

Rockmount Primary School Subject Curriculum Map PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery PSED	<p>Children will:</p> <ul style="list-style-type: none"> • focus on relationships and learning names • talk/play with new peers • be given opportunities for group games/activities • separate from main carer with support and encouragement from a familiar adult 	<p>Children will:</p> <ul style="list-style-type: none"> • expresses own preferences and interests • show understanding and cooperate with some boundaries and routines • be supported to form friendships with other children 	<p>Children will:</p> <ul style="list-style-type: none"> • select activities and use resources with support • be aware of their own feelings, and will learn that some actions and words can hurt others' feelings • play in a group, extending and elaborating play ideas, e.g. building up a role-play activity with other children 	<p>Children will:</p> <ul style="list-style-type: none"> • be given the responsibility of carrying out small tasks • begins to accept the needs of others and can take turns and share resources, sometimes with support from others • initiate play, offering cues to peers to join them 	<p>Children will:</p> <ul style="list-style-type: none"> • become more outgoing towards unfamiliar people and more confident in new social situations • usually tolerate delay when needs are not immediately met, and understands wishes may not always be met • keep play going by responding to what others are saying or doing 	<p>Children will:</p> <ul style="list-style-type: none"> • communicate freely about likes/dislikes • usually adapt behaviour to different events, social situations and changes in routine
Reception PSED	<p>Children will:</p> <ul style="list-style-type: none"> • see themselves as a valuable individual • build constructive and respectful relationships • build confidence in a new setting • discover new areas of the school/new routines • continue to develop turn taking and sharing 	<p>Children will:</p> <ul style="list-style-type: none"> • develop an understanding of class reward systems • express their feelings and consider the feelings of others 	<p>Children will:</p> <ul style="list-style-type: none"> • learn about keeping safe • show resilience and perseverance in the face of challenge • identify and moderate their own feelings socially and emotionally • manage their own needs around personal hygiene 	<p>Children will:</p> <ul style="list-style-type: none"> • learn about cooperation and living together • think about the perspectives of others <p>know and talk about the different factors that support their overall health and wellbeing:</p> <ul style="list-style-type: none"> • regular physical activity • healthy eating • toothbrushing • sensible amounts of 'screen time' • having a good sleep routine • being a safe pedestrian 	<p>Children will:</p> <ul style="list-style-type: none"> • show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly • set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate • be confident to try new activities and show independence, resilience and perseverance in the face of challenge • explain the reasons for rules, know right from wrong and try to behave accordingly 	<p>Children will:</p> <ul style="list-style-type: none"> • give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions • manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices
Year 1	<p>Families and Relationships</p> <p>Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair</p>	<p>Health and Wellbeing</p> <p>Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, identifying and dealing with allergic reactions, people in the community who keep us healthy</p>	<p>Citizenship</p> <p>Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy</p>	<p>Economic Wellbeing</p> <p>Learning about a range of money and bank functions including cash safety, spending, saving and jobs</p>	<p>Safety and the Changing Body</p> <p>Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe</p>	<p>Safety and the Changing Body</p> <p>Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe</p>

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Families and Relationships Learning that families are composed of different people who offer each other care and support. Learning how other people show their feelings and how to respond to them. Looking at conventions of manners and developing an understanding of self-respect.	Health and Wellbeing Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals and developing a growth mindset and understanding dental hygiene	Citizenship Lesson collection: learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion	Economic Wellbeing Learning about financial literacy including how adults get money, wants and needs, using skills and talents and inclusive environments.	Safety and the Changing Body Lesson collection: Developing understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.	Safety and the Changing Body Lesson collection: Developing understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.
Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Families and Relationships Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist	Health and Wellbeing Understanding that a healthy lifestyle includes physical activity, a balanced diet, and rest and relaxation; exploring identity through groups we belong to, and how our strengths can be used to help others; learning how to solve problems by breaking them down into achievable steps	Citizenship Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy	Economic Wellbeing Introduction to budgeting, learning about the different paying methods, the emotional impact of money, the ethics of spending, potential jobs and careers and learning that anyone can aspire to anything	Safety and the Changing Body Learning about: cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence	Safety and the Changing Body Learning about: cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence
Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Families and Relationships Learning that families are varied and differences must be respected; understanding physical and emotional boundaries in friendships; exploring: the roles of bully, victim and bystander; how behaviour affects others; manners in different situations and learning about bereavement	Health and Wellbeing Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming and relaxing activities; developing independence in dental hygiene	Citizenship Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government	Economic Wellbeing Exploring choices associated with looking after money, what makes something good value for money, stereotypes in the workplace, career changes and what influences career choices.	Safety and the Changing Body Building awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma	Safety and the Changing Body Building awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma
Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Families and Relationships Developing an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's	Health and Wellbeing Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation	Citizenship An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community	Economic Wellbeing Learn to manage money, understand borrowing, be cautious online, challenge workplace stereotypes, and align interests with future careers.	Safety and the Changing Body Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers	Safety and the Changing Body Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first

	behaviour; learning to appreciate our individual positive attributes.				and how to administer first aid to someone who is bleeding.	aid to someone who is bleeding.
Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Family and Relationships Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief	Health and Wellbeing Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals	Citizenship Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.	Economic Wellbeing Explore choices related to navigating feelings about money, keeping money safe, managing finances in secondary school, understanding the risks of gambling, considering careers in various workplaces, and identifying the paths to pursue different careers	Safety and the Changing Body Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.	Safety and the Changing Body Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.