



2021-2022 Curriculum Map PSHE/RSE

| | Autumn 1 Living in the Wider World | Autumn 2 Valuing Diversity | Spring 1 Improving Life Chances | Spring 2 Health and Wellbeing | Summer 1 Relationships | Summer 2 Sex Education |
|------------------|---|---|---|--|---|---|
| Reception | <ul style="list-style-type: none"> • Feeling proud • Being part of a class • Recognising feelings • Reflection • Success • Choices | <ul style="list-style-type: none"> • Similarities and differences • Celebrating differences | <ul style="list-style-type: none"> • Choices • Independence • Learning with others • Asking for help | <ul style="list-style-type: none"> • Keeping myself healthy • Healthier lifestyle choices • Linking health and happiness. • Being safe. • Healthier eating and nutrition. • Emergency services. | <ul style="list-style-type: none"> • Belonging to a family • Making friends/good friends | <ul style="list-style-type: none"> • Animal life cycles • Animal changes |
| Year 1 | <ul style="list-style-type: none"> • Feeling special and safe • Being part of a class • Rights and responsibilities • Rewards and feeling proud • Consequences • Owning the Learning Charter | <ul style="list-style-type: none"> • Similarities and differences • Understanding bullying and knowing how to deal with it • Making new friends • Celebrating the differences in everyone | <ul style="list-style-type: none"> • Setting goals • Identifying successes and achievements • Learning styles • Working well and celebrating achievement with a partner • Tackling new challenges • Identifying and overcoming obstacles • Feelings of success | <ul style="list-style-type: none"> • Keeping myself healthy • Healthier lifestyle choices • Keeping clean • Being safe • Medicine safety/safety with household items • Road safety • Linking health and happiness | <ul style="list-style-type: none"> • 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 • Celebrating special relationships | <ul style="list-style-type: none"> • 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 • Transition |
| Year 2 | <ul style="list-style-type: none"> • Hopes and fears for the year • Rights and responsibilities • Rewards and consequences • Safe and fair learning environment • Valuing contributions • Choices • Recognising feelings | <ul style="list-style-type: none"> • Assumptions and stereotypes about gender • Understanding bullying • Standing up for self and others • Making new friends • Gender diversity • Celebrating difference and remaining friends | <ul style="list-style-type: none"> • Achieving realistic goals • Perseverance • Learning strengths • Learning with others • Group co-operation • Contributing to and sharing success | <ul style="list-style-type: none"> • Motivation • Healthier choices • Relaxation • Medicines • Healthy eating and nutrition • Healthier snacks and sharing food | <ul style="list-style-type: none"> • Different types of family • Physical contact boundaries • Friendship and conflict • Secrets • Online safety • Trust and appreciation • Expressing appreciation for special relationships | <ul style="list-style-type: none"> • Life cycles in nature • Growing from young to old • Increasing independence • Differences in female and male bodies (correct terminology) • Assertiveness • Preparing for transition |



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| Year 3 | <ul style="list-style-type: none"> • Setting personal goals • Self-identity and worth • Positivity in challenges • Rules, rights and responsibilities • Rewards and consequences • Responsible choices • Seeing things from others' perspectives • Simple budgeting | <ul style="list-style-type: none"> • Being a global citizen • Awareness of how other children have different lives • Witnessing bullying and how to solve it • Recognising how words can be hurtful • Giving and receiving compliments | <ul style="list-style-type: none"> • Difficult challenges and achieving success • Dreams and ambitions • New challenges • Motivation and enthusiasm • Recognising and trying to overcome obstacles • Evaluating learning processes • Managing feelings | <ul style="list-style-type: none"> • 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 • Healthy and safe choices • Strangers | <ul style="list-style-type: none"> • Family roles and responsibilities • Families and their differences • Family conflict and how to manage it (child-centred) • Friendship/negotiation • Keeping safe online and who to go to for help • Being aware of how my choices affect others • Expressing appreciation for family and friends | <ul style="list-style-type: none"> • How babies grow • Understanding a baby's needs • Outside body changes • Inside body changes • Family stereotypes • Challenging my ideas • Preparing for transition <p>(Completed whilst in Year 4)</p> |
| Year 4 | <ul style="list-style-type: none"> • Being part of a class team • Being a school citizen • Rights, responsibilities and democracy (school council) • Rewards and consequences • Group decision-making • Having a voice • What motivates behaviour • Environmental change • Accepting change | <ul style="list-style-type: none"> • Challenging assumptions • Judging by appearance • Accepting self and others • Understanding influences • Understanding bullying • Problem-solving • Identifying how special and unique everyone is • First impressions | <ul style="list-style-type: none"> • Hopes and dreams • Overcoming disappointment • Creating new, realistic dreams • Achieving goals • Working in a group • Celebrating contributions • Resilience • Positive attitudes | <ul style="list-style-type: none"> • Healthier friendships • Group dynamics • Smoking • Alcohol • Dental health • Assertiveness • Peer pressure • Celebrating inner strength | <ul style="list-style-type: none"> • Jealousy • Love and loss • Memories of loved ones • Getting on and falling out • Girlfriends and boyfriends • Forced marriage • Showing appreciation to people and animals | <ul style="list-style-type: none"> • Being unique • Having a baby • Girls and puberty • Confidence in change • Accepting change • Preparing for transition • Environmental change |



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