



# PSHE Long Term Curriculum Map

Year	Autumn 1 <i>Safety Network -Children must have a network in place by the end of first full week. Review this at end of the unit per the lesson in the booklet</i>	Autumn 2 <b>Anti-bullying week (always in November)</b>	Spring3 <b>Children’s Mental Health Week (Always in February)</b>	Spring 4	Summer 5	Summer 6
<b>N</b>	<b>Settling into Nursery Rules and routines</b> Nursery planned activities through continuous provision	<b>Anti-bullying Week</b>	<b>Mental Health Week</b>  <b>Settling into Nursery Rules and Routines</b> Nursery planned activities through continuous provision	<b>Protective Behaviours</b> <b>People who help us</b> In school ,at home and in the community  Nursery planned activities through continuous provision	<b>Consent</b> Ask for permission for simple activities and access of nursery continuous provision	<b>Change</b> Transition to school activities planned for families and with other settings
<b>R</b>	<b>Settling into Reception School rules and routines</b> Reception planned activities through continuous provision	<b>Anti-bullying Week</b>	<b>Mental Health Week</b>  <b>Emotions</b> Colour monster Name emotions happy sad fear angry calm in book’s characters Identify emotions on real faces Link emotions to situations  Reception planned activities through continuous provision	<b>Protective Behaviours</b> What does safe mean Theme 1 We all have the right to feel safe all the time.  Naming body parts Private body parts Early Warning Signs Telling our secrets.	<b>Consent</b> Ask for permission for activities and of peers Use simple phrases to give or not give permission	<b>Road Safety</b> <b>Steeping Stones to Road Safety</b> Stop, Look, Listen and Think Pedestrians walk on the pavement and vehicles travel on the road Walk safely with a grown up Hold hands walking near the road  <b>Be Bright Be seen</b> Be bright and seen How to help others see me in the dark Ride safely



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<p>1</p>	<p><b>Protective Behaviours</b>          Feelings are feelings          Unsafe feelings-saying no          Body Privacy and secrets          Telling and Early Warning          Signs</p>	<p><b>Anti-bullying Week</b>   <b>I am Unique Young Citizens</b>          what it means to be unique          The ways in which I am unique   <b>Looking Out for Each Other Young Citizens</b>          Why it is important to look out for your classmates          Ways that we can make our class a happy community</p>	<p><b>Mental Health Week</b>   <b>Emotions Kirklees</b>          Big feelings angry sad joy          disgust fear          What is empathy          Ways of calming down when having big feelings</p>	<p><b>Relationships Sex Education Medway</b>  <b>All years 1/ 2 lessons</b>          special people in our lives and how we care for one another          How we change as we grow          differences and similarities between people</p>	<p><b>Consent</b>          Asking for Permission for activities and of peers           Using simple phrases to give or not give permission</p>	<p><b>Road Safety Safety First</b>          Riding safely          Why we wear a car seat          Travel in a car or a bus  <b>Road Rangers</b>          Pedestrians' pavement and vehicles road          Safer crossing places          Stop, look, Listen and Think          Riding safely          Using behaviour to keep myself safe   <b>Roads Way from Home</b>          Keep safe on the road when on holiday          Walking safely with a grown up          Keeping safe travelling in a car or a bus   <b>Road Warriors-optional</b>          Presenting to others</p>
<p>2</p>	<p><b>Protective Behaviours</b>          Safe Place          Scary feelings          Your body belongs to you          Naming body parts          Who should someone talk to</p>	<p><b>Anti-Bullying Week</b>   <b>Getting to Know Me Young Citizens</b>          Discussing likes and dislikes          listen to others          The ways in which we are similar and different to others          Why it is good to be different.Year 2   <b>Playground Young Citizens</b>          Consider and plan for the needs of others including different abilities and cultures</p>	<p><b>Mental Health Week</b>   <b>Emotions PSHE Association</b>          Recognising /naming feelings in self/ others comfortable uncomfortable nervous worried confused lonely proud jealous upset (revisit those from previous years)          How feelings make our bodies feel inside          Who can help with feelings          Changing feelings          Different feelings for different people          Bad feelings and how to manage them          Change and how it affects us</p>	<p><b>Relationships Families</b>  <b>All year 1 2 lessons</b>          What makes a family          Different kinds of families</p>	<p><b>Drugs Ed</b>  <b>All year 1 2 lessons</b>          Things that go into our Body          Medicines          Household Products</p>	<p><b>First Aid</b>          Calling 999          Asthma</p>

