PSHE/RSE Curriculum Map

Year	Autumn		Spring		Summer	
*Reception	**Emotional Literacy** Talking about how you physically feel. I feel sick. I feel hungry. I feel hot/cold. Hungry caterpillar had a tummy ache. What can you do if you feel unwell? Why do you think he feels unwell?	**Emotional Literacy** Being able to articulate things that you like/interest you. 'I like playing football'. Astro Girl - Use Astrid's fascination with space as a springboard for children to discuss their own hobbies and interests. Blue penguin – Introduce that not all children have the same interests/hobbies.	**Emotional Literacy** 'I think this character is feeling… because' Encourage children to think of solutions Little Red Hen – How did Little Red Hen feel when no one was helping her make the bread. .	**Emotional Literacy** When other people are kind to me, it makes me feel…. When I can kind to others… it makes me feel. Errol's Garden - Being helpful and kind – Link to how the neighbours all came together to help each other.	**Emotional Literacy** 'It is important to throw rubbish in the bin because…' 'We should not put plastic in the ocean because…'. The Odd Fish – Responsibility for looking after our environment and being responsible citizens.	**Emotional Literacy** "I think Goldilocks is a bad character because she stole their porridge' Think about reasons why… Making judgements.. Explain why characters in the story such as the Big Bad Wolf and the trolls' actions are not good. Children explain reasons and think of solutions.
Year 1	**My healthy self:** How can we look after our emotions?	**Connecting with others:** How can I help myself and others feel happy and safe?	**The online world:** How do we spend time online?	**Citizenship:** How can I help others and the environment?	**Health protection:** How can I protect myself and others in daily life?	**Staying safe:** How can I stay safe?
Year 2	**My healthy self:** How can we look after our bodies?	**Connecting with others:** How can I build safe, kind and caring relationships with others?	**The online world:** How can we stay safe online?	**Citizenship:** How do people belong to a community and earn money?	**Growing up:** How can we look after and respect our bodies as we grow?	**Staying safe:** How can I make safe choices in different places?
Year 3	**My healthy self:** How can I take care of my mind and body?	**Connecting with others:** What helps us feel safe and included?	**The online world:** How should we communicate online?	**Citizenship:** What rights and responsibilities do we have?	**Healthy protection:** How can we prevent illness and injury, and respond if they happen?	**Citizenship:** What careers do people choose and why?
Year 4	**My healthy self:** How can I make healthy choices?	**Connecting with others:** How can we respect each other?	**The online world:** How can we decide what to trust online?	**Citizenship:** How can I spend my money wisely?	**Growing up:** How will my body and emotions change as I grow up?	**Staying safe:** What signs help me recognise what is safe or unsafe?
Year 5	**My healthy self:** How can I support my mind and body as I grow?	**Connecting with others:** Why are healthy relationships important?	**The online world:** How am I influenced by what I see online?	**Citizenship:** How can we make a difference in our communities and beyond?	**Growing up:** How can I manage the changes to my body and emotions as I grow up?	**Citizenship:** How can we be in control of our money?
Year 6	**My healthy self:**	**Connecting with others:**	**The online world:**	**Citizenship:**	**Staying safe:**	**Transition**

Kapow: https://www.kapowprimary.com/

PSHE/RSE Curriculum Map

	How do my choices today shape my future wellbeing?	What does it mean to stand up for myself and others?	How do I feel about being online?	How can we protect everyone's rights?	How can I stay safe as I grow up?	What to expect from Secondary School and how to keep myself safe?

Kapow: https://www.kapowprimary.com/