

# PHSEE and RSE Curriculum Map Key Stage 1 and Key Stage 2

	<b>Autumn 1</b> Families and Relationships	<b>Autumn 2</b> Health and Wellbeing	<b>Spring 1</b> Safety and the Changing Body	<b>Spring 2</b> Citizenship	<b>Summer 1</b> Economic Wellbeing	<b>Summer 2</b> Managing Change
<b>Year 1</b>	<ol style="list-style-type: none"> <li>1.What is a family?</li> <li>2.What are friendships?</li> <li>3.Recognise other people's emotions</li> <li>4.Working with others</li> <li>5.Friendship problems</li> <li>6.Healthy friendships</li> <li>7.Gender stereotypes</li> </ol>	<ol style="list-style-type: none"> <li>1.Understanding our emotions</li> <li>2.What am I like?</li> <li>3.Ready for bed</li> <li>4.Relaxation</li> <li>5.Hand washing and personal hygiene</li> <li>6.Sun safety OR allergies</li> <li>7.People who help keep us healthy (combined)</li> </ol>	<ol style="list-style-type: none"> <li>1.Adults outside school</li> <li>2.Getting lost AND making an emergency phone call</li> <li>3.Appropriate contact</li> <li>4.Safety with substances</li> <li>5.Safety at home</li> <li>6.People who help us keep us safe</li> </ol>	<ol style="list-style-type: none"> <li>1.Rules</li> <li>2.Caring for others (animals)</li> <li>3.The needs of others</li> <li>4.Similar, yet different</li> <li>5.Belonging</li> <li>6.Democratic decisions</li> </ol>	<ol style="list-style-type: none"> <li>1.What is money</li> <li>2. Keeping money safe</li> <li>3.What is a bank</li> <li>4.Saving and spending</li> <li>5.Jobs in school AND jobs out of school</li> </ol>	<ol style="list-style-type: none"> <li>1.Identify feelings</li> <li>2.How change affect our feelings</li> <li>3.When someone we love goes away</li> <li>4. Strengths and transition</li> </ol>
<b>Year 2</b>	<ol style="list-style-type: none"> <li>1.Families offer stability and love</li> <li>2.Families are all different</li> <li>3.Other people's feelings</li> <li>4.Unhappy friendships</li> <li>5.Introduction to manners and courtesy</li> <li>6.Gender stereotypes (careers and jobs)</li> </ol>	<ol style="list-style-type: none"> <li>1.Experiencing different emotions</li> <li>2.Being active</li> <li>3.Relaxation: breathing exercises</li> <li>4.Steps to Success</li> <li>5.Developing growth mindset</li> <li>6.Heatlhy diet</li> <li>7.Looking after our teeth</li> </ol>	<ol style="list-style-type: none"> <li>1.Introduction to the internet AND communicating online</li> <li>2.Secrets and surprises</li> <li>3.Appropriate contact: my private parts</li> <li>4.Appropriate contact: my private parts are private</li> <li>5.Road safety AND crossing roads safely</li> <li>6.Staying safe with medicine</li> </ol>	<ol style="list-style-type: none"> <li>1.Rules beyond school environment</li> <li>2.Our school environment</li> <li>3.Our local environment</li> <li>4.Job roles in our local community</li> <li>5.Similar, yet different – my local community</li> <li>6.School council</li> </ol>	<ol style="list-style-type: none"> <li>1.Where does money come from?</li> <li>2.Exploring wants</li> <li>3.Exploring needs</li> <li>4.Bank cards and accounts</li> <li>5.My skills and talents</li> </ol>	<ol style="list-style-type: none"> <li>1.Managing difficulties in our friendships</li> <li>2.Identifying a range of feelings</li> <li>3.Change and loss (from Kapow autumn term)</li> <li>4. Transition</li> </ol>
<b>Year 3</b>	<ol style="list-style-type: none"> <li>1.Healthy families</li> <li>2.Friendship conflict</li> <li>3.Friendship conflict vs bullying</li> <li>4.Effective communication</li> <li>5.Learning who to trust</li> <li>6.Respecting differences in others</li> <li>7.Stereotyping gender AND stereotyping age</li> </ol>	<ol style="list-style-type: none"> <li>1.My healthy diary</li> <li>2.Relaxation</li> <li>3.Wonderful me</li> <li>4.My superpowers</li> <li>5.Resilience breaking down barriers</li> <li>6.Communicating my feelings</li> <li>7.Diet and dental health</li> </ol>	<ol style="list-style-type: none"> <li>1.First aid and calling for help AND first aid bites and stings</li> <li>2.Be kind online AND cyberbullying</li> <li>3.Fake emails</li> <li>4. Making choices</li> <li>5.Influences</li> <li>6.Keeping safe out and about</li> </ol>	<ol style="list-style-type: none"> <li>1.Rights of a child</li> <li>2.Rights and responsibilities</li> <li>3.Recycling</li> <li>4.Local community groups AND charity</li> <li>5.Local democracy</li> <li>6.Rules</li> </ol>	<ol style="list-style-type: none"> <li>1.How can we pay for something?</li> <li>2.Budgeting</li> <li>3.Understanding our feelings about money</li> <li>4.Impact of spending</li> <li>5.Career quest AND can anyone be anything</li> </ol>	<ol style="list-style-type: none"> <li>1. Know and respect the body differences between ourselves and others</li> <li>2.Understand personal space and unwanted touch</li> <li>3.Identify different families</li> <li>4. Transition</li> </ol>