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<p>3</p>	<p><b>Protective Behaviours</b> Rights and responsibilities How to help myself when feeling unsafe My rules for my body Qualities of network people and friends</p>	<p><b>Anti-Bullying Week</b> <b>Belonging to a Group or Community PSHE Association</b> <b>It says lesson 2- lesson 1 has been omitted intentionally</b> What groups do they belong to Ways people are made to feel do not belong Behaviours that help people feel welcome  <b>My Community Young Citizens</b> What we mean by the word community The different roles within their local community and what support these roles provide Investigate a variety of community spaces within their local geographical area</p>	<p><b>Mental Health Week</b> <b>Emotions Kirklees</b> <b>All ks2 lessons</b> Recognising emotions of shame frustration guilt (revisit those from previous years) Parts of the brain and functions Investigate ways of calming down and what works for them Empathy and how to show it</p>	<p><b>Relationships Sex Education Medway</b> Relationships that are important Friendships good ones and solving disagreements</p>	<p><b>Consent</b> <b>All ks2 lessons</b> Giving and Seeking Permission Personal Boundaries appropriate and inappropriate Touch</p>	<p><b>First Aid</b> Giving First Aid Burns</p>
<p>4</p>	<p><b>Protective Behaviours</b> UN rights of child Angry sad happy worried Fun to feel scared Theme 2 <b>There is nothing so awful, or too small, we can't talk about it with someone</b> Networks and using them</p>	<p><b>Identity Young Citizens</b> the term identity. Our sense of identity. Developing self-esteem through sharing our sense of identity. Expressing aspects of our identity. Appreciation and respect for the diversity of identities within a community  <b>Citizenship Young Citizens</b> The terms 'citizen' and 'citizenship.' Ways to be an active citizen who makes a positive difference.</p>	<p><b>Mental Health Week</b> <b>Emotions PSHE Association</b> <b>Complete all year 3/4 lessons</b>  What is a feeling What helps people feel good How to express feelings and why this is important Grief and how to deal with it How to manage different emotions in different situations Getting advice and support</p>	<p><b>Relationships Families</b> <b>All ks2 lessons</b> Family Relationships Different Family Structures Change in families</p>	<p><b>Drugs Ed</b> <b>Complete all year 3 4 lessons</b>  Medicines and Household Protects Alcohol and Smoking</p>	<p><b>First Aid</b> Why is First Aid important? Bleeding Spotting Dangers</p>

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<p>5</p>	<p><b>Protective Behaviours</b>          Responsibilities go with rights          Strengths of feelings          Fun to feel scared          Adults can't keep some secrets- abuse          One step removed check of networks</p>	<p><b>Stereotypes Young Citizens</b>  <b>Focus on Gender</b>          The term stereotype.          Identifying stereotypes.          The negative effects of stereotypes.          Challenging stereotypes through research and discussion          Those who have challenged stereotypes</p> <p><b>Year 5 to also take a lead in the anti-bullying week themes and activities across school</b></p>	<p><b>Mental Health Week</b>  <b>Complete all year 5/6 lessons</b></p> <p><b>Emotions</b>  <b>PSHE Association</b>          What is mental health and how can we take care of it          Managing emotions in challenging times          Impact of loss and strategies to deal with it</p>	<p><b>Relationships Sex Education Medway</b>          Physical changes of puberty          Biological changes of puberty          Importance of personal hygiene during puberty          How and why emotions change during puberty.          Getting help and advice</p>	<p><b>Drugs Ed</b>  <b>Complete all year 5/6 lessons</b></p> <p>Medicines          Legal and Illegal Drugs          Influences and Pressure          Drugs and Alcohol in the Media</p>	<p><b>First Aid</b>          Keeping Calm          Head Injury          Broken Bones          Choking          Unresponsive Breathing          Safety Stories</p>
<p>6</p>	<p><b>Protective Behaviours</b>          Hard to show feelings          Fun to feel scared choice          time control limit          What sort of person should go on a network?          Examples of secrets adults can't keep-abuse          Review of network understanding and persistence</p>	<p><b>Anti-bullying Week</b></p> <p><b>Relationships Sex Education Medway during science lessons</b>          Recap and add to changes of puberty          Managing change new roles and responsibilities as grow up          Relationships over time and healthy relationships          Adult relationships and the human life cycle          Consent</p>	<p><b>Mental Health Week</b>  <b>Emotions</b>  <b>Well-Being and Self-care School unit</b>          What is wellbeing and whose responsibility          What helps and harms well being          Mindfulness          Circle of control          Self-care plan          Asking for help</p> <p><b>Discrimination Young Citizens</b>          The term discrimination.          Describing and identify examples of discrimination          The impact of discrimination on individuals and society          The Equality Act and its protections.</p> <p><b>Extremism PSHE Association</b></p>	<p><b>Real Love Rocks</b>  <b>Feelings Brains and Bodies</b>          Vocabulary of feelings and emotions          Bodies warning signs          Boundaries          Rights of child</p> <p><i>NB all real love rocks units have learning linked to developing kindness and empathy an identifying support networks.</i></p>	<p><b>Real Love Rocks</b>  <b>Healthy Relationships</b>          Different kinds of relationships          Healthy and unhealthy relationships          Ways to be equal and fair in relationships          Types of families ( revisit)</p> <p><b>Grooming</b>          Know how children might be exploited          To know the behaviours of grooming          Know impact of grooming and exploitation</p>	<p><b>Real Love Rocks</b>  <b>Being Safe</b>          Identify needs and vulnerabilities          Develop critical thinking</p> <p><b>Online Safety</b>          Ways of being safe online          Further develop critical thinking          Impact of online behaviours          How to get support and report abuse online</p>



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			Ways people can be influenced by others positively negatively someone having prejudiced extremist views ways of managing negative influences When and how to seek support			
Year6 also have educational visits from Solve it and Magistrates. Ideally these will be during term 2 and 3 but this is not always possible so might happen at any point in the year.						