

Curriculum Map for PSHE

Reception	
Relationships	Physical Health and Mental Well-being
➤ I understand how it feels to belong and I enjoy working with others to make school a good place to be. ➤ I know we are all different but the same in some ways and I understand that being different makes us all special. ➤ I understand why it is good to be kind and use gentle hands. ➤ I know how to make friends to stop myself from feeling lonely. ➤ I know how to be a good friend and can think of ways to solve problems and stay friends. ➤ I am starting to understand the impact of unkind words and use kind words to encourage people. ➤ I know which words to use to stand up for myself when someone says or does something unkind. ➤ I can tell you why I think my home is special to me. ➤ I can identify some of the jobs I do in my family and how I feel like I belong.	➤ I understand that I need to exercise to keep my body healthy. ➤ I know which foods are healthy and not so healthy and can make healthy eating choices. ➤ I know how to help myself go to sleep and understand why sleep is good for me. ➤ I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet. ➤ I know what a stranger is and how to stay safe if a stranger approaches me. ➤ I can start to recognise and manage my feelings. ➤ I am learning what being responsible means. ➤ I understand that if I persevere I can tackle challenges. ➤ I can say how I feel when I achieve a goal and know what it means to feel proud. ➤ I can talk about my worries and/or the things I am looking forward to about being in Year 1. ➤ I can share my memories of the best bits of this year in Reception.
Science	Internet Safety
➤ I can name parts of the body. ➤ I understand that we all grow from babies to adults.	➤ I can identify different types of technology that we use. ➤ I understand that I need to use my own private username and password when I go online.
Sex Education	
None in this year group.	

Curriculum Map for PSHE

Year 1	
Relationships	Physical Health and Mental Well-being
➤ I know my rights and responsibilities as a member of my class and how to make my class a safe place for everybody to learn. ➤ I can identify similarities and differences between people in my class and can say some ways that I am different from my friends. ➤ I know how to make new friends and can identify what being a good friend means to me. ➤ I understand how to work well with a partner. ➤ I can identify the members of my family and understand that there are lots of different types of families. ➤ I know appropriate ways of physical contact to greet my friends and know which ways I prefer. ➤ I can tell you why I appreciate someone who is special to me.	➤ I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy. ➤ I understand the difference between healthy and unhealthy choices and can give examples of when being healthy can help me feel happy. ➤ I know how to keep myself clean and understand how germs cause disease/ illness. ➤ I know some ways to help myself if I am poorly. ➤ I recognise that I am special so I keep myself safe and know about people who can help me to do this. ➤ I understand that medicines can help me if I feel poorly but that all household products, including medicines, can be harmful if not used properly. ➤ I know how to keep safe when crossing the road. ➤ I recognise the sun is good for me but I know how to keep myself safe from it. ➤ I can explain what bullying is and know some people who I could talk to if I was feeling unhappy or being bullied. ➤ I know that my views are valued and recognise my qualities as a person or a friend. ➤ I recognise that choices I make have consequences. ➤ I can identify obstacles which make it more difficult to achieve my goals and work out how to overcome them. ➤ I can talk about changes that have happened in my life and understand that every time I learn something new, I change a little bit.
Science	
❑ I can identify, name, draw and label the basic parts of the human body, not including reproductive body parts.	
Internet Safety	
➤ I understand the importance of online safety and why I need to use my own private username and password. ➤ I know that some information should be kept private, including my password.	
Sex Education	
None in this year group.	

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Year 2	
Relationships	Physical Health and Mental Well-being
➤ I can work well in a group and recognise who I work well with and who it is more difficult for me to work with. ➤ I can identify some of the things that cause conflict with my friends and can use problem-solving techniques. ➤ I understand that it is OK to be different from other people and that differences make us all special and unique. ➤ I understand we shouldn't judge people if they are different and that bullying may be about difference. ➤ I can tell you how someone who is bullied feels and I can be kind to children who are bullied. ➤ I know when and how to stand up for myself and others and how to get help if I am being bullied. ➤ I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not. ➤ I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret. ➤ I know who to talk to about being asked to keep a secret I do not want to keep. ➤ I recognise and appreciate people who can help me and I understand how it feels to trust someone	➤ I can identify some of my hopes and fears for this year. ➤ I know when I feel worried and know who to ask for help. ➤ I carry on trying even when I find things difficult. ➤ I know what I need to keep my body healthy and I am motivated to make healthy lifestyle choices. ➤ I can sort foods into the correct food groups and explain which foods my body needs every day to keep me healthy. ➤ I know some things that make me feel relaxed and some that make me feel stressed. ➤ I understand how medicines work can be helpful and how important it is to use them safely. ➤ I understand there are some changes that are outside my control and can recognise how I feel about this. ➤ I can tell you about the natural process of growing from young to old and recognise how my body has changed since I was a baby. ➤ I feel proud about becoming more independent. ➤ I understand some ways in which boys and girls are similar and different, and am starting to understand that sometimes people make assumptions about boys and girls (stereotypes).
Science	Internet Safety
❓ I know that animals, including humans, have offspring which grow into adults	➤ I can explain what a digital footprint is and know that it is permanent. ➤ I know that Email is a form of digital communication. ➤ I know that I can make someone happy or sad by sending an online message and understand that I shouldn't behave any differently from speaking to the person face to face. ➤ I know who to tell if I find something online that I don't like. ➤ I know why I need to keep my password safe. ➤ I can explain the good and bad sides of digital technology.
Sex Education	
❓ I can identify the parts of the body that make boys different to girls and use the correct name for these.	

