

Byron Wood PSHE Curriculum Map (incorporating RSE)

It is recommended that each year group follows the guidance given regarding number of lessons per topic. PSHE will be taught weekly. Where there are fewer objectives than are needed for a half term, bespoke lessons will be taught regarding issues which have come to light in the class, or there will be follow up work on the assembly themes.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<u>What Makes A Family?</u> 1 - Identifying family members 2 - Talk about what they do with family (eg activities, visits) 3 - Find similarities and make comparisons between other families 4 - Name and describe familiar people 5 - Discuss members of immediate family and community	<u>Understanding My Feelings</u> 1 - My Feelings; words to describe how I am feeling 2 - What I can do when I am angry or upset 3 - Why we feel the way we do	<u>Online Safety</u> 1 - The internet – what it is, how to stay safe, what we can use it for 2 - Smartie the Penguin	<u>Staying Healthy</u> 1 - Healthy diets to help us grow 2 - What we need to eat 3 - How we look after our bodies and keep ourselves clean	<u>Keeping Friendships healthy</u> 1 - Teamwork and sharing; working together and waiting to take turns 2 - What makes a good friend? 3 - How can I help my friends?	<u>Transition</u> 1 - Moving on to Year 1 2 - What do I do when things are difficult? 3 - Perseverance and resilience 4 - Who can help me at school?
Year 1 2 lessons on each topic	<u>Keeping Friendships healthy</u> 1 - Who is my friend? 2 - What makes a good friend? 3 - Should friends tell us what to do?	<u>What makes a family?</u> 1 - Who is in my family? 2 - roles within my family	<u>Online safety</u> 1 - Screen time 2 - What do we use the internet for?	<u>Understanding my feelings</u> 1 - Where do feelings come from? 2 - What helps me to be happy? 3 - What can I do if I feel lonely? <u>Wider Community</u> 1 - How can we look after our environment? - litter, walking to school 2 - Who keeps us safe? - parents, police, health services	<u>Staying healthy</u> 1 - How do I help my body stay healthy? 2 - How do I decide what to eat? 3 - Who keeps us healthy? - parents, doctors	<u>Money and careers</u> 1 - What is money? 2 - What do we use money for? 3 - Where does money come from?

<p>Year 2</p> <p>1 lesson on each topic</p>	<p><u>Our communities</u> 1 - How do we make a happy school 2 - Who lives in my neighbourhood</p> <p><u>Understanding My Feelings</u> 1 - Who am I?</p>	<p><u>What makes a family?</u> 1 - Do families always stay the same? 2 - How should families treat each other? 3 - When should I say no? 4 - Who owns my body?</p>	<p><u>What makes a family?</u> 1 - Are all families the same?</p> <p><u>Keeping friendships healthy</u> 1 - How do we stop bullying 2 - How can I recognise when someone else is lonely?</p> <p><u>Understanding My Feelings cont.</u> 2 - What can I do when things are difficult?</p>	<p><u>Online Safety</u> 1 - Personal Information 2 - Online strangers 3 - Fake news</p> <p><u>Drugs</u> 1 - What medicines do people take (oral, topical, etc.) 2 - Do all medicines always make us feel better?</p>	<p><u>Staying Healthy</u> 1 - How do we stop getting ill? 2 - How can I stay safe?</p> <p><u>Our communities cont.</u> 3 - Who keeps us safe? - emergency services 4 - How can we look after our environment? - recycling, turning off electricity</p>	<p><u>Growing Up</u> 1 - Will I always be a child?</p> <p><u>Money and Careers</u> 1 - Why do people save money? What does that mean? 2 - What is the difference between wanting something and needing it? 3 - What can I do if I can't have the things I want? 4 - How do people look after their money?</p>
<p>Year 3</p> <p>Aut/Spr – 3 lessons per topic</p> <p>Sum – 1 lesson per topic</p>	<p><u>Keeping friendships healthy</u> 1 - What makes a good friend?</p> <p><u>Money & Careers</u> 1 - What jobs do people do?</p>	<p><u>Understanding my feelings</u> 1 - How do I manage my feelings? 2 - How can I ask for help if I feel lonely?</p>	<p><u>Online Safety</u> 1 - Trusting people online 2 - Personal information online</p>	<p><u>What makes a family?</u> 1 - Do families stay the same? 2 - Are all families like mine?</p>	<p><u>Online Safety</u> 1 - Friendship online 2 - Tracking personal information</p> <p><u>Drugs</u> 1 - What substances might I find at home that could be dangerous? 2 - How do I know if I'm using medicines correctly?</p>	<p><u>Staying healthy</u> 1 - How do I keep my body healthy? 2 - Healthy eating 3 - Oral hygiene 4 - What does it mean to be healthy? 5 - What are medicines for?</p>

