

St Mary's PSHE and RSE Curriculum Map

Reception

The EYFS framework is structured very differently to the National Curriculum as it is organised across seven areas of learning rather than subject areas.

Children are encouraged to 'have ago' and become confident people and learners. They play together, sharing and caring for one another. This in turn will develop their social skills in group/class situations, talking to children and adults alike. Children will learn to form positive relationships in a setting that supports mutual respect and understanding and that celebrates and acknowledges differences. With adults as guides and role models, children will learn to develop anti-discriminatory attitudes. They will be encouraged to gain knowledge and understanding of their own culture and community to help them develop a sense of belonging and a strong self image. Role play is used to help children explore their own culture and appreciate the similarities and differences in those of others. A positive self image and high self esteem will be encouraged to give children the confidence to make the most of opportunities, to communicate effectively and to explore the world around them. Children learn about different kinds of relationships. Being with the same adults and children regularly gives them the time and opportunity to develop relationships that promote social competence. Children will be encouraged to think about and practice ways of solving problems to help them feel capable of responding to challenges.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	My World <ul style="list-style-type: none"> • What does it mean to be unique? • How am I feeling? • What does working together mean? • What are kind hands? • What are my rights? • What are my responsibilities? 	Celebrating Difference <ul style="list-style-type: none"> • What am I good at? • How am I unique? • How am I similar to my friends yet unique ? • How are our homes unique to us? • How can I be a kind friend? • How can I resolve a conflict with my friend? 	My Goals <ul style="list-style-type: none"> • What are my everyday challenges? • How can I succeed with a challenge? • Can I set a goal? • What are the obstacles to achieving my goal and what can help to overcome these? • What job might I like to do and what would I need to learn? 	Keeping Healthy <ul style="list-style-type: none"> • Why is it important to exercise? • What happens to my body when I exercise? • What does healthy mean and why is it important to eat healthy food? • Why do we need sleep? • Why do we need to keep clean? • What does a stranger look like and can I ever trust a stranger? 	My family and my friends <ul style="list-style-type: none"> • Who is in my family? • What do I look for in a friend? • How can I mend a falling out? • Why is it important to use only kind words? • What can I do if someone makes me cross? • What does being a friend mean and what things should I do? 	Changing Me <ul style="list-style-type: none"> • What are my bodyparts and what do they do? • What is needed for a healthy, happy body? • How will I change as I grow up? • What can I do if I am worried? • Can I think of ways to solve my worries? • What have I achieved?

Infants (Years 1 and 2)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 1	<p>Rights and responsibilities 1</p> <ul style="list-style-type: none"> • Who should I ask for help when • I am worried? • How can I help to make my class a safe and fair place? • What is co-operation and how can I work cooperatively? • Can I recognise consequences of my choices? 	<p>Friendships 1</p> <ul style="list-style-type: none"> • Why do people sometimes make assumptions about boys and girls? (stereotypes) • Why is it important that we are not all the same? • Why does bullying happen? • Can I recognise what is right and wrong and how to look after myself? • What does it feel to be a friend and have a friend? • How are we different and how can it be good to be different? 	<p>Working with others</p> <ul style="list-style-type: none"> • Can I choose a realistic goal and think about how to achieve it. • Can I tell you my strengths as a • and persevere with a task even when I find it difficult? • Do I find it easier to work with some people than others? • Can I work cooperatively with a group? • How does it feel to contribute to the success of a group? 	<p>Medicines and Healthy Eating</p> <ul style="list-style-type: none"> • What keeps my body healthy? • Can I recognise a relaxed and stressed feeling and the impact on learning? • How do medicines work in my body and why is important to use them safely? • Which foods do I need every day to keep me healthy? • Why do I need nutritious food? <p>What could make a healthy snack?</p>	<p>Relationships 1</p> <ul style="list-style-type: none"> • What makes my family special and why it is important to share and cooperate? • What forms of physical contact are acceptable within my family? • What can cause conflict with my friends? • What is a secret and who can I talk to if I am worried? • Which adults can I trust to help me? • How can I show my appreciation of adults who are special to me? 	<p>Changes 1</p> <ul style="list-style-type: none"> • What is a life cycle and how does change happen? • What are the natural changes that happen as people grow older? • How has my body changed since I was a baby and how will I change as I grow up? • How are girls' and boys' bodies different and which parts are private? • What sorts of touch are there and what can I do if I don't like being touched a certain way?
Cycle 2	<p>Rights and Responsibilities 2</p> <ul style="list-style-type: none"> • What does safe mean and where and when do I feel safe? • How does it feel to belong? • What are my rights and responsibilities as a member of my class? • What are our rights and responsibilities for our class to be a safe and good place to learn? • How does it feel to be proud of an achievement? • What are the consequences of my choices? <p>-</p>	<p>Friendships 2</p> <ul style="list-style-type: none"> • How am I the same as my friends? • How am I different from my friends? • How does it feel to be bullied? • What can I do if I or another child is being bullied? • How can I make a new friend? • How am I special and unique? 	<p>Goals</p> <ul style="list-style-type: none"> • What does it feel like to achieve a goal? • How do I learn and achieve my goals? • How can I work well with a partner? • How does it feel to meet a new challenge that will stretch our learning? • What obstacles might stop us from achieving our goal? • How does it feel to achieve a goal? 	<p>Healthy Choices</p> <ul style="list-style-type: none"> • What is healthy and unhealthy and how can I keep myself healthy? • What healthy lifestyle choices can I make? • How can I stay safe at home? • How can I help myself when I am poorly and why medicines must be used properly? • How can I stay safe when crossing the road? • How can I keep clean and healthy? 	<p>Family & friends</p> <ul style="list-style-type: none"> • How does it feel to belong to my family and what other types of family are there? • What is a good friend? • How should I greet my friends? • Who can help me at school and how can I ask for help? • What are my qualities as a person and as a friend? • Who is special to me and why? 	<p>Changes 2</p> <ul style="list-style-type: none"> • What are the life cycles of some animals and humans? • How have I changed since I was a baby? • When is it right for us to talk about our private parts and which names shall we use? • What have I learnt and what new things may I learn as I get older? • How can I cope with my feelings about different kinds of change?

