

PSHE Curriculum Map (PSHE Objectives)

Year	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
EYFS	<p>*Know they have a right to learn and play, safely and happily</p> <p>*Know that some people are different from themselves</p> <p>*Know that hands can be used kindly and unkindly</p> <p>*Know special things about themselves</p> <p>*Know how happiness and sadness can be expressed</p> <p>*Know that being kind is good</p>	<p>*Know what being unique means</p> <p>*Know the names of some emotions such as happy, sad, frightened, angry</p> <p>*Know why having friends is important</p> <p>*Know some qualities of a positive friendship</p> <p>*Know that they don't have to be 'the same as' to be a friend</p> <p>*Know what being proud means and that people can be proud of different things</p> <p>*Know that people can be good at different things</p>	<p>*Know what a challenge is</p> <p>*Know that it is important to keep trying</p> <p>*Know what a goal is</p> <p>*Know how to set goals and work towards them</p> <p>*Know which words are kind</p> <p>*Know some jobs that they might like to do when they are older</p> <p>*Know that they must work hard now in order to be able to achieve the job they want when they are older</p> <p>*Know when they have achieved a goal.</p>	<p>*Know what the word 'healthy' means</p> <p>*Know some things that they need to do to keep healthy</p> <p>*Know the names for some parts of their body</p> <p>*Know when and how to wash their hands properly</p> <p>*Know how to say no to strangers</p> <p>*Know how to be a safe pedestrian</p> <p>*Know when and how to clean their teeth</p> <p>*Know the importance of a good sleep routine (how to help themselves go to sleep and that sleep is good for them)</p> <p>*Know limited 'screen time' is important</p>	<p>*Know what a family is</p> <p>*Know that different people in a family have different responsibilities (jobs)</p> <p>*Know some of the characteristics of healthy and safe friendships</p> <p>*Know that friends sometimes fall out</p> <p>*Know some ways to mend a friendship</p> <p>*Know that unkind words can never be taken back and they can hurt</p> <p>*Know how to use Jigsaw's Calm Me to help when feeling angry</p> <p>*Know some reasons why others get angry</p>	<p>*Know the names and functions of some parts of the body</p> <p>*Know that we grow from baby to adult</p> <p>*Know who to talk to if they are feeling worried</p> <p>*Know that sharing how they feel can help solve a worry</p> <p>*Know that remembering happy times can help us move on</p>

		<p>*Know that families can be different</p> <p>*Know that people have different homes and why they are important to them</p> <p>*Know different ways of making friends</p> <p>*Know different ways to stand up for myself</p>		<p>*Know that they need to exercise/have physical activity to keep healthy</p> <p>*Know what to do if they get lost</p>		
Year 1	<p>*Understand their own rights and responsibilities with their classroom</p> <p>*Understand that their choices have consequences</p> <p>*Understand that their views are important</p> <p>*Understand the rights and responsibilities of a member of a class</p>	<p>*Know what bullying means</p> <p>*Know who to tell if they or someone else is being bullied or is feeling unhappy</p> <p>*Know that people are unique and that it is OK to be different</p> <p>*Know skills to make friendships</p> <p>*Know that people have differences and similarities</p>	<p>*Know how to set simple goals</p> <p>*Know how to achieve a goal</p> <p>*Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them</p> <p>*Know when a goal has been achieved</p> <p>*Know how to work well with a partner</p>	<p>*Know the difference between being healthy and unhealthy</p> <p>*Know some ways to keep healthy</p> <p>*Know how to make healthy lifestyle choices</p> <p>*Know that all household products, including medicines, can be harmful if not used properly</p> <p>*Know that medicines can help them if they feel poorly</p>	<p>*Know that everyone's family is different</p> <p>*Know that families are founded on belonging, love and care</p> <p>*Know that physical contact can be used as a greeting</p> <p>*Know how to make a friend</p> <p>*Know who to ask for help in the school community</p> <p>*Know that there are lots of different types of families</p> <p>*Know the characteristics of healthy and safe friendships</p>	<p>*Know the names of male and female private body parts</p> <p>*Know that there are correct names for private body parts and nicknames, and when to use them</p> <p>*Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these</p> <p>*Know who to ask for help if they are</p>

