

Grange Primary School



PSHE Curriculum Map 2021-2022

Belong Believe Achieve



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PSHE Curriculum Map
2021-2022**



	AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 1	SPRING TERM 2	SUMMER TERM 1	SUMMER TERM 2
PSHE Year 1	<p>Being Me in My World</p> <ul style="list-style-type: none"> • Special & Safe • Rights & Responsibilities • Rewards & Consequences <p>Diversity Focus: 'Hair Stylist' – growing up</p>	<p>Celebrating Difference</p> <ul style="list-style-type: none"> • Same & Different • What is bullying? • Making new friends • Celebrating Me 	<p>Dreams & Goals</p> <ul style="list-style-type: none"> • Steps to Goals • Achieving together • Overcoming obstacles 	<p>Healthy Me</p> <ul style="list-style-type: none"> • Being Healthy • Clean & Healthy • Medicine Safety • Road Safety 	<p>Relationships</p> <ul style="list-style-type: none"> • Families & Friends • Greetings • People who help us 	<p>Changing Me</p> <ul style="list-style-type: none"> • Lifecycles • Changing Me • My Changing Body <p>Christopher Winters Project</p>
PSHE Year 2	<p>Being Me in My World</p> <ul style="list-style-type: none"> • Recognising own feelings and knowing where to get help • Hopes and fears • Rights and responsibilities • Rewards and consequences working cooperatively with others 	<p>Celebrating Difference</p> <ul style="list-style-type: none"> • Why does bullying happen? • Standing up for myself and others • Celebrating difference and still being friends 	<p>Dreams & Goals</p> <ul style="list-style-type: none"> • Goals and my learning strengths • Learning with others/Group challenge • Celebrating our achievements 	<p>Healthy Me</p> <ul style="list-style-type: none"> • Being healthy and relaxed • Safety around medicines • Healthy eating and making healthy life choices 	<p>Relationships</p> <ul style="list-style-type: none"> • Families and friends • Keeping safe • Trust and appreciation 	<p>Changing Me</p> <ul style="list-style-type: none"> • Assertiveness • Understanding boundaries • Looking ahead <p>Christopher Winters Project</p> <ul style="list-style-type: none"> • Differences • Male and female animals • Naming body parts

<p>PSHE Year 3</p>	<p>Being Me in My World</p> <ul style="list-style-type: none"> • Understanding self worth • Facing challenges with positivity • Understanding rules, rights and responsibilities 	<p>Celebrating Difference</p> <ul style="list-style-type: none"> • Similarities and differences • Regulating own feelings • Understanding the different roles in bullying • Giving and receiving compliments 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> • Identifying dreams and goals • Exploring challenges and strategies • Reflecting on progress and progress 	<p>Healthy Me</p> <ul style="list-style-type: none"> • Exercise and keeping healthy • Understanding the function of the hearts and lungs • Understand how calories, fat and sugar can affect health. • Discuss different types of drugs and know that some can make us feel better 	<p>Relationships</p> <ul style="list-style-type: none"> • Roles and expectations in family relationships • Conflict and resolutions • Staying safe online • Understanding children's rights 	<p>Changing Me</p> <ul style="list-style-type: none"> • Understanding roles in the family • Looking forward to the future <p>Christopher Winters Project</p> <ul style="list-style-type: none"> • Body Differences • Personal Space • Help and Support
<p>PSHE Year 4</p>	<p>Being Me in My World</p> <ul style="list-style-type: none"> • Teamwork • Attitudes and actions • Democracy and collective decisions 	<p>Celebrating Difference</p> <ul style="list-style-type: none"> • Understanding bullying as well as online bullying • Recognising own uniqueness and what makes us special 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> • Hopes and dreams • Dealing with disappointment • Team work and challenges • Reflecting on successes 	<p>Healthy Me</p> <ul style="list-style-type: none"> • Leaders and followers in friendship groups • Explore smoking, alcohol and effects on health. • Understanding what peer pressure is 	<p>Relationships</p> <ul style="list-style-type: none"> • Exploring the emotional aspects of relationships • Changes in friendships 	<p>Changing Me</p> <ul style="list-style-type: none"> • Understanding that changes can be out of my control and how to manage this • Identifying what they look forward to <p>Christopher Winters Project</p> <ul style="list-style-type: none"> • Changes • Puberty • Healthy relationships

<p>PSHE Year 5</p>	<p>Being Me in My World</p> <ul style="list-style-type: none"> • My year ahead • Being a citizen • Responsibilities • Rewards & Consequences 	<p>Celebrating Difference</p> <ul style="list-style-type: none"> • Different cultures • Racism • Rumours & Name calling • Types of Bullying • Does money matter? 	<p>Dreams & Goals</p> <ul style="list-style-type: none"> • When I grow up • Jobs & Careers • My Dream Job • Dreams and goals in other cultures • How can we support each other? 	<p>Healthy Me</p> <ul style="list-style-type: none"> • Smoking • Alcohol • Emergency Aid • Body Image • My relationship with food 	<p>Relationships</p> <ul style="list-style-type: none"> • Recognising Me • Safety with online communities • Being in an online community • Online Gaming • Screen time 	<p>Changing Me</p> <ul style="list-style-type: none"> • Self & Body image • Puberty (for boys & girls) • Conception • Looking Ahead <p>Christopher Winters Project</p>
<p>PSHE Year 6</p>	<p>Being in my world</p> <ul style="list-style-type: none"> • My year ahead • Being a global citizen 	<p>Celebrating Difference</p> <ul style="list-style-type: none"> • Am I normal? • Understanding difference • Power struggles • Why bully? • Similarities and differences • Understanding disabilities 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> • Strengths and aspirations • Global issues • Giving praise and compliments 	<p>Healthy Me</p> <ul style="list-style-type: none"> • Taking responsibility • Drugs • Exploitation • Gangs • Emotional & mental health • Stress & pressure 	<p>Relationships</p> <ul style="list-style-type: none"> • What is mental health? • Love & Loss • Power & Control • Being safe online • Using technology responsibly 	<p>Changing Me</p> <ul style="list-style-type: none"> • My self-image • Positive self-esteem <p>Christopher Winters Project</p> <ul style="list-style-type: none"> • Puberty and reproduction • Communication in relationships • Families, conception and pregnancy • Online relationships

