



## PSHCE Curriculum Map

### EYFS When they leave the Early Years, we expect children to be able to:

- To develop a positive sense of themselves and others.
- To form positive relationships and develop respect for others.
- To develop social skills and learn how to manage their feelings.
- To understand appropriate behaviour in groups.
- To have confidence in their own abilities.
- To make sense of their physical world
- To make sense of their community.
- To use opportunities to observe and explore
- To find out about people, places, technology, and the environment

	Autumn		Spring		Summer	
Year 1	<u><b>Autumn 1: Being Me in My World</b></u> <ul style="list-style-type: none"> <li>• Explain why my class is a happy and safe place to learn.</li> <li>• Give different examples where I or others make my class happy and safe.</li> </ul>	<u><b>Autumn 2: Celebrating Differences</b></u> <ul style="list-style-type: none"> <li>• Tell you some ways that I am different and similar to other people in my class and why this makes us special.</li> <li>• Explain what bullying is and how being bullied might make someone feel.</li> </ul>	<u><b>Spring 1: Dreams and Goals</b></u> <ul style="list-style-type: none"> <li>• Explain how I feel when I am successful and how this can be celebrated positively.</li> <li>• Say why my internal treasure chest is an important place to store positive feelings.</li> </ul>	<u><b>Spring 2: Healthy Me</b></u> <ul style="list-style-type: none"> <li>• Explain why I think my body is amazing and identify a range of ways to keep it safe and healthy.</li> <li>• Give examples of when being healthy can make me feel happy.</li> </ul>	<u><b>Summer 1: Relationships</b></u> <ul style="list-style-type: none"> <li>• Explain why I have special relationships with some people and how these relationships help me feel safe and good about myself.</li> </ul>	<u><b>Summer 2: Changing Me</b></u> <ul style="list-style-type: none"> <li>• Explain the changes that will happen to me as I get older.</li> <li>• Use the correct names for penis, testicles, anus, vagina, vulva and give reasons why they are private.</li> </ul>

					<ul style="list-style-type: none"> <li>Explain how my qualities help relationships.</li> <li>Give examples of behaviour in other people that I appreciate and behaviours that I do not like.</li> </ul>	<ul style="list-style-type: none"> <li>Explain why some changes I might experience might feel better than others.</li> </ul>
<b>Year 2</b>	<u><b>Autumn 1: Being Me in My World</b></u> <ul style="list-style-type: none"> <li>Explain why my behaviour can impact on other people in my class.</li> <li>Compare my own and my friend's choices and express why some choices are better than others.</li> </ul>	<u><b>Autumn 2: Celebrating Difference</b></u> <ul style="list-style-type: none"> <li>Explain that sometimes people get bullied because they are seen to be different. This might include people who do not conform to gender stereotypes.</li> <li>Explain how it feels to have a friend and be a friend.</li> <li>Explain why it is ok to be different from my friends.</li> </ul>	<u><b>Spring 1: Dreams and Goals</b></u> <ul style="list-style-type: none"> <li>Explain how I played my part in a group and the parts other people played to create a product.</li> <li>Explain how our skills complement each other.</li> <li>Explain how it felt to be part of a group and identify a range of feelings about group work.</li> </ul>	<u><b>Spring 2: Healthy Me</b></u> <ul style="list-style-type: none"> <li>Explain why foods and medicines can be good for my body, comparing my ideas with less healthy/unsafe choices.</li> <li>Compare my own and my friend choices and can express how it feels to make healthy and safe choices.</li> </ul>	<u><b>Summer 1: Relationships</b></u> <ul style="list-style-type: none"> <li>Give example of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.</li> <li>Explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.</li> </ul>	<u><b>Summer 2: Changing Me</b></u> <ul style="list-style-type: none"> <li>Use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.</li> <li>Explain why some types of touches feel ok and others do not.</li> <li>Tell you what I like and do not like about being a boy or a girl and getting older and recognise that other people might feel differently to me.</li> </ul>
<b>Year 3</b>	<u><b>Autumn 1: Being Me in My World</b></u> <ul style="list-style-type: none"> <li>Explain how my behaviour can affect how others feel and behave.</li> <li>Explain why it is important to have rules and how that helps me and others in my class learn.</li> </ul>	<u><b>Autumn 2: Celebrating Difference</b></u> <ul style="list-style-type: none"> <li>Describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.</li> <li>Tell you how being involved with a conflict makes me feel and can</li> </ul>	<u><b>Spring 1: Dreams and Goals</b></u> <ul style="list-style-type: none"> <li>Explain the different ways that help me learn and what I need to do to improve.</li> <li>Be confident and positive when I share my success with others.</li> <li>Explain how these feelings can be stored</li> </ul>	<u><b>Spring 2: Healthy Me</b></u> <ul style="list-style-type: none"> <li>Identify things, people and places that need to keep safe from and can tell you some strategies for keeping myself safe including who to go to for help.</li> <li>Express how being anxious/scared and unwell feels.</li> </ul>	<u><b>Summer 1: Relationships</b></u> <ul style="list-style-type: none"> <li>I can explain how my life is influenced positively by people I know and by people from other countries.</li> <li>Explain why my choices might affect my family, friendship, and</li> </ul>	<u><b>Summer 2: Changing Me</b></u> <ul style="list-style-type: none"> <li>Explain how boys' and girls' bodies change on the inside/outside during the growing up process.</li> <li>Explain why these changes are necessary so that their bodies can</li> </ul>