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Year 3	
Relationships	Physical Health and Mental Well-being
➤ I understand my actions affect others and can try to see things from their points of view. ➤ I understand that everybody's family is different and important to them. ➤ I understand that differences and conflicts sometimes happen among family members. ➤ I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females. ➤ I recognise that words can be used in hurtful ways and know that this has consequences. ➤ I know how a witness to bullying can make the situation better or worse by what they do. ➤ I can identify and put into practice some of the skills of friendship. ➤ I know how to express my appreciation to my friends and family.	➤ I can recognise my worth and identify positive things about myself and my achievements. ➤ I face new challenges positively, make responsible choices and ask for help when I need it. ➤ I can identify a dream/ambition that is important to me. ➤ I can recognise obstacles which might hinder my achievement and take steps to overcome them. ➤ I understand how complex my body is and how important it is to take care of it. ➤ I understand how exercise affects my body and know why my heart and lungs are such important organs. ➤ I know that the amount of calories, fat and sugar I put into my body will affect my health. ➤ I can tell you my knowledge and attitude towards drugs. ➤ I can identify things, people and places that I need to keep safe from and know when something feels safe or unsafe. ➤ I know some strategies for keeping myself safe, who to go to for help and how to call emergency services. ➤ I can identify what I am looking forward to in my next class.
Science	Internet Safety
➤ I know that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.	➤ I know and use some strategies for keeping myself safe online. ➤ I understand that some information held on websites may not be accurate or true. ➤ I know the meaning of age restrictions symbols on digital media. ➤ I can identify some physical and emotional effects of playing/watching inappropriate content/games. ➤ I have strategies for dealing with online bullying. - I understand what makes a good password for Internet use.
Sex Education	
➤ I recognise the physical differences between boys and girls, use the correct names for parts of the and appreciate that some parts of my body are private. ➤ I understand that in animals and humans lots of changes happen between birth and growing up, and that usually it is the female who has the baby.	

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Year 4	
Relationships	Physical Health and Mental Well-being
➤ I know my attitudes and actions make a difference in the class. ➤ I know how it feels to be included/ excluded in a group. ➤ I try to make people feel welcome and valued. ➤ I understand how democracy works. ➤ I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them. ➤ I recognise how different friendship groups are formed, how I fit into them, and the friends I value the most. ➤ I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends. ➤ I can express why the people I love are special to me. ➤ I know how most people feel when they lose someone or something they love ➤ I know how to stand up for myself and how to negotiate and compromise. ➤ I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older. ➤ I know how to show love and appreciation to the people and animals who are special to me.	➤ I know how to cope with disappointment by reflecting on positive and happy experiences. ➤ I know how to work out the steps to take to achieve a goal. ➤ I can enjoy being part of a group challenge and can identify the contributions made by myself and others to the group's achievement. ➤ I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke. ➤ I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol. ➤ I have a clear picture of what I believe is right and wrong and can tap into my inner strength and know how to be assertive. ➤ I can recognise feelings of anxiety and fear associated with peer pressure situations and know how to act assertively to resist pressure from others. ➤ I understand that we can remember people even if we no longer see them.
Science	Sex Education
No objectives specifically linked to Relationships or Health.	➤ I understand that, in animals and humans, lots of changes happen between conception and growing up and that, usually, it is the female who has the baby. ➤ I understand how babies grow and develop in the mother's uterus and understand what babies need to live and grow. ➤ I understand that boys' and girls' bodies need to change so that, when they grow up, their bodies can make babies. ➤ I can identify how boys' and girls' bodies change on the outside and inside during this growing up phase
Internet Safety	
➤ I understand the importance of balancing screen time with other parts of my life, including the effect on physical and mental health. ➤ I know that security symbols protect my identity online. ➤ I know the meaning of the term 'phishing' and am aware of the existence of scam websites. ➤ I can explain what a digital footprint is and can give examples of things that I would not want to be in my digital footprint.	

