



Curriculum Map PSHE

Intent

Our intention is that when children leave West Heath, they will do so with the knowledge, understanding and emotions to be able to play an active, positive and successful role in today's diverse society. We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it. In an ever-changing world, it is important that they are aware, to an appropriate level, of different factors which will affect their world and that they learn how to deal with these so that they have good mental health and well-being.

Our PSHE curriculum develops learning and results in the acquisition of knowledge and skills which will enable children to access the wider curriculum and prepare them to be a global citizen now and in their future roles within a global community. It promotes the spiritual, moral, cultural, mental and physical development of pupils, preparing them for the opportunities, responsibilities and experiences for later life. Our Relationships and Sex Education enables our children to learn how to be safe, and to understand and develop healthy relationships, both now and in their future lives.

Implementation

We use Jigsaw PSHE as our curriculum framework because it provides a comprehensive, carefully sequenced scheme of work that brings consistency and progression to children's learning across their primary years.

EYFS - In the Foundation Stage, PSHE and citizenship is taught as an integral part of topic work and is embedded throughout the curriculum. The objectives taught are the Personal, Social and Emotional Development statements from 'Development Matters in the EYFS' and the PSED Early Learning Goals. Reception also uses the Jigsaw Scheme of Work materials.

Key Stage 1 and Key Stage 2 - At Key Stage 1 and 2, PSHE is taught through a clear and comprehensive scheme of work in line with the National Curriculum and the latest statutory framework. We ensure we cover the 6 jigsaw pieces – topics – set out by the Jigsaw scheme; Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me.

At West Heath, in addition to Relationships Education, we also teach aspects of Sex Education that is covered in our Science Curriculum. Included in this, we teach about different kinds of relationships, including same sex relationships, and gender identity because it is important that our children should have an understanding of the full diversity of the world they live in and be prepared for life in modern Britain.

Impact

By the time our children leave our school they will:

- Be able to approach a range of real life situations and apply their skills and attributes to help navigate themselves through modern life
- Be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society
- Appreciate difference and diversity
- Recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
- Be able to understand and manage their emotions
- Be able to look after their mental health and well-being
- Be able to develop positive, healthy relationship with their peers both now and in the future
- Understand the physical aspects involved in RSE at an age appropriate level
- Have respect for themselves and others
- Have a positive self esteem

PSHE CURRICULUM MAP

Year 1

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
HEAD	• Introduction to Jigsaw Jack • Establishing a safe learning environment • Belonging to a class community • Understanding courtesy and manners • Feeling special and safe • Being part of a class • Creating class rules for happy learning • Rights and responsibilities as class members • Rewards and what it means to feel proud • Understanding that choices have outcomes • Consequences • Owning the learning charter	• Similarities and differences between themselves and their classmates • Exploring what they have in common with others • Recognising and celebrating differences as positives • Understanding bullying and knowing how to deal with it • Understanding how bullying makes people feel • Making new friends • Qualities and characteristics that make good friends	• Choosing realistic goals and understanding how to achieve them • Knowing that success looks different for everyone • Knowing what keeps our bodies healthy • What motivates us to make healthy lifestyle choices • Staying healthy to achieve goals • Knowing who they work well with and how working with others supports learning • Teamwork and problem-solving • Stress and how to manage stress through relaxation • Perseverance and strengths • Learning with others • Group co-operations • Contributing to and sharing success • The importance of good manners and courtesy	• Exploring the difference between healthy and less healthy choices • Keeping myself healthy • Identifying healthier lifestyle choices children can make • Understanding bacteria and viruses and how to keep prevent these • Personal hygiene practices • Medicine safety/safety with household items and distinguishing what is safe to use and what requires adult supervision • Recognising feelings of unwell and self-care strategies to feel better • Learning to assess risks when out and about • Road safety and practising steps for crossing safely • People and places that help us feel safe, and how to recognise and respond to the feeling of fear • Linking health and happiness	• Belonging to a family • Looking at the diversity of a family structure • The important things that come from being in a family regardless of the structure of it • What makes a good friend • Understanding disagreements in friendships is normal, and knowing how to resolve these conflicts • Learning how to make new friends and be inclusive • Knowing that to have good friends, first we must be good friends • Different types of physical contact and how these make us feel • Preferences about touch and how these feelings are valid • Establishing safeguarding awareness and the right to say no • People who help us in our school community and how to ask for help • Self-acknowledgement and	• Life cycles and how all living things grow and change from birth to adulthood • Understand that life cycles are natural, predictable and positive • View change as normal and positive • Explore how we have grown and changed since we were babies, both physically and developmentally • Learning correct, anatomical names for external, private body parts (penis, testicles, vulva and anus) • Private parts as being special and that nobody has the right to touch them or do anything to make them feel scared or uncomfortable • Feelings associated with growth and change • Developing coping strategies for managing feelings during times of change