Year 4 2 lessons per topic	<u>Our communities</u> 1 - How do we make the world fair? 2 - Where do you feel like you belong? 3 - How can we help the people around us?	<u>What makes a family?</u> 1 - How should I treat people who are different? 2 - What do caring relationships look like in a family? (including commitment, care, spending time together; being there for each other in times of difficulty)	<u>Keeping friendships healthy</u> 1 - Are all friends the same? 2 - Are friendships always fun?	<u>Understanding my feelings</u> 1 - Are we happy all the time? 2 - How should I deal with setbacks? <u>Money and Careers</u> 1. What skills do people need in a job? (teamwork, communication, negotiation)	<u>Online safety</u> 1 - Digital Media 2 - Verifying content 3 - Why do internet sites show me certain information?	<u>Staying healthy</u> 1 - How do I save a life? 2 - What are allergies? 3 - What are the signs that I am becoming ill? <u>Drugs</u> What are the laws about using drugs?
Year 5 Aut 1/ Spr 1/ Sum 2 – 1 lesson per topic Aut 2/ Spr 2/ Sum 1 – 2 lessons per topic	<u>Keeping Friendships Healthy</u> 1 - What makes a close friend? 2 - Can we be different and still be friends? 3 - Should friends tell us what to do? 4 - Why are some people unkind?	<u>What makes a family?</u> 1 - Why do some people get married? 2 - Are families ever perfect? 3 - Is there such a thing as a normal family?	<u>Understanding my feelings</u> 1 - Does everybody have the same feelings? 2 - Should we be happy all the time? 3 - Why do we argue? 4 - Who am I?	<u>Staying Healthy</u> 1 - Is there such a thing as a perfect body? 2 - How can I stay fit and healthy?	<u>Staying Healthy</u> 1 - Can I avoid getting ill?	<u>Online safety</u> 1 - Control and consent 2 - Protecting our identity 3 - Meeting strangers online 4 - Personal information, terms and conditions 5 - Analysing Digital Media

Year 6 1 lesson per topic	<u>Keeping Friendships Healthy</u> 1 - What are stereotypes? 2 - How can I accept my friends for who they are? 3 - What are the different ways families care for each other? (including commitment, care, spending time together; being there for each other in times of difficulty)	<u>Our Communities</u> 1 - What is prejudice? 2 - What is the history of prejudice? 3 - What should I do if I encounter prejudice? 4 - How can I be a great citizen? 5 - Who belongs in our country? 6 - What does it mean to be British?	<u>Our Communities</u> 1 - Why is money important? <u>Money and Careers</u> 1 - What skills do I have that would help me in a job? (teamwork, communication, negotiation). 2 - What jobs would I like to do? 3 - What paths could I take to help me do that job?	<u>Online Safety</u> 1 - Bias 2 - Echo Chambers 3 - Does the internet make us happy? 4 - How do internet sites target their information for me? <u>Drugs</u> 1 - How are different drugs portrayed in the media? How can that be confusing? 2 - Where can I go for help if I, or someone I know has a problem with drugs?	<u>Staying Healthy</u> 1 - Why do some people take drugs? 2 - Where should I get my health information? 3 - How do I save a life? 4 - Is there such a thing as failure? 5 - How can I reframe unhelpful thinking? 6 - How can I ask for help when I'm feeling down?	<u>Growing Up</u> 1 - How will my body change as I get older? 2 - How will my feelings change as I get older? 3 - How do I stay clean as I get older? 4 - What is Menstruation? 5 - How can I find information about growing up?
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