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Year 5	
Relationships	Physical Health and Mental Well-being
➤ I understand my rights and responsibilities as a citizen of my country and a member of my school. ➤ I can make choices about my own behaviour because I understand how rewards and consequences feel. ➤ I know how an individual's behaviour can impact on a group. ➤ I understand how democracy and having a voice benefits the school community and know how to participate in this. ➤ I understand that cultural differences sometimes cause conflict. ➤ I understand what racism is. ➤ I understand how rumour-spreading and name-calling can be bullying behaviours. ➤ I can explain the difference between direct and indirect types of bullying. ➤ I can understand a different culture from my own. ➤ I understand that communicating with someone in a different culture means we can learn from each other.	➤ I know what makes a healthy diet and lifestyle and the choices I need to make to be healthy and happy. ➤ I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. ➤ I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart. ➤ I am aware of my own self-image and how my body image fits into that. ➤ I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures. ➤ I understand how the media, social media and celebrity culture promotes certain body types. ➤ I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities. ➤ I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. ➤ I can identify what I am looking forward to when I move to my next class.
Science	
➤ I can describe the changes as humans develop to old age, including the changes experienced in puberty. ➤ I can explain how a girl's body changes during puberty. ➤ I can describe how a boy's body changes during puberty. ➤ I understand the importance of looking after myself physically and emotionally.	

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Sex Education	Internet Safety
➤ I understand that some of my personal characteristics have come from my birth parents and this happens because I am made from the joining of their egg and sperm. ➤ I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby. ➤ I can describe how a girl's body changes in order for her to be able to have babies when she is an adult and that menstruation is a natural part of this.	➤ I understand that belonging to an online community can have positive and negative consequences. ➤ I understand there are rights and responsibilities in an online community or social network and when playing a game online. ➤ I can recognise when I am spending too much time using devices (screen time). ➤ I can explain how to stay safe when using technology to communicate with my friends.
➤ I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. ➤ I can describe how boys' and girls' bodies change during puberty. I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby. ➤ I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).	

Curriculum Map for PSHE

Year 6	
Relationships	Physical Health and Mental Well-being
➤ I understand that my actions affect myself and others: I care about other people's feelings and try to empathise with them. ➤ I understand how democracy and having a voice benefits the school community. ➤ I understand there are different perceptions about what normal means and I appreciate people for who they are. ➤ I can empathise with people who are different and understand how being different could affect someone's life. ➤ I can explain ways in which difference can be a source of conflict and a cause for celebration. ➤ I know how it can feel to be excluded or treated badly by being different in some way. ➤ I can explain some of the ways in which one person or a group can have power over another. ➤ I know some of the reasons why people use bullying behaviours. ➤ I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one. ➤ I know what some people in my class like or admire about me and can accept their praise. ➤ I can give praise and compliments to other people when I recognise their contributions and achievements. ➤ I understand that some people can be exploited and made to do things that are against the law. ➤ I know why some people join gangs and the risks this involves. ➤ I can recognise when people are trying to gain power or control and know strategies to use to avoid being pressurised. ➤ I can take responsibility for my own safety.	➤ I can take responsibility for my health and make choices that benefit my health and well-being. ➤ I know how to help myself feel emotionally healthy and can recognise when I need help with this. ➤ I understand that people can get problems with their mental health and that it is nothing to be ashamed of. ➤ I know about different types of drugs and their uses and their effects on the body particularly the liver and heart. ➤ I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. ➤ I can use different strategies to manage stress and pressure ➤ I am motivated to find ways to be happy and cope with life's situations without using drugs. ➤ I can express how I feel about my self-image and know how to challenge negative 'body-talk'. ➤ I am aware of the importance of a positive self-esteem and what I can do to develop it. ➤ I can express how I feel about the changes that will happen to me during puberty. ➤ I can identify what I am looking forward to and what worries me about the transition to secondary school. ➤ I understand my own wants and needs and can compare these with children in different communities. ➤ I can identify problems in the world that concern me and talk to other people about them. ➤ I can describe some ways in which I can work with other people to help make the world a better place ➤ I know my learning strengths and can set challenging but realistic goals for myself. ➤ I understand that there are different stages of grief and that there are different types of loss that cause people to grieve. ➤ I can recognise when I am feeling those emotions and have strategies to manage them.

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Science	
➤ I know how to keep my body healthy and how my body might be damaged – including how some drugs and other substances can be harmful to the human body. ➤ I can explain the relationship between diet, exercise, drugs, lifestyle and health.	
Sex Education	Internet Safety
➤ I can explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally. ➤ I can describe how boys' and girls' bodies change during puberty. ➤ I understand that sexual intercourse can lead to conception and that is how babies are usually made, although sometimes people need IVF to help them have a baby. ➤ Describe how a baby develops through from conception, through the nine months of pregnancy and how it is born. ➤ Understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a boyfriend or girlfriend. ➤ I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to.	➤ I can use technology positively and safely to communicate with my friends and family. ➤ I can judge whether something online is safe and helpful for me. ➤ I can resist pressure to do something online that might hurt myself or others. ➤ I know about the consequences of promoting inappropriate content online and what to do if I witness or experience this. ➤ I understand the need to find a balance between being active and digital activities. ➤ I can identify benefits and risks of mobile devices broadcasting the location of the user/device. ➤ I can identify secure sites by looking for privacy seals of approval. ➤ I understand how and why people use their information and online presence to create a virtual image of themselves as a user. ➤ I understand how information online can persist and give away details of those who share it.