					recognising/celebrating good qualities and strengths • Celebrating special relationships and appreciating special people in our lives	
	Vocab: safe, special, calm, choice, belong, belonging, special, rights, responsibilities, learn, learning, charter, safe place, rewards, proud, views, valued, achievement, consequences, feelings, upset, disappointed, choices,	Vocab: similar, similarity, courtesy, manners, difference, bullying, courage, deliberate, on purpose, unfair, lonely, support, included, bully, bullied, safe, harmful, celebration, difference, inclusive, special, unique	Vocab: realistic, proud, success, goal, self-esteem, hobbies, interest, self-care, healthy choices, lifestyle, motivation, learning, success, celebrate, goal, partner, teamwork, hobbies, interests, feelings, problem-solve, challenge, produce, group, relax, relaxation, tense, calm, stress, proud, manners, courtesy	Vocab: healthy, less healthy, balanced, exercise, sleep, balanced, choices, clean, body parts, toothbrush, shampoo, soap, hygienic, safe, germs, virus, medicines, trust, scared, nervous, crossing, kerb, pavement, wait, listen	Vocab: family, belong, different, same, friend, friendships, qualities, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community, feelings, confidence, praise, qualities, skills, incredible, proud, celebrate, relationships special, appreciate	Vocab: changes, life cycle, baby, adulthood, growth, change, grown up, adult, penis, testicles, vulva, anus, learn, new, grow, excited, proud, worried, happy, nervous, curious, coping, anxious

PSHE CURRICULUM MAP

Year 2

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
HEAD	• Introduction to Jigsaw Jo • Hopes for the year • Managing worries for the new school year • Belonging to our school community • Caring for others • Rights and responsibilities within our class and community • Rewards and consequences – which ones are appropriate for school/home • The difference between being assertive and being controlling • Safe and fair learning environment • Consider how our Learning Charter makes everyone feel involved and is applied in the classroom • Valuing contributions • Choices • Recognising feelings • Building positive friendships and relationships at school	• Assumptions and stereotypes about gender and understanding that they are not always fair and accurate • Similarities and differences between boys and girls and that these differences don't prevent shared interests or friendships • Challenging stereotypes • Understanding bullying and the link between bullying and differences • How bullying affects people emotionally • Standing up for self and others and responding to bullying • Making new friends • Celebrating difference and remaining friends	• Choosing realistic goals and understanding how to achieve them • Knowing that success looks different for everyone • How the feeling of pride helps to build self-esteem • Knowing what keeps our bodies healthy • What motivates us to make healthy lifestyle choices • Staying healthy to achieve goals • Understanding that people struggle to stay healthy due to a lack of motivation • Knowing who they work well with and how working with others supports learning • Understanding how everyone brings something different to a group • Stress and how to manage it through relaxation • Contributing to and sharing success • The importance of good manners and courtesy	• The five food groups and how a variety of foods helps to stay healthy • Recognising that everyone's dietary needs may be different • Revisit and extend the understanding of balanced diets • Exploring what it means to be and feel safe at home • Kitchen safety including recognising hazards, treating burns and stop, drop, roll if clothes catch fire (potential for fire service visit) • Identifying risks and making safer choices when out and about • Recognising physical feelings as warnings when something is unsafe • Safety out and about • Explore how medicines work in our bodies and critical rules relating to medicines • Understanding how physical health and	• Diversity within families, recognising that all different family types are valued equally • What makes our own families special • The commitment of marriage and the importance of co-operation and sharing • Appropriate and inappropriate physical contact within families and friendships • Identifying which types of touch feel comfortable and uncomfortable • Understanding that close friends can fall out • Exploring common causes of conflict within friendships • Positive problem-solving approaches to mend friendships • Distinguishing between 'good secrets' and 'worry secrets' • What it means to trust someone and understand how it builds over time • Identify trusted people within their family, school and wider community	• Explore life cycles in nature and how things grow and change from infancy to adulthood in predictable patterns • Examine the human life cycle from infancy to old age • Understand some changes that happen to us are outside our control • Understand that growing up brings mixed emotions • Learn and use the correct anatomical names for private body parts (penis, vulva, testicles, vagina and anus)