Lower Juniors (Years 3 and 4)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 1	<p>Actions and rights</p> <ul style="list-style-type: none"> • How do my actions and attitudes impact on others in school and the community? • Who makes up our school community and how do they help us learn? • What is a democracy and how does it work? (School Council) • What are the five basic rights for children? • How do my actions affect myself and others? Positive and negative. • Do actions have consequences? What is doing the 'right thing'? 	<p>Being unique</p> <ul style="list-style-type: none"> • How does our first impression of someone affect what we think of them? • What assumptions and thoughts influence our perception of people? • Why should we accept people for who they are? • Is it easy to spot bullying and why might someone bully someone else? • Why might a witness/bystander join in bullying? • What is special about me and makes me unique? 	<p>Positive attitudes</p> <ul style="list-style-type: none"> • What dreams do you have for the future and how do they make you feel? • How can we make a plan and set new goals even if there have been setbacks? • What does it mean to be resilient and to have a positive attitude? • How can I work out the steps to take to achieve a goal, and do this successfully as part of a group? **Mental Health Week** 	<p>Healthy lifestyles</p> <ul style="list-style-type: none"> • How are friendships formed and how can I manage my emotions in friendships? • How do groups form different dynamics? • How does smoking affect health and what are the reasons some people smoke? • What are the effects of alcohol and why do people drink alcohol? • How might people put pressure on me and how do I resist it? • How do I know what is right and wrong and how can I be assertive? 	<p>Special Relationships</p> <ul style="list-style-type: none"> • What relationships am I part of and how does it feel to be part of different relationships? • How to identify someone I love and show how they are special to me? • How do most people feel when they someone or something they love? • How to remember someone we no longer see? • How can I explain my point of view on animal rights? How do we feel when someone is in our body space? 	<p>Growing up 1</p> <ul style="list-style-type: none"> • Where do my birth characteristics come from? • What are the parts of the body needed to make a baby? • What happens to a girls body to allow her to have a baby? • What is the circle of change and how can it effect my life? • What changes have already happened and how do I feel about these?
Cycle 2	<p>Being responsible</p> <ul style="list-style-type: none"> • What have we achieved that we are most proud of and how do we celebrate these achievements? • What would we like to achieve by the end of year 3? • What are rules and how do I make responsible choices and ask for help? • How do my actions affect myself and others? Positive and negative. • How do I take responsibility for my choices and actions? 	<p>Valuing difference</p> <ul style="list-style-type: none"> • What makes up my family? • How are families different? • How do words affect feelings and what are their consequences? • Why is it importance to give and receive compliments and how this makes someone feel? • What is Bullying? • How can I help someone who is being bullied? 	<p>Working together</p> <ul style="list-style-type: none"> • What steps do we need to build confidence to share our successes? • What is Teamwork? • How can you ensure everyone in your team is heard and use their strengths? • What does it mean to be challenged and how does this feel? **Mental Health Week** 	<p>Healthy lifestyles</p> <ul style="list-style-type: none"> • How does exercise affect my body and why are my heart and lungs so important? • How can I set myself a fitness challenge? • What are drugs and what is my attitude towards them? • What are things, people and places that I need to keep safe from? • How do I stay safe at home and what substances can harm me? • How can I respect my body and how is it so complex? 	<p>Relationships</p> <ul style="list-style-type: none"> • What are the roles and responsibilities of members of my family? • What contributes a good friendship? • How to be respectful to friends/others and how to resolve conflict including online? • What can I do if I feel unsafe? • Who influences my life and how do I show appreciation to those around me? • What is conflict and how can I solve it? 	<p>Growing up 2</p> <ul style="list-style-type: none"> • How do animals and humans change over time? • How do babies grow inside their mothers and how does this make me feel? • How do boys and girls bodies change on the outside? • How do boys and girls bodies change on the inside? • What are family stereotypes?

