

ST PETER'S COMMUNITY PRIMARY SCHOOL AND NURSERY

~ PSHE CURRICULUM MAP for parents/carers

Year group		Autumn term	Spring term	Summer term
		Who are we? Going for Goals Getting on and Falling Out	Belonging –Be who you are Changing and Moving on	Relationships
Topic				
Nurs		New beginnings-including: Taking turns and playing with others; Recognising and naming feelings Going for goals Trying new things in my learning and say how they have gone. Getting on and falling out Making up after falling out, managing angry feelings Say no to bullying Learning to Learn	Good to be me Explore feeling happy and feeling proud; explore a variety of feelings and situations and strategies to cope; how to safely stand up for oneself. How do we grow...our bodies change. Explore growth from babies to elderly, what similarities and differences do they have?	Relationships Exploring what is fair and unfair; and exploring ways to make things fairer. Changes Knowing how changes can make me feel and knowing some ways to cheer people up when they are sad. Explore our feelings in more depth, what is our body telling us when we have butterflies? Stop, think, choose.
	PSHE topic	Global Citizenship Starting school - My school community St Peters Golden rule	Relationship & Sex Education (RSE)- Growing and caring for ourselves Family Diversity- LGBT month Feb All sorts of families	Feeling Good Feeling Safe Learning how to say 'please stop it I don't like it' and to tell an adult if you feel scared or worried.

Year group		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
		Who are we?	Getting on and Falling Out	Going for Goals	Belonging –Be who you are	Relationships	Changing and Moving on
Topic							
Rec	SEAL	New beginnings Taking turns and playing with others; Recognising and naming feelings Going for goals Trying new things in my learning Learning to Learn	Getting on and falling out Making up after falling out, managing angry feelings Say no to bullying		Good to be me Explore feeling happy and feeling proud; explore a variety of feelings and situations and strategies to cope; how to safely stand up for oneself.	Relationships Exploring what is fair and unfair; and exploring ways to make things fairer.	Changes Knowing how changes can make me feel and knowing some ways to cheer people up when they are sad.
	PSHE topic	Global Citizenship My school /local community St Peter's GOLDEN RULE	Gender- Lunchboxes & Toys	Keeping safe- Environmental safety & Drugs Education	Family Diversity- All sorts of families	Feeling Good Feeling Safe Exploring emotions, Early warning signs , naming body parts and helping hands.	Relationship & Sex Education (Growing and caring for ourselves and keeping healthy

Year group		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
TOPIC							
Year 1	SEAL theme	New beginnings: Class charter; Feeling scared/sad and feeling better Democracy school council Learning to Learn	Getting on and falling out What makes a good friend, active listening, peaceful problem solving Say no to bullying	Going for goals Knowing about different and own preferred learning style , setting a goal, avoiding distractions	Good to be me Explore feeling happy and feeling proud; explore feeling worried and anxious and coping strategies.	Relationships Explore feelings of jealousy and coping strategies; explore ways to feel better when you feel hurt without hurting others.	Changes Human timelines, natural changes and changes we can make ourselves
	PSHE Topic	Global Citizenship Identity and belonging including: Similarities and differences St Peter's GOLDEN RULE	Keeping safe Environmental safety & Drugs Education Healthy Eating (taught through science, PE & DT)	Gender- Gender Identity Be who you are Money Management (taught as part of maths) also in Autumn 1 Internet Safety (taught through ICT)	Gypsy Roma traveller education (GRT)	Feeling Good Feeling Safe	RSE- Growing and caring for ourselves

Year group		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Creative Curriculum Topic							
Year 2	SEAL Theme	New beginnings Class charter and how to include everybody Democracy school council (link to geography) Learning to Learn	Getting on and falling out Seeing others points of view, working with others skills, Say no to bullying	Going for goals Setting realistic goals, breaking goals down into steps, overcoming boredom and frustration (resilience) Also covered in Summer 2	Good to be me Explore feeling good about myself; learning ways to relax and explore the difference between acting thoughtfully and impulsively Also covered in Summer 1	Relationships Explore love and feeling cared for; and explore loss and coping strategies	Changes Understanding what a habit is and how to change them,
	PSHE Topic	Global citizenship Including: my community and Multicultural Britain (link to geography) St Peter's GOLDEN RULE	Keeping safe- Environmental safety & Drugs Education Healthy Eating (taught through science, PE & DT)	Careers & gender Money Management (taught as part of maths) Internet Safety (taught through ICT)	Disability Equality Education	Feeling Good Feeling Safe	RSE Life cycles and naming body parts (covered also in Spring 1)

