



PSHRE Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Settling in School expectations Recognising how we feel and labelling the emotion. Learning how to share. Think Equal	School expectations Think Equal Recognising how we feel and labelling the emotion	School expectations Think Equal Recognising how we feel and labelling the emotion. Learning how to share.	School expectations Think Equal Recognising how we feel and labelling the emotion. Learning techniques to calm down. Learning how to share.	School expectations Think Equal Recognising how we feel and labelling the emotion. Learning techniques to calm down. Learning how to share.	School expectations Think Equal Recognising how we feel and labelling the emotion. Learning techniques to calm down. Learning how to share.
Reception	Marvellous Me: Understand/ celebrate 'same' & 'different' These Feelings: Understand transient nature of feelings; self-regulate The Weather Inside Me!: Mood meter Exploring kindness & Group Agreements	Ted the Tiger Tamer: Name emotions; take a break The Secret Adventures of Anonymouse: Demonstrate kindness Curly the Chameleon: Name 5 emotions; Mood meter Self- Learning: Practising kindness Ahmed's Journey: Name 5 senses; recognising lots of energy	Faisal's Not Himself: Recognise everyone should express their feelings; Think of others' feelings Biyu The Brave Pea: Experience empathy; cycle of life (pea plant) Thabo and the Trees: environmental responsibility Self-learning-exploring sensations; self-regulation Passing Clouds: Feelings & their control	Yoshi Is Different: D Self-learning; Demonstrate their unique talents; show empathy towards others Nisha and the Tiger: show compassion for animals; express empathy Francisco's Family: understand different families share similarities and differences; Self-learning; self-regulation strategies;	Zelda Goes on Holiday: Understand compassion for those less fortunate; The Monster in The Smoke: speak out if they see unfairness; practise collaboration Nothando's Journey: Identify unpleasant emotions; practise calming strategies; Reha To the Rescue: Recognise various emotions; care for animals My Amazing Brain: name 3 things a brain can do	A Tiny Seed: Recognise the importance of trees; understand one person can make a difference My Amazing Brain B: Understand that the brain is growing Our Home: Demonstrate responsibility towards the environment; Gokul's Game: Continue to name and identify emotions; My Dream In The Drawer: Set a long term goal; understand that gender does not affect one's dreams
Year 1	New Beginnings Voting as a right and responsibility/ to be responsible for their own behaviour Helping others if they are sad/scared and following school rules Growth/fixed mind-set Ways to solve problems. How to calm myself down when I am upset. Differences Strengths/weaknesses. Different types of family	Getting on and Falling out Anti-bullying What does bullying actually mean? What to in different situations when there are problems with friendships What is a good friend? Listening to others Respect for others Solving problems as a peace maker. What to do when I get angry.	Going for Goals Reflecting on themselves as individuals, particularly their strengths as learners and how they learn most effectively.	Good to be Me How to stay calm in difficult situations What you can do to avoid confrontation.	Changes How they have changed since they were toddlers. Health choices Healthy food and fitness	Relationships What they need to do when they are angry or annoyed with friends/people around them.