				feelings are connected	Considering what makes them feel safe and unsafe in relationships	- Challenging gender stereotypes - Understanding private parts are special and belong to them and to tell a trusted adult if any part of their body feels sore or uncomfortable - Good hygiene - Learn key phrases for being assertive and emphasising saying no - Preparing for transition
	Vocab: worries, worried, hopes, fears, belonging, rights, responsibilities, responsible, actions, assertive, controlling, praise, rewards, consequence, positive, negative, choices, safe, fair, learning charter, co-operation, problem solving, boundaries	Vocab: similarities, assumptions, shield, stereotypes, courtesy, boys, girls, differences, special, self-respect, bully, purpose, kind, unkind, inclusive, feelings, sad, lonely, help, teasing, respect, belonging, boundary, identity, bystander, diversity, fairness, belong, disability, culture, family, friends, unique	Vocab: challenges, success, obstacles, dreams, goals, respect, include, self-esteem, ambitions, future, respect, self-respect, wellbeing, differences, identity, teamwork, design, outdoors, challenge, strengths, motivated, enthusiastic, responsible, safe choices, healthy, wellbeing, frustration, solve, together, technique, solution, teamwork, water, safety, safe, choices, community, review, learning, strengths, self-review	Vocab: healthy, less healthy, balanced diet, proportion, portion, energy, nutritious, hazard, risk, safe, unsafe, assess, react, worry, scared, crossing, barriers, react, dangerous, medicines, body, choices	Vocab: family, different, diverse, special, stereotype, relationship, important, co-operate, touch, physical contact, communication, hugs, like, dislike, acceptable, not acceptable, friends, likes, dislikes, point of view, conflict, positive problem solving, secret, surprise, good secret, worry secret, adult, trust, happy, sad, frightened, trust, trustworthy, honesty, reliability, compliments, celebrate, appreciate, positive, negative	Vocab: change, grow, life cycle, control, baby, adult, fully grown, growing up, old, older, young, elderly, change, respect, physical, baby, toddler, child, teenager, independent, timeline, freedom, control, responsibilities, male, female, penis, testicles, vulva, vagina, anus, public, private,

						touch, texture, hug, like, dislike, comfortable, uncomfortable, assertive, looking forward, excited, nervous, anxious, cope
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PSHE CURRICULUM MAP