Upper Juniors (Years 5 and 6) Cycle 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 1	<p>Rights and responsibilities for me and the world</p> <ul style="list-style-type: none"> • What worries or fears come with setting new goals? • How do our actions affect people locally and globally? • What are the Universal rights for child and are they being met worldwide? • Can I understand my own wants and needs and compare these with children in different communities? • How do rules and responsibilities fit together? • What is democracy within school and the wider community? 	<p>Equality and diversity - disability</p> <ul style="list-style-type: none"> • What does normal mean and <p>How could a disability affect someone's life?</p> <ul style="list-style-type: none"> • Can you give examples of people with disabilities who lead amazing lives? • How does it feel to be excluded or treated badly by being different in some way? • Why do some people use bullying behaviours? • In what ways can difference be a cause of celebration or of conflict relevant to "society norms"? • How can we recognise one person or a group having power over another/others? 	<p>Money and the environment</p> <ul style="list-style-type: none"> • What do we mean by personal finance? • How can we be critical consumers and ensure we are getting value for money? • Before making decisions about saving and borrowing what information to people need? • Who decides how and which resources are allocated and is this always fair and what do people do if they disagree? • What is an entrepreneur and what skills and personal attributes do they need? <p>**Mental Health Week**</p>	<p>Healthy lifestyles 1</p> <ul style="list-style-type: none"> • What is the impact of food on the body and how to motivate yourself to make better choices? • How do different types of drugs effect the body? • How do I know if alcohol is being used responsibly, anti-socially or being misused? • What do I do in a medical emergency? • What is emotional health and how do people regulate their mental health? • What is stress and how do people manage stress? 	<p>Feelings and emotions</p> <ul style="list-style-type: none"> • Who are the important and significant people in my life? • How will I feel if someone leaves or I lose someone? <p>What are the different stages of grief?</p> <ul style="list-style-type: none"> • How do I recognise if someone is trying to gain power or control? • How do people try to take control online and how can I stop this happening? • How to use technology safely and communicate with my family? 	<p>Puberty and Sex education 1</p> <ul style="list-style-type: none"> • What is my self image and how can I develop my self esteem? • How do girls and boys bodies change during puberty? • How do I feel about the changes that will happen to me during puberty? • How do I look after myself physically and emotionally? • How does a baby develop from conception to birth? • What am I looking forward to about growing up and what additional responsibilities will this bring? • What changes am I looking forward to in Y6/moving to secondary school (transition) and how can I manage my worries?

Upper Juniors (Years 5 and 6) Cycle 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 2	<p>Rights and responsibilities</p> <ul style="list-style-type: none"> • How can education help you achieve your goals in life? • How do I set new goals and challenges for the coming year? • What are my rights and responsibilities as a British citizen/ member of school? • What are my rights as a child and are they being met? • How can an individual's behaviour impact a group and what are the consequences? • How does democracy and having a voice benefit the school community and how do I participate in this? 	<p>Equality and diversity – Race and ethnicity</p> <ul style="list-style-type: none"> • Why do different cultures sometimes cause conflict? • What is racism? • What is the difference between direct and indirect bullying? • How can I support children being bullied and discourage people who use bullying behaviours to make a different choice? • How can I be aware of my attitude towards people of different cultures? • How is my life similar and different to people in the developing world? 	<p>Money and finance</p> <ul style="list-style-type: none"> • How does money relate to lifestyle and is it best to buy brand names or cheaper options? • Is earning a high salary an important thing when someone is choosing a job or career? • What risks are involved in borrowing money? • Do grown-ups get to keep all the money they earn? • What does tax mean and how is it spent? • Where does the money we spend go? <p>**Mental Health Week**</p>	<p>Healthy lifestyles 2</p> <ul style="list-style-type: none"> • What effects does smoking have on the body's vital organs? • What are the risks of misusing alcohol and how does it affect the body's vital organs? • What can I do to resist peer pressure? • What is my body image and how does the media and celebrity culture promote certain body types? • What role does food have in people's lives and what problems can this cause? • What are healthy lifestyle choices? 	<p>Relationships</p> <ul style="list-style-type: none"> • Who am I and what are my characteristics and personal qualities? • How do I make new friends and manage relationships if I fall out? • How to recognise pressure from peers online? • How do I stay safe when using technology to communicate with my friends? • What does having a boyfriend/girlfriend mean? • How have relationships changed over time? 	<p>Puberty and Sex Education 2</p> <ul style="list-style-type: none"> • What is my self image and how can I develop my self esteem? • How do girls and boys bodies change during puberty? • How do I feel about the changes that will happen to me during puberty? • How do I look after myself physically and emotionally? • How does a baby develop from conception to birth? • What am I looking forward to about growing up and what additional responsibilities will this bring? • What changes am I looking forward to in Y6/moving to secondary school (transition) and how can I manage my worries?