and places that I need to keep safe from, and can explain strategies for keeping safe including who to go to for help. Learners will develop an understanding of their responsibility for keeping themselves and others safe at home.</p> <p>They will understand why it is important to keep themselves safe online, and offline in different scenarios.</p>	<p>Relationships In this theme, learners will reflect on the different roles and responsibilities within their families and consider the expectations for males and females. Learners will reflect on, and celebrate the relationships that they have in their life. Learners will discuss ways in which they can positively negotiate conflict.</p> <p>Learners will think about how they are a global citizen, they will reflect on their needs and how this may differ from the needs of children in other countries. They will be able to express appreciation for family and friends.</p>	<p>Changing Me In this theme, children will gain a deeper understanding of changes that happen between conception and how babies grow and develop in a mother's uterus. They will learn about the changes in boys and girls bodies that happen within the growing up process. They will then reflect on the changes that happen inside within the growing up process.</p> <p>Learners will then reflect on stereotypical ideas they may have about parenting and family roles.</p> <p>They will prepare for transition to Year 4.</p>
Year 4	<p>Being me in my world Learners will understand their role within the school community and the roles of others. Learners will develop a greater understanding of democracy and the role this plays within our school, and particularly our school council. Learners will understand how democracy works and how having a voice within school benefits the whole school</p>	<p>Celebrating difference In this theme, learners will discuss how people can make assumptions about people based on what they look like. Learners will reflect on how sometimes it can be hard to spot bullying and what they can do if they think it is happening but they are not sure. Learners will reflect on their own physical appearance and respect what makes them special and unique.</p>	<p>Dreams and goals In this theme, learners will reflect on their hopes and dreams and how it feels to have a dream. Children will also reflect on how disappointment feels and how focusing on positive and happy experiences can help them to manage disappointment and change. Learners will know what it means to be resilient and have a positive attitude, and how they can</p>	<p>Healthy Me Learners will reflect on their friendships and how the actions of other can make them feel embarrassed, hurt or inadequate and how they can manage these feelings. Learners will reflect on group dynamics and how people will take on different roles within a group e.g. a leader. Learners will reflect on smoking and alcohol, the impact it has on our body</p>	<p>Relationships In this theme, learners will reflect on relationships that they have both close and distant and what they contribute to each of them. Learners will reflect on people they love and how it can feel when they lose something or someone they love. They will discuss memories and how we can remember people that we no longer see. Learners will discuss how</p>	<p>Changing Me In this theme, learners will reflect on characteristics they have inherited from their parents. Learners will correctly label the internal and external body parts that are necessary for reproduction. They will gain understanding of how a female's body changes to enable them to have babies and that menstruation is a natural part of this. Learners will look at</p>

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	<p>community. They will reflect on how their actions affect themselves and others.</p> <p>They will reflect on group decision making.</p> <p>They will reflect on what motivates behaviour.</p>	<p>They will reflect on judging others by their appearance and first impressions.</p> <p>Learners will be able to explain why it is good to accept people for who they are by identifying how special and unique everyone is.</p>	<p>adapt and make new plans when faced with challenge.</p> <p>They will reflect on making positive group contributions and celebrating these contributions.</p>	<p>and some of the reasons people begin to smoke and drink alcohol. They will reflect on how they can act pressure from others.</p> <p>Learners will celebrate their inner strength and reflect on their understanding of right and wrong.</p>	<p>opinions are different and how we can express and respect our opinions. They will discuss animal rights and reflect on differing views.</p> <p>Children will reflect on special pets and how they feel when they lose a pet and how they can celebrate special things about their pet.</p> <p>They will reflect on getting on and falling out.</p> <p>Relationships between girlfriends and boyfriends. How they can show appreciation to people and animals.</p>	<p>changes that have happened and they will reflect on positively accepting change when it is out of their control and how to manage feelings that may arise due to change.</p>
Year 5	<p>Being me in my world Learners will reflect on their rights as a British Citizen and how they can empathise with others within our country whose lives may be different to our own.</p> <p>Learners will reflect on the consequences of behaviour and how this can impact a group of people. They will reflect on how they contribute to our school community and how they can make it a better place</p>	<p>Celebrating difference Learners will reflect on their discuss how cultural differences, can at times, cause conflict, and at times racism. Learners will understand what racism is and reflect on their own attitudes towards people from different races.</p> <p>Learners will discuss how spreading rumours and name-calling is a bullying behaviour and what they can do. Learners will understand the differences between indirect and direct bullying, and how they can make better choices.