Year 3

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
HEAD	- Setting personal goals - Understanding the feeling of pride - Self-identity and worth - Identifying fears and worries - Learning who to ask for help - What makes an ideal learning environment - Positivity in challenges - Understanding rules, rights and responsibilities - Human rights and the importance of these for children - The importance of education for children - Rewards and consequences - Responsible choices and their impact on friendships - Seeing things from others' perspectives	- Families and diversity in their structures - Understanding everyone's families are different and important to them - Family conflict and how to manage it (child-centred) - Witnessing bullying and how to solve it - Bystanders to bullying and what this means - Distinguishing between bullying and conflict within friendships - Recognising how words can be hurtful and the consequences of using language to harm others - Giving and receiving compliments	- Difficult challenges and achieving success - Understanding challenges look different to everyone - Develop success and admiration for people who overcome obstacles and achieve their dreams/goals - Identify personal dreams and ambitions - Imagine how it feels to achieve dreams and goals - Promoting health and wellbeing - Reflect on the benefits of being outdoors on the body and the mind - Taking responsibility for our own learning - Motivation and enthusiasm - Recognising and trying to overcome obstacles - Evaluating learning processes - Contributing to the community	- The balance of energy intake from food and drink with physical exercise - Explore how exercise affects our hearts and lungs - Setting realistic fitness challenges - Looking at healthier and less healthy foods - Food labelling and healthy swaps that can be made - Knowledge and attitudes towards drugs - Understanding that not all drugs look the same and recognising the word 'drug' can also include medicines when taken correctly - Learning how and when to call 999 and what each emergency service does - Healthy and safe choices outdoors - Water safety Code and considering serious water risks	- Explore gender stereotypes in careers and family responsibilities - Working through conflict and disagreements to find solutions where everyone feels heard and respected - Thinking critically about online safety and understanding that things are not always as they seem - Exploring UK laws about social media and being online - Understanding what personal information entails - Exploring global interconnectedness through trade and looking at where everyday items come from and who produces them - Media literacy and the influence this has - How my choices affect others - Awareness of other children's different lives and having empathy towards this	- Explore changes from birth to adulthood in animals and humans, establishing that in mammals, it is the female who has the baby - Identify what babies can and cannot do for themselves and why parents must be there to look after them - Acknowledge diverse family structures and that males also play important roles in families - Introduce puberty as a gradual collection of changes transforming children's bodies - Explore what changes can and cannot be controlled - Understand that changes occur naturally at different times for different people - Reproductive changes during puberty, explaining how boys' and girls' bodies

					Expressing appreciation for family and friends through the giving and receiving of compliments	prepare for making babies when they are grown up - Male reproductive system, including penis, testicles, scrotum, and sperm production - Female reproductive system, including ovaries, eggs, womb and vagina - Personal hygiene and why keeping clean is important during puberty - Challenge stereotypical ideas about families and parenting roles - Preparing for transition
	Vocab: welcome, valued, achievements, proud, pride, pleased, personal goal, praise, acknowledge, affirm, courtesy, manners, wellbeing, emotions, feelings, nightmare, fears, worries, solutions, support, rights, responsibilities, learning charter, dream, self-respect, behaviour, rewards, consequences, actions, feelings, fairness, choices, exclude, loneliness, lonely, friendship, learning, Team work, challenge, include, belong, ideal school, welcome, viewpoint	Vocab: family, loving, caring, safe, connected, difference, special, lonely, support, security, protection, stability, love, resolve, family, conflict, solutions, support, safe, rights, bystander, witness, feelings, banter, support, include, kindness, unkind, self-regulation, feelings, incident, hurtful, discrimination, isolate, lonely, compliment, similarity, difference, unique	Vocab: challenges, success, obstacles, dreams, goals, respect, include, self-esteem, ambitions, future, respect, self-respect, wellbeing, differences, identity, teamwork, design, outdoors, strengths, motivated, enthusiastic, healthy, responsible, safe choices, frustration, solve, technique, solution, safe, choices, community, review, evaluate, self-review	Vocab: oxygen, energy, calories, kilojoules, heartbeat, lungs, heart, fitness, labels, sugar, fat, saturated fat, healthy, drugs, attitude, safe, anxious, scared, strategy, advice, dangerous, emergency services, harmful, risk, feelings, responsibility, unsafe, complex, appreciate, body	Vocab: male, female, sex, unisex, role, job, responsibilities, differences, respect, stereotype, careers, conflict, solution, problem solving, friendship, safe, unsafe, risky, internet, social media, age limit, privacy, personal information, location settings, trusted adult, in-app purchases, global, trade, inequality, culture, needs, wants, rights, deprivation, United Nations, equality, justice, wellbeing, feelings, emotions, happiness, celebrating, family, appreciation, respect, manners	Vocab: male, female, changes, birth, animals, babies, mother, growing up, family, care, change, puberty, control, breasts, pubic hair, penis, testicles, excited, nervous, curious, unsure, frightened, anxious, scrotum, sperm, ovaries, egg, ovum, womb, uterus, vagina, frightened, anxious, personal hygiene, genitals, unwell, infections, stereotypes, task, roles, challenge, change, looking forward, worries