<p>Year 2</p>	<p>New Beginnings Class rules – Rights and Responsibilities display. Zones of regulation Keeping calm. Explore fixed and growth mindsets What makes families special? British values- democracy</p>	<p>Getting on and Falling out Friendships and overcoming difficulties. Managing anger and resolving conflict. Exploring bullying Growth mindset- giving feedback British values- mutual respect</p>	<p>Going for Goals Setting targets and reaching our goals. Explore positive attitudes to learning and related vocabulary (growth mindset) Ways to 'be mindful' Online relationships British values- Rule of law</p>	<p>Good to be Me Zones of regulation toolkit Good turn diaries Being respectful and standing up for ourselves Healthy balance of screen time Keeping Safe- PANTS British values- Individual Liberty</p>	<p>Relationships Dealing with different emotions related to change, loss and grief Safe & healthy relationships- Is it right to keep a secret? Mental wellbeing- seeking support British values- Tolerance</p>	<p>Changes Importance of sleep and exercise and personal hygiene. Eating a healthy diet Basic first aid Moving into KS2 and dealing with change Growth mindset- review and reflection</p>
<p>Year 3</p>	<p>New Beginnings Get to know each other and know that everyone is valued. To learn about rights, responsibilities and rules within school. Exploring feelings. Rights & Responsibilities. Democracy. Growth Mindsets. The Zones of regulation. Shared characteristics of families.</p>	<p>Getting on and falling out Revisit the skills of friendship. Recognise our triggers for anger and how to use peaceful problem solving. Anti-bullying awareness: to understand what bullying is. Mutual respect. Personal wellbeing. Explore the 'language of learning.'</p>	<p>Going for Goals To explore what you are like as learner. Set success criteria for achieving goals. The Rule of Law. Explore positive attitudes towards learning. E-Safety – safe internet use. The Zones of Regulation.</p>	<p>Good to be me Recognise things that I'm good at and things that I find difficult. Develop an understanding of the feelings of surprise, hope and disappointment. Learn how to deal with my worries. Individual Liberty. Explore Growth Mindsets further. Personal safety.</p>	<p>Relationships Explore the feeling of guilt and how we can make amends. Safe & Healthy relationships – can men and women do the same jobs? Explore equality. Tolerance. Explore Growth Mindsets further.</p>	<p>Changes Recognise changes that have made our lives better. Learn about ways of dealing with feelings that arise from change. Make plans for making changes to behaviour and to overcome obstacles. Changes from birth to adulthood, stereotypes and keeping happy & healthy. Growth Mindset review of the year.</p>
<p>Year 4</p>	<p>New Beginnings Taking responsibility for themselves & their behaviour – feeling welcome & unwelcome. Giving compliments School rules & targets. British Value – Democracy Growth mind-set Different families</p>	<p>Getting on & falling out Ways of calming down & dealing with anger Anti-bullying awareness & issues Giving compliments Use peaceful problem-solving processes British Value – Mutual respect</p>	<p>Going for goals Identify strengths as a learner & set targets for self. Identify barriers to learning & how to overcome them. Growth mind-set British value – rule of law</p>	<p>Good to be me Differences & similarities Identifying emotions Coping with emotions Saying 'No' Looking after yourself British Value – Individual Liberty Personal safety</p>	<p>Relationships Dealing with feelings of anger/frustration Resolving conflicts Loss – how it makes us feel & how to celebrate their lives.</p>	<p>Changes What it feels like to belong to a group. Unwanted changes. Feelings brought on by change.</p>
<p>Year 5</p>	<p>New Beginnings and Rights & Responsibilities Taking responsibility To recognise their worth and responsibilities and that their actions affect others</p>	<p>Getting on & falling out Ways of calming down and dealing with anger. Anti-bullying awareness and issues. Know how to recognise who to trust and who not to trust, how to judge</p>	<p>Going for goals To produce personal targets To understand how to achieve them in terms of perseverance achievements and overcoming obstacles.</p>	<p>Good to be me Children discuss how to overcome fears of looking silly or embarrassed and how to overcome barriers. The first time they confront something is always the worst but it</p>	<p>Relationships This will focus on how children develop new strategies to make friends and to promote and improve existing ones and remember that relationships are 'give and take'.</p>	<p>Changes Children will focus on changes: bodily, feelings and environmental. They will recap how to stay healthy and how to pay closer attention to personal hygiene at</p>



	<p>To produce their own class charter reflecting rights and responsibility. To apply growth mind set.</p> <p>To describe their families and understand their importance</p>	<p>when a friendship/family relationship</p>	<p>Their responsibilities to help each other learn and reach their goals.</p>	<p>will get better with each subsequent time. Personal safety and physical contact</p>		<p>puberty. They will look at how to deal with uncomfortable feelings around change.</p>
<p>Year 6</p>	<p>New Beginnings Taking responsibility for themselves & their behaviour – showing respect and dealing with friendships. Democracy and voting for positions in Y6. Black History and the influence of Martin Luther King and Walter Tull as one of the first black footballer players. Relationships and understand who people are that care for us. Zones of Regulation and mental health</p>	<p>Getting on and Falling Out In relationships, understanding about respectful relationships Dealing with conflict. Anti-bullying awareness & issues- differences and diversity. Avoiding stereotypes and causing offence Workshop from the magistrates to learn about the judicial system.</p>	<p>Going for Goals Making long-term plans and setting achievable goals. Understand about online relationships and communication E-Safety week Crucial Crew trip to learn about the role of emergency services</p>	<p>Good to Be Me Dealing with feelings and emotions, including loss and grieving. Recognise strengths & weaknesses & how to deal with these. NSPCC work on child protection and safe and inappropriate physical contact</p>	<p>Relationships What it feels like to belong to a group. Understand permission seeking in relationships and friendships Unwanted changes. SE about me: Why are girls' & boys' bodies are different. Conception and child birth. Robinwood link activities- overcoming barriers</p>	<p>Changes Respecting people's feelings, decisions, rights and bodies Transition to secondary school. Health and wellbeing to include: First aid, keeping healthy, healthy eating, lifestyle choices and physical health and illness Bodily changes within adolescence and puberty. Manchester Mock Trial for Y6 students</p>