



PSHE / RSE Curriculum Mapping Document

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Introduce Learner Traits and School Rules. Reactivity. Community. Worry Buddies.	Feelings and Emotions. Relationships. Our World. Friends. Relaxation techniques. My family.	Relationships. Sharing. Respect – how we treat each other. Building relationships.	Growing in our World. Individual Differences. New Year’s Resolutions. Mindfulness and Yoga.	Our World. Caring for the environment. Mindfulness and yoga.	Staying Safe and Healthy. Relationships. Solving conflicts. Staying Safe. Staying Healthy. Mindfulness and yoga.	Feelings and Emotions. Feelings and Change. Transition. Mindfulness and yoga.
Year 1 Embed Learner Traits / rules. Assemblies. Reactivity. Community. Worry Buddies.	Feelings and Emotions. Baseline assessment.	Growing in Our World- Human Lifecycle and family differences	Relationships Friendships, secrets and surprises.	Being Responsible Family networks, School life and the community. Responsibilities and rules. Water spillage.	Staying Healthy Personal hygiene and washing. Germs, medicines, healthy and unhealthy choices.	Staying Safe Road safety and online safety.
Year 2 Embed Learner Traits. Assemblies. Reactivity. Community. SATs. Worry Buddies.	Feelings and Emotions / Relationships. Strengths/goals, individuality, bullying.	Feelings and Emotions / Relationships. Identity and respect. Dealing with emotions.	Keeping and Staying Healthy. Healthy eating. Brushing teeth. E-safety. Self-respect, mental and physical health.	Relationships Biological differences. Personal boundaries.	Staying Safe. Hazards and Fire Safety. Special people in the community.	Our World Caring for the environment. Rights and responsibilities. Spending, saving and earning money.

Year 3 Embed Learner Traits. Assemblies. Reactivity. Community. Worry Buddies.	Feelings and Emotions. Strengths and goals, identity and respect, coping with emotions – grief, worry and anger.	Staying Safe and Healthy. Medicine, leaning out of windows.	Being Responsible. Rights and responsibilities, stealing. Role of community.	Computer Safety Making friends online.	Our World – Money.	Looking After Our World. 3 R's.
Year 4 Embed Learner Traits. Assemblies. Reactivity. Community. Playground Pals. Worry Buddies.	Being Responsible and Staying Healthy. Coming home on time. Rules. Healthy life styles. Balanced diet. Nutrition.	Staying Safe / Computer Safety. Cycle safety. Assessing risk. Impact of accidents. Online bullying and relationships.	Growing and changing. Healthy and unhealthy relationships, types of relationships, appropriate touch.	The Working World / World without Judgement. Identify skills for future job roles, difference, barriers and equality. Chores at home.	The Working World / World without judgement. Over coming barriers and promoting equality.	First Aid. Basic first aid and treatment. Asthma attacks, choking, allergic reactions. Seeking medical help.
Year 5 Embed Learner Traits. Assemblies. Reactivity. Community. Worry Buddies.	Keeping Safe and Staying Healthy – Drugs and alcohol. Managing peer pressure. Strategies to keep safe.	Safety including online. Image sharing. Influences and pressure.	Feelings and Emotions. Respect, conflict and emotions - Anger and Jealousy.	A world without judgement – British Values. Cohesion, acceptance and inclusion. Appreciation of religious and ethnic identities.	Growing and Changing – Puberty.	First Aid (Y5/6)
Year 6 Junior Leadership Team. Reactivity. Community. SATs. Worry Buddies.	Responsibility and Keeping Safe Relationships – managing risk, honesty and consent. Computer safety. Stealing.	The Working World. In App purchases. Money and technology. Spending and saving money.	Feelings, Growing and Changing – Puberty and Conception.	Feelings, Growing and Changing – Puberty and Conception	First Aid (Y5/6)	Transition to secondary School. Preparing for change. JLT focus.