PSHE CURRICULUM MAP

Year 4

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
HEAD	- Being part of a class team - Being included and excluded from a group - Understanding how it feels to be left out and not included - Being a school citizen - Different jobs and responsibilities within the school and wider community - Rights, responsibilities and democracy (school council) - United Nations Convention on the Rights of the Child - How having a voice impacts the community - Intrinsic motivation and self-respect - Rewards and consequences - Groups decision-making - Compromising and finding fair solutions for conflict - What motivates behaviour	- Challenging assumptions based on judgements made about appearance - How experiences lead to different perceptions - Considering what might influence us - Accepting self and others - Understanding influences - Understanding bullying and how it might be difficult to spot - Strategies for staying safe online - Identifying how special and unique everyone is - First impressions and	- Personal hopes and dreams and how it feels to have them - Considering if hopes and dreams are realistic - Overcoming disappointment with hopes and dreams that do not come true - How to resolve the feeling of disappointment - Understanding how to set new goals after setbacks - Exploring how different people react to disappointment - Working in a group and recognise different roles within a group - Celebrating contributions to a group	- Exploring how different friendship groups are formed - Recognising that relationships with both friends and family can change over time - Understanding different friendships involve different levels of trust and connection - Considering who we value most and why - Explore peer influence and peer pressure - Healthier friendships - The effects of smoking and vaping on health - Exploring reasons why people might start smoking or vaping, including peer pressure - The effects of alcohol on people's health and the	- Exploring the emotion of jealousy, situations that can trigger jealous feelings and how it can lead to conflict - Different types of loss and understanding it is a normal part of life that everyone experiences - The grief cycle and the range of feelings that go with it - How we can remember an honour pets and people we no longer see for different reasons - The natural change of friendships over time and how to navigate these changes - Conflict resolution - Explore what boyfriend/girlfriend relationships mean and how they differ from friendships	- What makes each person unique - Inherited traits and characteristics - Internal female body changes during puberty that enable reproduction, including understanding that menstruation is a natural monthly process - Exploring the menstrual cycle and different types of period products - Explore the diverse nature of families and a trusted 'inner circle' - Looking at changes they can and can't control - Coping with change - Preparing for transition

		how they can be wrong	Resilience and positive attitudes to hard times	reasons people drink it - Railway safety and how to call for help - Staying safe with friends - Considering personal beliefs about right and wrong, and how these change as they get older - Celebrating inner strength and assertiveness	- Discussions about different couples - Identifying age-appropriate behaviours in relationships - Marriage age laws and the reasons for these - Showing appreciation to people and animals in different ways	
	Vocab: included, excluded, valued, team, welcome, charter, friend, friendship, role, job, description, school, community, responsibility, respect, courtesy, help, trusted adult, rights, responsibility, democracy, proud, self-respect, valued, reward, consequence, proud, democratic, decisions, voting, authority, Learning Charter, contribution, observer, conflict, violence, solution, wellbeing, healthy	Vocab: character, assumption, different, judgement, surprised, protected characteristic, hurtful, support, accept, appearance, bullying, influence, friend, secret, deliberate, on purpose, witness, bystander, troll, courtest, manners, respect, kindness, impression, changed, judgement, accept, empathy	Vocab: dream, anxious, hope, perseverance, resilience, positive attitude, proud, hopeful, determined, anxious, disappointed, problem-solve, motivated, inspired, hope, hurt, roles, leader, follower, agree, disagree, plans, cope, help, self-respect, self-esteem, setback, safe risk, safety, courage, determination, self-belief, manners, wellbeing, celebrate	Vocab: friendships, emotions, healthy, relationships, value, trust, lonely, roles, follower, leader, assertive, agree, disagree, puberty, smoking, vaping, pressure, guilt, Peers, advice, alcohol, liver, disease, embarrassment, assertive, anxiety, fear, believe, opinion, right, wrong	Vocab: relationship, close, jealousy, problem solve, emotions, reality, positive, negative, conflict, manage, support, critical thinking, loss, love, vulnerable, grief cycle, souvenir, memento, memories, special, remember, lonely, loneliness, friendships, negotiate, compromise, trust, loyalty, anger, betrayal, empathy, boyfriend, girlfriend, pressure, attraction, personal, comfortable, symbol, care, appreciation	Vocab: identity, choices, hobbies, interests, skills, self-respect, proud, values, unique, characteristics, personality, puberty, mentruation, menstrual cycle, periods, menstrual cup, sanitary towel, period pants, fallopian tube, period product, tampons, vagina, vulva, ovaries, hormone, womb, family, inner circle, belonging, support, trusted adult, anxiety, anxious, care, love, reassurance, change, control, acceptance, reliable, unreliable, trustworthy, trusted adult