Year group		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
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Year 3	SEAL Theme	New beginnings Class charter; welcoming and valuing others Democracy school council Learning to Learn	Getting on and falling out Recognising your triggers, how the body responds to anger, calming down strategies and win win solutions. Say no to bullying	Going for goals Taking responsibility for own behaviour and learning, setting a goal and planning how to achieve it.	Good to be me Explore feelings of surprise; worry and relaxation.	Relationships Exploring shame, guilt and making amends.	Changes Different types of changes, coping with difficult feelings about changes,
	PSHE Topic	Global Citizenship Being a global citizen (link to geography) St Peter's GOLDEN RULE	Money Management (taught as part of maths) E2.11, E2.12 Internet Safety (taught through ICT)	Gender- Gender Identity & stereotyping	Keeping Safe Drugs & Alcohol Education Healthy Eating (taught through science)	Feeling Good Feeling Safe	RSE Naming Body parts & Different types of relationships; including Family Diversity

Year group		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Creative Curriculum Topic							
Year 5	SEAL Theme	New beginnings Understanding how to learn well together and to compromise. Coping with uncomfortable feelings. Democracy Understanding the rule of law and school council Learning to Learn	Getting on and falling out Appreciating friendships and trying not to demand too much. Taking responsibility, resolving conflicts peacefully. Say no to bullying	Going for goals Knowing the skills of a good learner and identifying areas for development in myself	Good to be me Explore feeling good about oneself and strategies to cope when things go wrong; explore the difference between feeling proud and boasting and exploring mixed feelings and the effect on our actions.	Gypsy Roma Traveller Education (GRT)	Changes Common responses to change, feeling insecure and unconfident, recognising our 'sore spots'
	PSHE Topic	Global Citizenship Cultural stereotyping and Racism St Peter's GOLDEN RULE	Money Management (taught as part of maths) Internet Safety (taught through ICT)	Gender-Body Image	Keeping healthy and safe / Drugs & Alcohol Education First Aid Healthy Eating	Feeling Good Feeling Safe	RSE Puberty- male and female changes including SEAL relationships theme lesson on embarrassment

Year 6	SEAL Theme	<p>New beginnings Understanding responsibilities in school;. <i>Also covered Spring 2/ Summer 1 building up to SATS</i></p> <p>Democracy Understanding the rule of law and school council</p> <p>Learning to Learn</p>	<p>Getting on and falling out Differences as a barrier and the skills of working together, understanding the link between feelings and behaviour, knowing my triggers and how to calm myself down</p> <p>Say no to bullying</p>	<p>Going for goals Working toward long term goals, careers and aspirations, taking the first steps <i>This is also covered in Autumn 1</i></p>	<p>Good to be me Identifying worry and coping strategies managing anxiety and stress and calming down strategies - possible link to transition and increasing independence); explore how to stand up for what you think and understanding that the majority view is not always right. <i>Covered through transition work and secondary links</i></p>	<p>Relationships Explore Loss and coping strategies.</p>	<p>Changes Moving On- coping with a change of school <i>Covered through transition work and secondary links</i></p>
	PSHE Topic	<p>Global Citizenship Refugees/Islamophobia /Holocaust survivors</p>	<p>Money Management (taught as part of maths) <i>We are liasing with Metro bank in Brighton during Summer 2</i></p> <p>Internet Safety (taught through ICT)</p>	<p>LBGT equality education</p>	<p>Drugs & Alcohol Education</p> <p>Healthy Eating (taught through science, PE & DT)</p>	<p>Feeling Good feeling Safe</p>	<p>RSE- Puberty, body image & reproduction including conception</p>