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<p><b>Year 4</b></p>	<p>1. Respect and manners 2. Healthy friendships 3. How my behaviour affects others 4. Bullying 5. Stereotypes: gender 6. Stereotypes: disability 7. Families in the wider world</p>	<p>1. Looking after our teeth 2. Relaxation: visualisation 3. Celebrating mistakes 4. Meaning and purpose: my role 5. My happiness 6. Emotions 7. Mental health</p>	<p>1. First aid: asthma 2. Internet safety 3. Share Aware 4. Privacy and secrecy 4. Consuming information online 5. Tobacco</p>	<p>1. What are human rights? 2. Caring for the environment 3. Community 4. Contributing 5. Diverse community 6. Local councillors</p>	<p>1. Navigating feelings about money 2. Keeping money safe 3. Imagining our financial future 4. The risks of gambling 5. Workplace environments</p>	<p>1. Change and loss (Autumn term lesson 8) 2. Growing up 3. Introducing puberty 4. Career routes 5. Transition- setting goals</p>
<p><b>Year 5</b></p>	<p>1. Build a friend 2. Friendship skills 3. Marriage 4. Respecting myself 5. Family life 6. Bullying 7. Stereotyping gender AND race and religion</p>	<p>1. Relaxation: yoga 2. The importance of rest 3. Embracing failure 4. Going for goals 5. Taking responsibility for my feelings 6. Healthy meals 7. Sun safety</p>	<p>1. Online friendships AND staying safe online 2. Puberty 3. Menstruation 4. Emotional changes during puberty 5. First aid: bleeding and head injuries 6. Alcohol, drugs and tobacco: making decisions</p>	<p>1. Breaking the law 2. Rights and responsibilities 3. Protecting the planet 4. Contributing to the community 5. Pressure groups 6. Parliament</p>	<p>1. How can we make our money stretch further? AND How should I budget for the week? 2. Borrowing and loaning 3. Risks handling money online 4. Why challenge workplace stereotypes? 5. Finding a suitable career</p>	<p>1. What is mental health? 2. How to manage feelings at changing or difficult times 3. How to deal with grief and loss 4. Transition- roles and responsibilities</p>
<p><b>Year 6</b></p>	<p>1. Respect 2. Respectful relationships 3. Stereotypes: attitudes 4. Challenging stereotypes 5. Resolving conflict</p>	<p>1. What can I be? 2. Relaxation: mindfulness 3. Taking responsibility for my health 4. The impact of technology on my health 5. Resilience toolbox 6. Immunisation 7. Good and bad habits OR physical health concerns</p>	<p>1. Alcohol 2. Critical digital consumer AND social media 3. Physical and emotional changes of puberty 4. Conception 5. Pregnancy and birth 6. First Aid: choking AND basic life support</p>	<p>1. Human rights 2. Food choices and the environment 3. Caring for others 4. Prejudice and discrimination 5. Valuing diversity 6. National democracy</p>	<p>1. Navigating feelings about money 2. Keeping money safe 3. Imagining our financial future 4. The risks of gambling 5. Workplace environments AND career routes</p>	<p>1. What is identity? 2. Identity and body image 3. Change and loss (from Autumn 1) 4. Anxieties linked to KS3 5. Transition: dealing with change</p>