PSHE CURRICULUM MAP

Year 5

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
HEAD	- Planning the year ahead - Goal-setting for both academic and personal purposes - Self-respect and encouragement for children to value themselves - Concepts of refugees, migrants and asylum seekers - Consider the different challenges people face - Being a citizen - Rights and responsibilities - Different types of rewards and consequences - Consider why rules exist - How behaviour affects groups and what effective collaboration is - Democracy and having a voice	- Cultural differences and how they can cause conflict - Understand what racism is and develop awareness of our own attitudes towards diversity - Look at rumour-spreading and name-calling as forms of bullying - Different strategies to manage feelings and problem-solving - Types of bullying (direct and indirect) - Material wealth and happiness	- Future dreams for adult life - Understanding that money is needed for some aspirations, but not for all - Examine different professions and consider skills, strengths and lifestyles associated with them - Research into different jobs and careers - Attitudes towards spending, saving and the value of money - Different approaches to managing money - Importance of keeping personal details safe - Goals and aspirations in different cultures and how these	- Products that contain nicotine and how this creates an addictive cycle of exposure to harmful chemicals - Understanding how vaping is still harmful to health - Marketing tactics used by companies to make products appealing - The effects on alcohol on the body and on people's behaviour - Consider how people may feel and react in in different emergency situations and the importance of staying calm in order to make safe decisions - The recovery position - Emergency aid - Body image and how unrealistic body types are promoted - Relationships with food and how they can be influenced - Obesity and how it can be addressed	- Develop self-awareness by exploring personal qualities - What is meant by self-esteem and learn strategies to maintain a positive one - Compare self-perception with how others see you - Explore how friendships can change and how this can lead to feelings of loneliness - Explore how online communities can have both positive and negative consequences - Learning to recognise when situations feel unsafe or uncomfortable - Understand that age restrictions are put in place to protect - Rights and responsibilities within	- Explore self-image and body image and understand how their perception of themselves affects self-esteem - Learn that images displayed by the media are often edited and heavily filtered - The menstrual cycle in detail and understand how the female body prepares monthly for potential pregnancy - Explore the female reproductive system - Learn strategies for managing emotions during puberty - Physical and emotional changes for boys during puberty - The male reproductive system and how testosterone