</p> <p>Learners will then reflect on differences between their lives and that of those in a developing country and how we can celebrate and respect others.</p> <p>They will reflect on material wealth and happiness. Enjoying and respecting other cultures.</p>	<p>Dreams and goals Learners will reflect on the need for money when achieving dreams. They will reflect on different occupations and the contributions that people make within the roles.</p> <p>Learners will identify a job they would like to have, what motivates them to achieve it, and what they will need to do to achieve a chosen job. Learners will reflect on how communicating with people from other cultures helps us to learn, and they will reflect on how aspirations and dreams of others within different cultures may differ from their own. How they can support people others through charity. They will reflect on motivation and what motivates them.</p>	<p>Healthy Me Learners will understand some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart They will learn about smoking, including vaping and the impact this has on the body and making healthy choices. Learners will put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. Learners will understand how the media and celebrity culture promotes certain body types. They will reflect on what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.</p>	<p>Relationships Learners will articulate who they are as person, their personal characteristics, and qualities. Learners will discuss how they can negotiate and compromise within friendships. Learners will reflect on how it feels to be attracted to someone and not feel pressured into having a boyfriend or girlfriend. Learners how to stay safe when using technology to communicate with friends. Learners will recognise and resist pressures to use technology in ways that may be risky or may cause harm to themselves or others. Learners will reflect on online gaming and gambling and the dangers of online grooming. They will learn about SMARRT internet safety rules. They will reflect on way in which they can positively reduce their screen time.</p>	<p>Changing Me In this theme, learners will reflect on how they can build their own self-esteem. They will understand the changes that happen within puberty and the importance of taking care of themselves both emotionally and physically. They will learn about conception, understanding that sexual intercourse can lead to conception and that is how babies are usually made. They will understand that sometimes people need IVF to help them have a baby. They will identify what they are looking forward to about becoming a teenager and understand this brings growing responsibilities and how to cope with change. They will prepare for transition to Year 6.</p>

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Year 6	<p>Being me in my world</p> <p>Learners will identify their goals for this year, understand fears and worries about the future and know how to express them.</p> <p>They will reflect on that there are universal rights for all children but for many children these rights are not met.</p> <p>They will reflect on how their actions can impact others locally and globally They will reflect on anti-social behaviour.</p> <p>Group dynamics and role modelling.</p>	<p>Celebrating difference</p> <p>In this theme, learners will reflect on disability and how there are different preconceptions about what normal means. Learners will discuss how it feels to be excluded or treated differently. Learners will be able to give examples of people with disabilities who live amazing lives. Learners will explain ways in which difference can be a source of conflict and a cause for celebration. They will reflect on empathy and how they can have empathy for others.</p>	<p>Dreams and goals</p> <p>In this theme, children will reflect on earning strengths and can set challenging but realistic goals in and out of school. Learners will set success criteria so that they will know if they have reached a goal and reflect on the emotions of success.</p> <p>Learners will reflect on problems in the world that concern them and consider people in the world who are suffering or living in difficult situations.</p> <p>They will reflect on ways in which they can make the world a better place.</p>	<p>Healthy Me</p> <p>In this theme, learners will reflect on taking personal responsibility for their health and wellbeing.</p> <p>Learners will understand how substances impact the body.</p> <p>They will discuss exploitation, including 'county lines' and gang culture.</p> <p>They will reflect on their emotional and mental health and how they can support themselves and others. They will reflect on how to manage stress and stressful situations.</p>	<p>Relationships</p> <p>In this theme, learners will consider mental health, worries and sources of support.</p> <p>learners will consider who the most significant people in their life are so far.</p> <p>Learners will reflect on love and loss and develop strategies to manage feelings associated with loss and can help other people to do so. They will understand that there are different stages of grief and that there are different types of loss that cause people to grieve. Learners will reflect on the notion of power and control. They will understand how technology can be used to try to gain power or control and I can use strategies to prevent this from happening.</p> <p>They will reflect on taking responsibility with technology use.</p>	<p>Changing Me</p> <p>In this theme, learners will reflect on body image and how this impacts their self-esteem. Learners will discuss puberty and be able to ask questions they have about puberty.</p> <p>Learners will be able to explain how a baby develops from conception through the nine months of pregnancy, and how it is born. Learners will understand how being physically attracted to someone changes the nature of the relationship. They will learn about respect and consent. They will discuss sexting and the impact this can have.</p> <p>Learners will then begin to reflect on transition to secondary school, identifying worries, hopes and what they are looking forward to.</p>