			<p>*Know that tackling a challenge can stretch their learning</p>	<p>*Know how to keep safe when crossing the road</p> <p>*Know how to keep themselves clean and healthy</p> <p>*Know that germs cause disease/illness</p> <p>*Know about people who can keep them safe</p>	<p>*Know about the different people in the school community and how they help</p>	<p>worried or frightened</p> <p>*Know that animals including humans have a life cycle</p> <p>*Know that changes happen when we grow up</p> <p>*Know that people grow up at different rates and that is normal</p> <p>*Know that learning brings about change</p>
Year 2	<p>*Understand the rights and responsibilities of class members</p> <p>*Know about rewards and consequences and that these stem from choices</p> <p>*Know that it is important to listen to other people</p> <p>*Understand that their own views are valuable</p>	<p>*Know the difference between a one-off incident and bullying</p> <p>*Know that sometimes people get bullied because of difference</p> <p>*Know that friends can be different and still be friends</p> <p>*Know there are stereotypes about boys and girls</p> <p>*Know where to get help if being bullied</p>	<p>*Know how to choose a realistic goal and think about how to achieve it</p> <p>*Know that it is important to persevere</p> <p>*Know how to recognise what working together well looks like</p> <p>*Know what good group-working looks like</p>	<p>*Know what their body needs to stay healthy</p> <p>*Know what relaxed means</p> <p>*Know why healthy snacks are good for their bodies</p> <p>*Know which foods given their bodies energy</p> <p>*Know that it is important to use medicines safely</p> <p>*Know what makes them feel relaxed/stressed</p>	<p>*Know that there are lots of forms of physical contact within a family</p> <p>*Know how to stay stop if someone is hurting them</p> <p>*Know there are good secrets and worry secrets and why it is important to share worry secrets</p> <p>*Know what trust is</p> <p>*Know that everyone's family is different</p> <p>*Know that families function well when there is trust,</p>	<p>*Know the physical differences between male and female bodies</p> <p>*Know that private body parts are special and that no one has the right to hurt these</p> <p>*Know who to ask for help if they are worried or frightened</p> <p>*Know there are different types of touch and that some are acceptable and</p>

	<p>*Know that positive choices impact positively on self-learning and the learning of others</p> <p>*Identifying hopes and fears for the year ahead</p>	<p>*Know that it is OK not to conform to gender stereotypes</p> <p>*Know it is good to be yourself</p> <p>*Know the difference between right and wrong and the role that choice has to play in this</p>	<p>*Know how to share success with other people</p>	<p>*Know how medicines work in their bodies</p> <p>*Know how to make some healthy snacks</p>	<p>respect, care, love and co-operation</p> <p>*Know some reasons why friends have conflicts</p> <p>*Know that friendships have ups and downs and sometimes change with time</p> <p>*Know how to use the Mending Friendships or Solve it together problem-solving methods</p>	<p>some are unacceptable</p> <p>*Know the correct names for private body parts</p> <p>*Know that life cycles exist in nature</p> <p>*Know that aging is a natural process including old age</p> <p>*Know that some changes are out of an individual's control</p> <p>*Know how their bodies have changed from when they were a baby and that they will continue to change as they age</p>
Year 3	<p>*Know that the school has a shared set of values</p> <p>*Know why rules are needed and how these relate to choices and consequences</p> <p>*Know that actions can affect others' feelings</p>	<p>*Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do</p> <p>*Know that conflict is a normal part of relationships</p>	<p>*Know that they are responsible for their own learning</p> <p>*Know what an obstacle is and how they can hinder achievement</p> <p>*Know how to take steps to overcome obstacles</p>	<p>*Know how exercise affects their bodies</p> <p>*Know that the amount of calories, fat and sugar that they put into their bodies will affect their health</p> <p>*Know that there are different types of drugs</p>	<p>*Know that different family members carry out different roles or have different responsibilities within the family</p> <p>*Know some of the skills of friendship, e.g. taking turns, being a good listener</p> <p>*Know some strategies for keeping themselves safe online</p>	<p>*Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults</p> <p>*Know some of the outside body changes that happen during puberty</p>

