











## PSHE Curriculum Map 2025-2026

Our inclusive PSHE curriculum has been designed around the following school curriculum aims:

				
Inspiring joy for learning	Knowledge rich	Reading at the heart	Challenge for all	Holistic approach

Our PSHE curriculum has been organised around the following 3 core themes which underpin all of our substantive and disciplinary knowledge:

- Relationships
- Living in the Wider World
- Health and Wellbeing

		
Relationships	Living in the Wider World	Health and Wellbeing

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>EYFS theme</b>	<b>What makes a good friend? Feelings</b>	<b>Sharing and how we treat each other.</b>	<b>New Year Resolutions</b>	<b>Caring for the environment</b>	<b>Solving conflicts</b>	<b>Feelings and change</b>
	<p>Aware of class rules and boundaries</p> <p>Can ask for help</p> <p>Understand the importance of sharing and taking turns</p> <p>Interested in others play and developing friendships</p>	<p>Sharing and how we treat each other</p> <p>Managing our own behaviour</p> <p>Confident to try new activities</p> <p>Understands consequences to their behaviour</p> <p>Enjoys taking responsibilities</p>	<p>Forms good relationships with children and familiar adults</p> <p>Know the difference between right and wrong and understands actions affect others</p> <p>Learns about themselves</p> <p>Talks about members in their family</p> <p>Talks about special times e.g. Birthdays</p>	<p>Communicates freely about home</p> <p>Can work as part of a group, being able to take turns</p> <p>Demonstrate friendly behaviour towards animals</p> <p>Looks after the environment</p>	<p>Can talk about self – using positive language and talk about abilities</p> <p>Listen to others ideas</p> <p>Negotiate and solve problems independently</p>	<p>Confident to speak about own wants, opinions and interests</p> <p>Able to cope with changes of routine e.g. reviewing what we have learnt in reception/preparing for transition to year 1</p>

<b>Year 1</b>			
Unit of work	<p><b>Relationships</b></p> <p>Families and friendships Safe relationships Respecting ourselves and others</p>	<p><b>Living in the wider world</b></p> <p>Belonging to a community Media literacy and digital resilience Money and work</p>	<p><b>Health and Wellbeing</b></p> <p>Physical health and Mental Physical wellbeing Growing and changing Keeping safe</p>
Key concepts	<ul style="list-style-type: none"> <li>• Roles of different people; families; feeling cared for</li> <li>• Recognising privacy; staying safe; seeking permission</li> <li>• How behaviour affects others; being polite and respectful</li> </ul>	<ul style="list-style-type: none"> <li>• What rules are; caring for others' needs; looking after the environment</li> <li>• Using the internet and digital devices; communicating online</li> <li>• Strengths and interests; jobs in the community</li> </ul>	<ul style="list-style-type: none"> <li>• Keeping healthy; food and exercise, hygiene routines; sun safety</li> <li>• Recognising what makes them unique and special; feelings; managing when things go wrong</li> <li>• How rules and age restrictions help us; keeping safe online</li> </ul>
<b>Year 2</b>			
Unit of work	<p><b>Relationships</b></p> <p>Families and friendships Safe relationships Respecting ourselves and others</p>	<p><b>Living in the wider world</b></p> <p>Belonging to a community Media literacy and digital resilience Money and work</p>	<p><b>Health and Wellbeing</b></p> <p>Physical health and Mental Physical wellbeing Growing and changing Keeping safe</p>
Key concepts	<ul style="list-style-type: none"> <li>• Making friends; feeling lonely and getting help</li> <li>• Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</li> <li>• Recognising things in common and differences; playing and working cooperatively; sharing opinions</li> </ul>	<ul style="list-style-type: none"> <li>• Belonging to a group; roles and responsibilities; being the same and different in the community</li> <li>• The internet in everyday life; online content and information</li> <li>• What money is; needs and wants; looking after money</li> </ul>	<ul style="list-style-type: none"> <li>• Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</li> <li>• Growing older; naming body parts; moving class or year</li> <li>• Safety in different environments; risk and safety at home; emergencies</li> </ul>

