Rockmount Primary School Subject Curriculum Map PSHE

Nursery PSED	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
	Children will: • 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	Children will: • expresses own preferences and interests • show understanding and cooperate with some boundaries and routines • be supported to form friendships with other children	Children will: • 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	Children will: • 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	Children will: • 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	Children will: • communicate freely about likes/dislikes • usually adapt behaviour to different events, social situations and changes in routine
Reception PSED	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
	Children will: • 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	Children will: • develop an understanding of class reward systems • express their feelings and consider the feelings of others	Children will: • learn about cooperation and living together • think about the perspectives of others know and talk about the different factors that support their overall health and wellbeing: • regular physical activity • healthy eating • toothbrushing • sensible amounts of 'screen time' • having a good sleep routine • being a safe pedestrian	Children will: • 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	Children will: • 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	Children will: • 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	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
	My healthy self: How can we look after our emotions? Recognising and naming a range of emotions, pupils learn to identify facial and body clues linked to feelings. They explore what helps them feel calm and happy, understand the importance of rest and enjoyable activities, and practise simple strategies for managing different emotions.	**Connecting with others: How can I help myself and others feel happy and safe?** Identifying what makes them and others special, pupils learn how friends, family and classmates can help and support each other. They explore how respect is shown through behaviour in different situations and identify simple strategies for managing disagreements in families and friendships.	**The online world: How do we spend time online?** Understanding how to stay safe and respectful online and recognising the different ways people use the internet in everyday life. Pupils compare online and offline activities, explore appropriate online behaviour and identify strategies for staying safe and responding to unsuitable content.	**Citizenship: How can I help others and the environment?** Learning how people can care for others and the environment through exploring the needs of babies, young children and pets, alongside ways to improve their school and local area. Pupils investigate how rules help communities stay safe, happy and fair, and consider how they can make a positive contribution to the world around them.	**Health protection: How can I protect myself and others in daily life?** Exploring illnesses and injuries, understanding the roles of different healthcare workers in prevention and treatment and practising how to get medical help. Pupils investigate how germs spread, practise ways to reduce the risk of illness and learn when and how to seek help in an emergency.	**Staying safe: How can I stay safe?** Recognising how rules help to keep people safe by identifying everyday hazards and understanding situations that could cause harm. Pupils explore ways to stay safe around roads and potentially dangerous items, recognise body clues that signal a problem and learn how to seek help from a trusted adult when needed.

Year 2	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
	My healthy self: How can we look after our bodies? Understanding how everyday choices support health and wellbeing by exploring the effects of movement, sleep, food and drink on the body. Pupils identify healthy habits, including eating fruit and vegetables, drinking water, resting well and caring for their teeth, before planning a simple healthy daily routine.	**Connecting with others: How can I build safe, kind and caring relationships with others?** Recognising how families and communities can be similar and different, pupils learn about kindness, respect and positive relationships. Pupils recognise unkind behaviour, including bullying, explore personal space, privacy and boundaries and identify trusted adults who can help them when they feel worried or unsafe.	**The online world: How can we stay safe online?** Developing an understanding of how people use the internet safely, including sharing information, protecting private information and recognising that not everything online is real. Pupils apply their understanding by identifying safe and unsafe online situations, evaluating online content and explaining how to respond safely when they need help.	**Citizenship: How do people belong to a community and earn money?** Exploring communities, belonging and money through learning about the groups people belong to, the jobs people do and where money comes from.	**Growing up: How can we look after and respect our bodies as we grow?** Recognising how people grow and change over time through learning about physical development, privacy and personal boundaries. Pupils learn that change is a normal part of growing up, use the correct scientific names for private body parts and identify trusted people who can help if they feel worried or unsafe.	**Staying safe: How can I stay safe?** Recognising how rules help to keep people safe by identifying everyday hazards and understanding situations that could cause harm. Pupils explore ways to stay safe around roads and potentially dangerous items, recognise body clues that signal a problem and learn how to seek help from a trusted adult when needed.
Year 3	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
	My Healthy Self: How can I take care of my mind and body? Examining the connection between the mind and body by recognising and describing a wide range of emotions and feelings. Pupils identify habits that support healthy sleep, consider the impact of bullying on wellbeing and learn how and where to access support when needed.	**Connecting with others: What helps us feel safe and included?** Recognising their own strengths, qualities and boundaries, pupils develop self-worth and confidence in expressing themselves respectfully. Pupils explore how families and friendships provide support, practise ways to repair friendships and identify different types of bullying and how to respond to them.	**The online world: How should we communicate online?** Exploring online and in-person communication, including respectful behaviour, misunderstandings and how communication can affect safety online. Pupils identify unsafe online situations, consider how to respond to online bullying and apply their understanding to communicate safely and respectfully online.	**Citizenship: What rights and responsibilities do we have?** Learning about rights, responsibilities and citizenship by exploring children's rights, human rights and why they matter. Pupils explore how responsible choices support people and the environment, including reducing waste and understanding how local councils help meet their communities' needs.	**Health protection: How can we prevent illness and injury and respond if they happen?** Investigating how healthy habits, medicines and healthcare help prevent illness and protect wellbeing. Pupils apply their understanding by making informed decisions about hygiene, sun safety and seeking medical help, while practising basic first aid and learning when to call 999.	**Citizenship: what careers do people choose and why?** Learning about the world of work by exploring different jobs and career routes, what can influence career choices and how strengths and skills can be useful across different roles. Pupils develop an understanding of gender stereotypes and how they can be challenged, while considering why people may change careers and how existing skills and experience can support new opportunities.
Year 4	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
	My healthy self: How can I make healthy choices? Understanding how healthy choices, including exercise, nutrition and hydration, support physical and mental wellbeing. Pupils identify strategies for developing a growth mindset and consider how kindness and helping others can positively affect their own wellbeing and that of others.	**Connecting with others: How can we respect each other?** Examining respectful and disrespectful behaviour by considering how actions and expectations can vary in different settings. Pupils develop strategies for building trust and resolving friendship challenges, practise responding to bullying and learn how stereotypes can negatively affect people and communities.	**The online world: How can we decide what to trust online?** Developing critical thinking skills through exploring how information is found, shared and presented online. Pupils evaluate the reliability of digital content by checking sources, identifying misleading information and comparing evidence before deciding what to believe.	**Citizenship: How can I spend money responsibly?** Learning about managing money by examining the different ways people pay for things, including cash and bank cards. Pupils develop an understanding of budgeting, value for money and responsible financial decision-making, while considering how money can influence people's feelings and choices.	**Growing up: How will my body and emotions change as I grow up?** Learning about the physical and emotional changes that occur during puberty, pupils recognise that these changes are normal and happen at different times for everyone.	**Staying safe: What signs help me recognise what is safe or unsafe?** Developing personal safety skills by recognising warning signs, responding to uncomfortable situations and seeking help in an emergency. Pupils identify safe ways to cross roads, explore the dangers of water and learn how to distinguish between medicines and harmful substances.
Year 5	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
	My healthy self: How can I support my mind and body as I grow? Understanding how everyday choices can support physical and emotional wellbeing by	**Connecting with others: Why are healthy relationships important?** Investigating identity, values and relationships by considering how experiences and beliefs	**The online world: How am I influenced by what I see online?** Considering how online content can influence choices by examining advertising, influencers	**Citizenship: How can we make a difference in our communities and beyond?** Developing active citizenship skills through exploring how people can make a difference in	**Growing up: How can I manage the changes to my body and emotions as I grow up?** Understanding the physical and emotional changes that happen	**Citizenship: How can we be in control of our money?** Building financial awareness by distinguishing between needs and wants, creating budgets and understanding borrowing