	<p>*Know that others may hold different views</p> <p>*Understand that they are important</p> <p>*Know what a personal goal is</p> <p>*Understanding what a challenge is</p>	<p>*Know that some words are used in hurtful ways and that this can have consequences</p> <p>*Know why families are important</p> <p>*Know that everybody's family is different</p> <p>*Know that sometimes family members don't get along and some reasons for this</p>	<p>*Know what dreams and ambitions are important to them</p> <p>*Know about specific people who have overcome difficult challenges to achieve success</p> <p>*Know how they can best overcome learning challenges</p> <p>*Know what their own strengths are as a learner</p> <p>*Know how to evaluate their own learning progress and identify how it can be better next time</p>	<p>*Identify things, places and people that they need to keep safe from</p> <p>*Know when something feels safe or unsafe</p> <p>*Know why their hearts and lungs are such important organs</p> <p>*Know some strategies to keep themselves safe, who to go to for help and how to make a clear and efficient call to emergency services, if necessary</p> <p>*Know that their bodies are complex and need taking care of</p>	<p>*Know that they and all children have rights (UNCRC)</p> <p>*Know that gender stereotypes can be unfair, e.g. Mum is always the carer, Dad always goes to work etc</p> <p>*Know how some of the actions and work of people around the world help and influence my life</p> <p>*Know the lives of children around the world can be different from their own</p>	<p>*Know some of the changes on the inside that happen during puberty</p> <p>*Know that in animals and humans lots of changes happen between conception and growing up</p> <p>*Know that in nature it is usually the female that carries the baby</p> <p>*Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops</p> <p>*Know that babies need love and care from their parents/carers</p> <p>*Know some of the changes that happen between being a baby and a child</p>
Year 4	<p>*Know their place in the school community</p> <p>*Know what democracy is</p>	<p>*Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying</p>	<p>*Know how to make a new plan and set new goals even if they have been disappointed</p>	<p>*Know that there are leaders and followers in groups</p>	<p>*Know some reasons why people feel jealousy</p> <p>*Know that loss is a normal part of relationships</p>	<p>*Know that personal characteristics are inherited from birth parents and this is brought about by an</p>

<p>(applied to pupil voice in school)</p> <p>*Know how groups work together to reach a consensus</p> <p>*Know that having a voice and democracy benefits the school community</p> <p>*Know how individual attitudes and actions make a difference to a class</p> <p>*Know about the different roles in the school community</p> <p>*Know that their own actions affect themselves and others</p>	<p>*Know the reasons why witnesses sometimes join in with bullying and don't tell anyone</p> <p>*Know that sometimes people make assumptions about a person because of the way they look or act</p> <p>*Know there are influences that can affect how we judge a person or situation</p> <p>*Know what to do if they think bullying is or might be taking place</p> <p>*Know that first impressions can change</p>	<p>*Know how to work as part of a successful group</p> <p>*Know how to share in the success of a group</p> <p>*Know what their own hopes and dreams are</p> <p>*Know that hopes and dreams don't always come true</p> <p>*Know that reflecting on positive and happy experiences can help them to counteract disappointment</p> <p>*Know how to work out the steps they need to take to achieve a goal</p>	<p>*Know the facts about smoking and its effects on health</p> <p>*Know the facts about alcohol and its effects on health, particularly the liver</p> <p>*Know ways to resist when people are putting pressure on them</p> <p>*Know what they think is right and wrong</p> <p>*Know how different friendship groups are formed and how they fit into them</p> <p>*Know which friends they value most</p> <p>*Know that they can take on different roles according to the situation</p> <p>*Know some of the reasons some people start to smoke</p> <p>*Know some of the reasons some people drink alcohol</p>	<p>*Know that negative feelings are a normal part of loss</p> <p>*Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe</p> <p>*Know that jealousy can be damaging to relationships</p> <p>*Know that memories can support us when we lose a special person or animal</p>	<p>ovum joining with a sperm</p> <p>*Know that babies are made by a sperm joining with an ovum</p> <p>*Know the names of the different internal and external body parts that are needed to make a baby</p> <p>*Know how the female and male body change at puberty</p> <p>*Know that change can bring about a range of different emotions</p> <p>*Know that personal hygiene is important during puberty and as an adult</p> <p>*Know that change is a normal part of life and that some cannot be controlled and have to be accepted</p>
--	--	--	---	---	---