	<ul style="list-style-type: none"> <li>Explain how it is important to feel valued.</li> </ul>	offer strategies to help the situation. e.g. solve it together or ask for help.	in my internal treasure chest and why this important.		people around the world who I do not know.	make babies when they grow up. <ul style="list-style-type: none"> <li>Recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.</li> </ul>
<b>Year 4</b>	<u><b>Autumn 1: Being Me in My World</b></u> <ul style="list-style-type: none"> <li>Explain why being listened to and listening to others is important in my school community.</li> <li>Explain why being democratic is important and can help me and others feel valued.</li> </ul>	<u><b>Autumn 2: Celebrating Difference</b></u> <ul style="list-style-type: none"> <li>Tell you a time when my first impressions of someone changed as I got to know them.</li> <li>Explain why bullying might be difficult to spot and what to do about it if I am not sure.</li> <li>Explain why it is good to accept myself and others' for who they are.</li> </ul>	<u><b>Spring 1: Dreams and Goals</b></u> <ul style="list-style-type: none"> <li>Plan and set new goals even after a disappointment.</li> <li>Explain what it means to be resilient and to have a positive attitude.</li> </ul>	<u><b>Spring 2: Healthy Me</b></u> <ul style="list-style-type: none"> <li>Recognise when people are putting me under pressure and explain ways to resist this when I want to.</li> <li>Identify feelings of anxiety and fear associated with peer pressure.</li> </ul>	<u><b>Summer 1: Relationships</b></u> <ul style="list-style-type: none"> <li>Recognise how people are feeling when they miss a special person or animal.</li> <li>Give ways that may help me manage my feelings when missing a special person or animal.</li> </ul>	<u><b>Summer 2: Changing Me</b></u> <ul style="list-style-type: none"> <li>Summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</li> <li>Explain some of the choices I may make in the future and some of the choices that I have no control over.</li> <li>Offer suggestions about how I might manage my feelings when changes happen.</li> </ul>
<b>Year 5</b>	<u><b>Autumn 1: Being Me in my world</b></u> <ul style="list-style-type: none"> <li>Compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.</li> </ul>	<u><b>Autumn 2: Celebrating Difference</b></u> <ul style="list-style-type: none"> <li>Explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.</li> <li>Explain why racism and other forms of discrimination are unkind</li> </ul>	<u><b>Spring 1: Dreams and Goals</b></u> <ul style="list-style-type: none"> <li>Compare hopes and dreams with those of young people from different cultures.</li> <li>Reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</li> </ul>	<u><b>Spring 2: Healthy Me</b></u> <ul style="list-style-type: none"> <li>Explain different roles that food and substances can place in people's lives.</li> <li>Explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</li> </ul>	<u><b>Summer 1: Relationships</b></u> <ul style="list-style-type: none"> <li>Compare different types of friendships and the feelings associated with them.</li> <li>Explain how to stay safe when using technology to communicate with my friends including how to stand up for myself, negotiate</li> </ul>	<u><b>Summer 2: Changing Me</b></u> <ul style="list-style-type: none"> <li>Explain how boys and girls change during puberty and why looking after myself physical and emotionally is important.</li> <li>Summarise the process of conception.</li> <li>Express how I feel about the changes</li> </ul>

	<ul style="list-style-type: none"> <li>Explain how the actions of one person can affect another and can give examples of this from school and a wider community context.</li> </ul>	<ul style="list-style-type: none"> <li>I can express how I feel about discriminatory behaviour.</li> </ul>		<ul style="list-style-type: none"> <li>Summarise different ways that I respect and value my body.</li> </ul>	<ul style="list-style-type: none"> <li>and to resist peer pressure.</li> <li>Apply strategies to manage my feelings and the pressure I may face to use technology in ways that may be risky or cause harm to myself or others.</li> </ul>	<p>that will happen to me during puberty and that I accept that these changes might happen at different times to my friends.</p>
<b>Year 6</b>	<p><b><u>Autumn 1: Being Me in My World</u></b></p> <ul style="list-style-type: none"> <li>Explain how my choices can have an impact on people in my immediate community and globally.</li> <li>Empathise with others in my community and globally and explain how this can influence the choices I make.</li> </ul>	<p><b><u>Autumn 2: Celebrating Difference</u></b></p> <ul style="list-style-type: none"> <li>Explain ways in which differences can be a cause of conflict or a cause for celebration.</li> <li>Show empathy with people in situations where their difference is a source of conflict or a cause for celebration.</li> </ul>	<p><b><u>Spring 1: Dreams and Goals</u></b></p> <ul style="list-style-type: none"> <li>I can explain different ways to work with others to help make the world a better place.</li> <li>Explain what motivates me to help make the world a better place.</li> </ul>	<p><b><u>Spring 2: Healthy Me</u></b></p> <ul style="list-style-type: none"> <li>Explain when substances including alcohol are being used antisocially or being misused and the impact that this can have on an individual and others.</li> <li>Identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.</li> </ul>	<p><b><u>Summer 1: Relationships</u></b></p> <ul style="list-style-type: none"> <li>Identify when people may be experiencing feelings associated with loss and recognise when people are trying to gain power or control.</li> <li>Explain feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations.</li> <li>Offer strategies to manage these feelings and situations.</li> </ul>	<p><b><u>Summer 2: Changing Me</u></b></p> <ul style="list-style-type: none"> <li>Describe how a baby develops from conception through the nine months of pregnancy and how it is born.</li> <li>Recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.</li> </ul>