		• Enjoying and respecting other cultures	might differ from ours • Exploring how we share influences from different cultures	• What makes a healthy lifestyle, including physical and mental health and positive relationships	online communities and social networks • Online gaming and risks • Learning to recognise physical, social and emotional warning signs of excessive screen time and how devices can impact overall wellbeing • Dangers of online grooming and how people can deceive others online	triggers puberty changes • How babies are conceived through sexual intercourse • Alternative routes to parenthood • Exploring different kinds of relationships • Contraception as a way to prevent pregnancy • Fertility treatments for those who need medical assistance to conceive • How embryo's develop over nine months • Perceptions of teenage life and stereotypes • Distinguish between realistic depictions and unrealistic stereotypes • Transition into the next school year
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	Vocab: education, appreciation, opportunities, goals, motivation, vision, leadership, hopes, challenge, self-respect, rights, responsibilities, citizen, denied, empathise, refugee, persecution, conflict, asylum, migrant, wealth, poverty, prejudice, citizen, privilege, deprive, rewards, consequences, choices, Learning Charter, collaboration, co-operation, courtesy, manners, motivation, participation	Vocab: culture, conflict, difference, similarity, stereotype, assumptions, protected characteristics, racism, colour, race, discrimination, culture, banter, included, respected, bullying, rumour, homophobic, cyber-bullying, appearance, disability, sexist, indirect, direct, happiness, continuum, respect, fair, community	Vocab: dream, money, grown up, adult, lifestyle, self-esteem, identity, attitudes, digital spending, choice, environment, influence, save, spend, spending decisions, risk, values, personal details, job, career, profession, money, salary, society, media, reliable, aspiration, culture, county, financial harm, rights, technology, opportunity, barrier, self-care, support, sponsorship	Vocab: choices, smoking, tobacco, nicotine, addicted, informed decision, pressure, media, influence, vaping, choices, healthy behaviour, unhealthy behaviour, emergency procedure, recovery position, calm, level-headed, body image, social media, celebrity, altered, self-respect, comparison, obesity, debate, opinion, fact, motivation	Vocab: characteristics, personal qualities, self-esteem, self-perception, interests, hobbies, lonely, responsibility, being responsible, age restriction, assertive, controlling, bullying, social network, community, online, offline, rights, risky, hoaxes, location settings, reporting, age restrictions, appropriate, grooming, troll, gambling, data protection, addiction, devices, screen time, coail, mental health, physical health, wellbeing, targeting, reliable, choices	Vocab: self, self-image, body image, self-esteem, perception, characteristics, aspects, affirmation, filter, edited, media influence, authentic, mental health/wellbeing, puberty, menstruation, periods, menstrual towels, menstrual pads, menstrual cups, tampons, ovary, ovaries, vagina, oestrogen, vulva, womb, uterus, hormones, sperm, semen, testes, testicles, scrotum, erection, wet dream, larynx, facial hair, growth spurt, testosterone, relationships, conception, making love, sexual intercourse, fallopian tube, fertilisation, pregnancy, embryo, contraception, fertility treatment, teenager, consent, opportunities, hope, cope, manage, change, anxious, excitement
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PSHE CURRICULUM MAP

Year 6

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
HEAD	- Identifying goals for the year – focusing on resilience and achievement - Global citizenship and contrasting their own experiences with those of child workers - Wants vs needs and global inequality - Maslow's hierarchy of needs and applying this to themselves and others - Learning goals and how to overcome obstacles - Children's universal rights - Feeling welcomed and valued	- Perceptions of normality and challenging these - Exploring how historical and contemporary examples of perceptions of normal have lead to prejudice/discrimination - Looking at experiences from different communities - Understanding disability and looking at Paralympic athletes - Power struggles and how it feels to be excluded or treated differently - Understanding reasons why people might use bullying behaviours - Strategies for managing feelings and problem solving - Differences as a source of conflict - Difference as celebration - Empathy towards others	- Identify personal learning strengths and the importance of setting challenging but realistic goals - Explore the difference between realistic and unrealistic goals - Setting school-based and aspirations for outside school - Learning how to break big goals down into manageable steps - The importance of a success criteria to understand where progress is being made - Explore how emotions can change throughout achieving a goal	- Taking personal responsibility for different aspects of physical health and wellbeing - What is meant by 'drugs' including unrestricted, restricted, prescribed and illegal - Develop understanding that not all drugs are harmful - Consider reasons people may use drugs - How substances affect the body - Exploitation and the tactics that gangs might use to recruit children - Exploring different meanings of 'gangs' and learning to	- What mental health means and that it exists on a continuum - Explore how lifes challenges need to be balanced by supports to maintain wellbeing - Understand how negative thoughts can spiral and how to recognise signs of stress and anxiety early - Different types of loss and change - Explore power and change and when these are exercised correctly and when someone tries to gain power over others - Understanding why people	- Explore self-image and body image and understand how their perception of themselves affects self-esteem - Learn that images displayed by the media are often edited and heavily filtered - Physical and emotional changes during puberty for both boys and girls - Review both male and female reproductive systems, introducing new vocabulary (masturbation, clitoris) - Children reminded of reliable sources of information - Conception to birth including foetal capabilities (including hearing, responding to light and recognising voices)

