



PSHEE Curriculum Map Michaelmas Term 2023

*It should be noted that changes in the curriculum are made to deal with important issues if and when they arise.

Year 1	<p>Beginning and Belonging - classroom ground rules and building positive relationships in the class.</p> <p>Family and Friends - what a friend is and does, recognise diversity in friendship, strategies for coping with difficult situations in friendships.</p> <p>Anti-bullying - what bullying behaviour looks like including physical, verbal and simple indirect forms of bullying, keeping themselves safe from bullying and simple strategies to ensure that the school is a safe place where positive relationships are fostered</p>
Year 2	<p>Rights, Rules and Responsibilities – identify own responsibilities both in and out of school and develop understanding of democratic decisions.</p> <p>My emotions - understand own emotions and those of others, identify a range of emotions and networks of special people.</p> <p>Anti-bullying - physical, verbal and simple indirect forms of bullying, strategies for responding to bullying and strategies to ensure that the school is a safe place where positive relationships are fostered</p>
Year 3	<p>Beginning and Belonging - safe and happy classroom, positive relationships and support networks.</p> <p>Family and Friends - relationships and friendships, conflict, valuing both similarities and differences between themselves and other children.</p> <p>Anti-bullying - physical, verbal, cyberbullying, why bullying happens, strategies for keeping themselves safe and strategies to ensure that the school is a safe place where positive relationships are fostered.</p>
Year 4	<p>Rights, Rules and Responsibilities - wants and needs, UN Convention on the Rights of the Child, democratic decisions and showing respect for each other.</p> <p>My emotions - range of emotions and language, different feelings in themselves and others, deal with different emotions with a focus on worry and networks of special people they can talk to about their feelings.</p> <p>Anti-bullying - physical, verbal, cyberbullying, why bullying happens strategies for keeping themselves safe and strategies to ensure that the school is a safe place where positive relationships are fostered.</p>
Year 5	<p>Beginning and Belonging - ground rules for the class, build positive relationships and develop skills of cooperation and networks of Support.</p> <p>Family and Friends –networks of people who are special to them, new friendships, and coping with challenges in existing friendships and other relationships.</p> <p>Anti-bullying - definitions of bullying, including ‘cyberbullying’, consider the feelings of children who are bullied, emotional and physical wellbeing and strategies to ensure that the school is a safe place where positive relationships are fostered.</p>
Year 6	<p>Rights, Rules and Responsibilities - United Nations Convention on the Rights of the Child, role of parliament and MPs, moral and social issues.</p> <p>My emotions – range of feelings, strong/ overwhelming emotions, use of strategies to calm and relax ourselves or make us feel more positive and Networks of Support.</p> <p>Anti-bullying - definitions of bullying, including ‘cyberbullying’, consider the feelings of children who are bullied, emotional and physical wellbeing and strategies to ensure that the school is a safe place where positive relationships are fostered.</p>
Year 7	<p>Relationships – This topic explores different types of relationships and focuses on how to maintain good relationships. It explores the characteristics of positive and healthy relationships and the steps that pupils can take in a range of different contexts to improve or support respectful relationships.</p> <p>Drugs, alcohol and tobacco - This topic explores the definition of the word “drug” and the facts about legal and illegal drug-taking and their associated risk. It will explore the “Misuse of drugs Act 1971” and identify situations where people may be breaking the law.</p>

	<p>Emotional Health and Wellbeing – This topic explores what is meant by “emotional wellbeing” and “mental health” and will also identify what affects their confidence and self-esteem. Pupils will also cover the importance of resilience and its importance in maintaining emotional well-being and good mental health.</p> <p>Healthy Lifestyle – This topic is an introduction to keeping healthy, including oral hygiene, healthy eating, physical activity and illness protection.</p> <p>Risk and Safety – This topic introduces pupils to risk and how to assess different types of risk. It will include online risk and also look at the various types of bullying; exploring strategies to help prevent bullying and cyber-bullying.</p>
Year 8	<p>Relationships – This topic explores behaviours that can be found in both positive healthy relationships and also unhealthy relationships. It will cover the area of good communication within relationships and how pupils can express themselves clearly and be able to listen to others.. Pupils will practise being assertive by looking at ways of saying “no” and will learn when consent has been withdrawn.</p> <p>Drugs, alcohol and tobacco - This topic focuses on the physical and psychological effects of drinking too much alcohol on the adult body (bearing in mind the effects would be greater on a young person’s body). Pupils will also explore the impact of smoking on a person’s health.</p> <p>Emotional Health and Wellbeing – This topic explores the range of emotions we experience and reflects on how we can overcome and manage negative feelings</p>