	exploring nutrition, physical activity and self-regulation. Pupils learn to read food labels, identify ways to build more movement into their routines and practise strategies for managing emotions and seeking support when needed.	can influence choices and behaviour. Pupils examine the role of commitment and support within families, identify where to seek help if home feels unsafe and develop strategies for building and maintaining healthy friendships.	and persuasive techniques used online. Pupils develop critical thinking skills by considering spending decisions, recognising possible scams and identifying strategies to respond safely to pressure and persuasion.	their communities and beyond. Pupils learn how individuals, community and pressure groups, local councillors and MPs can influence change in government.	during puberty, including their impact on feelings, behaviour and relationships. Pupils explore personal hygiene, periods, kindness, respect and personal boundaries, and identify trusted sources of support during puberty.	and lending. Pupils consider the risks of spending money online, learn how to keep money safe and recognise the risks associated with gambling.
Year 6	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
	My healthy self: How do my choices today shape my future health? Learning about the importance of daily dental care and how choices about food, drink and lifestyle can affect long-term health and wellbeing. Pupils think critically about healthy eating, including calories as a unit of energy, and consider how habits and reactions can influence relationships, learning and future success. They also explore how a growth mindset can build confidence and resilience when facing challenges.	**Connecting with others: What does it mean to stand up for myself and others?** Developing self-respect and resilience by setting personal goals and practising respectful behaviour in different situations, including online. Pupils build skills in setting boundaries, challenging stereotypes, discrimination and bullying, and recognising when to seek help from trusted adults and support services.	**The online world: How do I feel about the things I see online?** Exploring how online experiences can influence our thoughts, feelings and behaviour, and recognising online risks to support safe decision-making, including learning how to respond to online bullying and other harmful behaviour.	**Citizenship: How can we protect everyone's rights?** Exploring human rights, laws and how the legal system helps uphold fairness in society. Pupils consider the consequences of breaking laws, examine prejudice and discrimination, and identify ways to challenge stereotypes to promote equality and inclusion.	**Staying safe: How can I stay safe as I grow up?** Developing understanding of hazards, risks and safer choices by exploring how to stay safe at home, outdoors, on public transport and around water. Pupils also consider how peer pressure, consent, boundaries and drug misuse can affect decisions and learn strategies to protect themselves and others.	**Sex education: How do people become parents and carers?** Learning the correct terminology for body parts, pupils develop an understanding of how babies are conceived, grow during pregnancy and are born. They learn about consent and the legal age of consent, explore different types of families, and understand the responsibilities and lifelong commitment involved in having a baby.