	• Choices, consequences and rewards • Group dynamics – how to make decisions • Democracy and having a voice within a group • Anti-social behaviour – considering legal and illegal actions and hazards and risks associated with these		• Identify and discuss global issues and emotions relating to these • Exploring charity events and campaigns, and how teamwork can help make a bigger impact on charities • Making a difference in the world	recognise the difference between safe and unsafe groups • County lines • Understanding emotional and mental health • Understanding that mental illnesses are common and not shameful, and how to identify early warning signs • Exploring stress triggers and how these can lead to some people adopting unhealthy coping strategies	might try and seek control • Resisting online pressure • Understanding why things are put in place (Online Safety Act, age restrictions etc) are in place • How to distinguish between real and AI content • How to take responsibility with technology use	• Learn about labour, contractions, birth through the vagina and caesarean sections and the emotions that families go through • Romantic relationships • Addressing the issue of sexting and the permanent nature of digital content and the laws surrounding intimate images of minors • Respect and consent and other healthy relationship boundaries • Transition for their new school
	Vocab: goals, fears, worries, value, welcome, resilience, choice, cocoa, plantation, rights, community, wants, needs, Maslow, empathy, comparison, opportunities, education, choices, behaviour, rights, responsibilities, rewards, consequences, empathise, Learning Charter, obstacles, courtesy, manners, legal,	Vocab: normal, disability, perception, prejudice, discrimination, rights, protected characteristics, perspective, assumption, belonging, Equality Act, community, discrimination, respect, empathy, stereotype, racism, equality, power, struggle, imbalance, control, harassment, banter, bullying, direct, indirect, argument, recipient, achievement, accolade, perseverance, admiration, stamina, celebration, conflict, misunderstanding	Vocab: dream, goal, learning, strengths, stretch, achievement, personal, realistic, unrealistic, achieve, aspirations, success, goal, motivate, feelings, global, issue, suffering, concern, money, sponsorship, empathy, leadership skills, admire, praise, compliment, contribution, recognition	Vocab: responsibility, choice, immunisation, prevention, drugs, effects, motivation, prescribed, unrestricted, over-the-counter, restricted, illegal, volatile, substances, synthetic highs, new psychoactive substances, exploited, vulnerable, criminal, illegal, gangs, pressure, strategies, reputation, anti-social behaviour, mental	Vocab: mental health, ashamed, stigma, stress, anxiety, support, isolation, loneliness, early warning signs, worried, signs, self-care, emotions, feelings, sadness, loss, grief, denial, despair, guilt, shock, anger, acceptance, power, control, authority, bullying, assertive, strategies, courtesy, respect, risks, pressure,	Vocab: self-image, self-esteem, criticise, real self, celebrity, anxious, awkward, confused, self-conscious, worried, rejected, conflicted, confident, calm, loved, respected, safe, motivated, hopeful, opportunities, freedoms, responsibilities, pregnancy, embryo, foetus, placenta, umbilical cord, labour, contractions, cervix, breasts, penis, sweat, hair, muscles, odour, spots, blackheads,

	illegal, lawful, reports, risk, hazard, collaboration, co-operation, laws, participation, proud, motivation, democracy, decision, consequences			health, emotional health, mental illness, symptoms, stress, triggers, managing stress, pressure	influences, self-control, real, fake, true, untrue, AI, age restrictions, digital rights, communication, technology, personal data, privacy, consent, targeting	period, menstruation, wet dreams, masturbation, clitoris, discharge, midwife, attracting, relationship, pressure, love, sexting, consent, independence, identity, values, relationships, adolescent, compromise, negative body-talk, choice, feelings, emotions, challenge, mental health, transition, secondary, journey, worries
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