

St Nicolas' PSHE Curriculum Map

Our Christian values are **respect, honesty, love and friendship, peace, thankfulness and courage**

Jesus said, 'I am the vine and you are the branches.'

PSHE	autumn	spring	summer			
Theme	Me and my relationships	Valuing difference	Keeping myself safe	Rights and responsibilities	Being my best	Growing and changing
EYFS	All about me What makes me special Me and my special people Who can help me My feelings	I'm special Same and different Same and different families and homes Kind and caring	What is safe to go into my body Safe indoors and outdoors Keeping safe online Listening to my feelings People who help to keep me safe	Looking after my special people and friends Being helpful and caring Caring for our world Spending and saving money	Bouncing back when things go wrong Determination Healthy eating Moving our body A good sleep	Seasons Life stages – humans, plants animals incl their young Different families Getting bigger Naming parts of the body Keeping privates private
Y1	Classroom rules Feelings and bodies Good friends Listening well	Differences and similarities Unkind, tease, bullying Special people Fair and unfair	Healthy me- food, water, air Super sleep Feeling unsafe Feelings of loss Medicines Good and bad touches	Hygiene routines School environment Taking care of something Money and its value.	Eating well – fruit and vegetables Preventing diseases spreading Learning new skills Strategies to resolve conflicts Behaviours	Major internal body parts Taking care of a baby Teasing and bullying Secrets and surprises Keeping privates private
Y2	Classroom rules and actions Describe feelings Bullying/teasing Strategies to deal with bullying Being a good friend	Differences and similarities Special people to us Acts of kindness	Medicines, Situations that make you feel safe/unsafe, Types of touch, Safe and unsafe secrets	Strategies to get on with others, Identify special people in school and community, Choices about using money	Understand the process of learning, Knowing choices, Understand how germs spread	Giving positive feedback Stages of growth-baby, toddler, child, teenager, adult. Explain privacy.
Y3	Different rules for different ages Feelings of loss Working together Special people to us Strategies for resolving conflict Qualities of friendship	Different types of families Community Diversity Same and different Give some reasons why people are bullied because they are different, prejudice	Identify safe/unsafe situations What is danger/risk? Risks/effects of cigarettes/alcohol Define the word 'drug', 'medicine' Online safety Know signs that are body can give when things are not right. Telling a trusted adult.	What is a volunteer Who keeps us safe What is meant by the environment Understand income, saving and spending	The Eatwell guide Infectious illness Discussing and debating Achievement and development Internal body parts Talents/skills	Personal space Secret and surprise Safe and unsafe secrets

Y4	Feelings affect our physical bodies Times when we say 'no' to a friend Teamwork Demonstrate and read a range of feelings Strategies to respond to bullying	Negotiation compromise Protecting body space Types of relationship Recognising differences Respect Identify stereotypes	Danger, risks, hazards Safe/unsafe images to share What is a dare Medicines are drugs Risks and effects of alcohol and smoking Positive/negative influences	Know who keeps them safe Rights and responsibilities Why we have rules Influence What is a bystander Income Expenditure deduction	Identifying uniqueness Making choices What our body needs – food, water, oxygen, exercise, sleep Caring for the environment Community	Changes in life Positive and negative feelings Menstrual cycle Male and female genitalia periods Safe and unsafe secrets Families Commitments - marriage
Y5	Understand collaboration Responses to different feelings Relationships Passive, aggressive, and assertive behaviours Communicating online can be misinterpreted	Qualities of friendship Improving listening skills Discrimination Injustice Groups that make up the community and the UK Mutual respect Online information is not always true	What is a habit Positive and negative risks Strategies to deal with bullying What is a dare Recognise situations that are a risk Safe and unsafe information to share online Medicines are drugs but not all drugs are medicine	Current mental health and wellbeing attitudes Difference between fact and opinion Responsibilities, rights and duties Loan, credit, debt, interest Local councils	Harmful effects of smoking and drinking alcohol Know body systems that keep us alive Name our strengths and talents Qualities shown by celebrities not always true	Describe intensity of different feelings Identify people who can be trusted Feelings linked with separation Puberty Menstruation Examples of how bullying can be stopped
Y6	Collaborative approaches to tasks Strategies for challenges in friendships Peer influence and pressure Some types of touch are inappropriate and illegal Keeping personal information safe online	Bullying and Discriminatory Behaviours can result from differences Friend or acquaintance Understand the terms prejudice/ stereotype Benefits of living in a diverse society	Respectful behaviour Keeping safe online – sharing images/ personal information What is meant by addiction Drugs can be categorised – medical/legal and there are laws Basic human emotional needs Being independent and responsible	Define – fact, opinion, biased, unbiased Social media and legal age to have an account Benefits of saving money Jobs pay different amounts Environment sustainability	Aspirational goals Five ways of wellbeing Health and wellbeing research Risk factors	Recognise changes experienced Understand that fame can be short lived Shared images online can be hard to manage Puberty Sexual reproduction

We follow the Coram Life Education Scarf program adapted to support our school curriculum needs.

SCARF

Safety Caring Achievement Resilience Friendship