<b>Year 3</b>			
Unit of work	<p><b>Relationships</b></p> <p>Families and friendships Safe relationships Respecting ourselves and others</p>	<p><b>Living in the wider world</b></p> <p>Belonging to a community Media literacy and digital resilience Money and work</p>	<p><b>Health and Wellbeing</b></p> <p>Physical health and Mental Physical wellbeing Growing and changing Keeping safe</p>
Key concepts	<ul style="list-style-type: none"> <li>• What makes a family; features of family life</li> <li>• Personal boundaries; safely responding to others; the impact of hurtful behaviour</li> <li>• Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</li> </ul>	<ul style="list-style-type: none"> <li>• The value of rules and laws; rights, freedoms and responsibilities</li> <li>• How the internet is used; assessing information online</li> <li>• Different jobs and skills; job stereotypes; setting personal goals</li> </ul>	<ul style="list-style-type: none"> <li>• Health choices and habits; what affects feelings; expressing feelings</li> <li>• Personal strengths and achievements; managing and reframing setbacks</li> <li>• Risks and hazards; safety in the local environment and unfamiliar places</li> </ul>
<b>Year 4</b>			
Unit of work	<p><b>Relationships</b></p> <p>Families and friendships Safe relationships Respecting ourselves and others</p>	<p><b>Living in the wider world</b></p> <p>Belonging to a community Media literacy and digital resilience Money and work</p>	<p><b>Health and Wellbeing</b></p> <p>Physical health and Mental Physical wellbeing Growing and changing Keeping safe</p>
Key concepts	<ul style="list-style-type: none"> <li>• Positive friendships, including online</li> <li>• Responding to hurtful behaviour; managing confidentiality; recognising risks online</li> <li>• Respecting differences and similarities; discussing difference sensitively</li> </ul>	<ul style="list-style-type: none"> <li>• What makes a community; shared responsibilities</li> <li>• How data is shared and used</li> <li>• Making decisions about money; using and keeping money safe</li> </ul>	<ul style="list-style-type: none"> <li>• Maintaining a balanced lifestyle; oral hygiene and dental care</li> <li>• Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</li> <li>• Medicines and household products; drugs common to everyday life</li> </ul>

<b>Year 5</b>			
Unit of work	<p><b>Relationships</b></p> <p>Families and friendships Safe relationships Respecting ourselves and others</p>	<p><b>Living in the wider world</b></p> <p>Belonging to a community Media literacy and digital resilience Money and work</p>	<p><b>Health and Wellbeing</b></p> <p>Physical health and Mental Physical wellbeing Growing and changing Keeping safe</p>
Key concepts	<ul style="list-style-type: none"> <li>• Managing friendships and peer influence</li> <li>• Physical contact and feeling safe</li> <li>• Responding respectfully to a wide range of people; recognising prejudice and discrimination</li> </ul>	<ul style="list-style-type: none"> <li>• Protecting the environment; compassion towards others</li> <li>• How information online is targeted; different media types, their role and impact</li> <li>• Identifying job interests and aspirations; what influences career choices; workplace stereotypes</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</li> <li>• Personal identity; recognising individuality and different qualities; mental wellbeing</li> <li>• Keeping safe in different situations, including responding in emergencies, first aid and FGM</li> </ul>
<b>Year 6</b>			
Unit of work	<p><b>Relationships</b></p> <p>Families and friendships Safe relationships Respecting ourselves and others</p>	<p><b>Living in the wider world</b></p> <p>Belonging to a community Media literacy and digital resilience Money and work</p>	<p><b>Health and Wellbeing</b></p> <p>Physical health and Mental Physical wellbeing Growing and changing Keeping safe</p>
Key concepts	<ul style="list-style-type: none"> <li>• Attraction to others; romantic relationships; civil partnership and marriage</li> <li>• Recognising and managing pressure; consent in different situations</li> <li>• Expressing opinions and respecting other points of</li> </ul>	<ul style="list-style-type: none"> <li>• Valuing diversity; challenging discrimination and stereotypes</li> <li>• Evaluating media sources; sharing things online</li> </ul>	<ul style="list-style-type: none"> <li>• What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</li> <li>• Human reproduction and birth; increasing independence; managing transition</li> </ul>

	view, including discussing topical issues	<ul style="list-style-type: none"><li>• Influences and attitudes to money; money and financial risks</li></ul>	<ul style="list-style-type: none"><li>• Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</li></ul>
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