



PSHE Long Term Curriculum Map



Year	Autumn 1 <i>Safety Network -Children must have a network in place by the end of first full week. Review this at end of the unit per the lesson in the booklet</i>	Autumn 2 Anti-bullying week (always in November)	Spring3 Children's Mental Health Week (Always in February)	Spring 4	Summer 5	Summer 6
N	Settling into Nursery Rules and routines Nursery planned activities through continuous provision	Anti-bullying Week	Mental Health Week Settling into Nursery Rules and Routines Nursery planned activities through continuous provision	Protective Behaviours People who help us In school ,at home and in the community Nursery planned activities through continuous provision	Consent Ask for permission for simple activities and access of nursery continuous provision	Change Transition to school Activities planned for families and with other settings.
R	Settling into Reception School rules and routines Reception planned activities through continuous provision	Anti-bullying Week	Mental Health Week Emotions Colour monster Name emotions happy sad fear angry calm in book's characters Identify emotions on real faces Link emotions to situations Reception planned activities through continuous provision	Protective Behaviours What does safe mean Theme 1 We all have the right to feel safe all of the time. Naming body parts Private body parts Early Warning Signs Telling our secrets	Consent Ask for permission for activities and of peers Use simple phrases to give or not give permission	Road Safety Stepping Stones to Road Safety Stop, Look, Listen and Think Pedestrians walk on the pavement and vehicles travel on the road Walk safely with a grown up Hold hands walking near the road Be Bright Be seen Be bright and seen How to help others see me in the dark Ride safely
1	Protective Behaviours Feelings are feelings Unsafe feelings-saying no Body Privacy and secrets Telling and Early Warning Signs	Anti-bullying Week I am Unique What it means to be unique The ways in which I am unique Looking Out for Each Other Why it is important to look out for your classmates Ways that we can make our class a happy community	Mental Health Week Emotions Big feelings angry sad joy disgust fear What is empathy Ways of calming down when having big feelings	Relationships Sex Education Special people in our lives and how we care for one another How we change as we grow Differences and similarities between people	Consent Asking for Permission for activities and of peers Using simple phrases to give or not give permission	Road Safety Safety First Riding safely Why we wear a car seat Travel in a car or a bus Road Rangers Pedestrians pavement and vehicles road Safer crossing places Stop, look, Listen and Think Riding safely Using behaviour to keep myself safe Roads Way from Home Keep safe on the road when on holiday Walking safely with a grown up Keeping safe travelling in a car or a bus Road Warriors-optional Presenting to others

2	Protective behaviours My safe space Scary feelings Your body belongs to you Naming body parts Who should someone talk to	Anti-bullying week Getting to know Discussing likes and dislikes Listen to others The ways in which we are similar and different to others Why it is good to be different. Playground Consider and plan for the needs of others including different abilities and cultures	Mental health week Emotions Recognising /naming feelings in self/ others comfortable uncomfortable nervous worried confused lonely proud jealous upset (revisit those from previous years) How feelings make our bodies feel inside Who can help with feelings Changing feelings different feelings for different people Uncomfortable feelings and how to manage them Change and how it affects us	Relationships Families What makes a family Different kinds of families	Drugs ed Keeping safe: things that go into and onto bodies Keeping healthy: medicines	First Aid Calling 999 Asthma
3	Protective Behaviours Rights and responsibilities How to help myself when feeling unsafe My rules for my body Qualities of network people and friends	Anti-Bullying Week Belonging to a Group or Community What groups do they belong to Ways people are made to feel they do not belong Behaviours that help people feel welcome My Community What we mean by the word community The different roles within their local community and what support these roles provide Investigate a variety of community spaces within their local geographical area	Mental Health Week Emotions Recognising emotions of shame frustration guilt (revisit those from previous years) Parts of the brain and functions Investigate ways of calming down and what works for them Empathy and how to show it	Relationships Sex Education Relationships that are important Friendships what are good ones and solving disagreements	Consent All ks2 lessons Giving and Seeking Permission Personal Boundaries Appropriate and inappropriate Touch	First Aid Giving First aid Burns

4	Protective Behaviours UN rights of child Angry sad happy worried Fun to feel scared. Theme 2 There is nothing so awful, or too small, we can't talk about it with someone Networks and using them	Identity The term identity. Our sense of identity. Developing self-esteem through sharing our sense of identity. Expressing aspects of our identity. Appreciation and respect for the diversity of identities within a community Citizenship The terms 'citizen' and 'citizenship.' Ways to be an active citizen who makes a positive difference.	Mental Health Week Emotions What is a feeling What helps people feel good How to express feelings and why this is important Grief and how to deal with it How to manage different emotions in different situations Getting advice and support	Relationships Families Family relationships Different family structures Change in families	Drugs Ed Safety rules and risks: medicines and household products Rules and Risks- Alcohol and Smoking	First Aid Why is first aid important? Bleeding Spotting dangers
5	Protective Behaviours Responsibilities go with rights Strengths of feelings Fun to feel scared Adults can't keep some secrets- abuse One step removed check of networks	Stereotypes Focus on Gender The term stereotype. Identifying stereotypes. The negative effects of stereotypes. Challenging stereotypes through research and discussion Those who have challenged stereotypes Year 5 to also take a lead in The anti-bullying week themes and activities across school	Mental Health Week Emotions PSHE Association What is mental health and how can we take care of it Managing emotions in challenging times Impact of loss and strategies to deal with it	Relationships Sex Education Physical changes of puberty Biological changes of puberty Importance of personal hygiene during puberty How and why emotions change during puberty Getting help and advice	Drugs Ed Managing risk: medicines Managing risk: legal and illegal drugs Managing risk: influences and pressure Managing risk: drugs and alcohol in the media	First Aid Keeping calm Head injury Broken bones Choking Unresponsive breathing Safety stories
6	Protective Behaviours Hard to show feelings Fun to feel scared choice time control limit What sort of person should go on a network? Examples of secrets adults can't keep- abuse Review of network understanding and persistence	Anti-bullying Week Discrimination The term discrimination. Describing and identify examples of discrimination The impact of discrimination on individuals and society The Equality Act and its protections. Extremism Ways people can be influenced by others positively & negatively Someone having prejudiced extremist views Ways of managing negative influences When and how to seek support	Mental Health Week Emotions Well-Being and Self-care What is well-being and whose responsibility is it What helps and harms well-being Mindfulness Circle of control Self-care plan Asking for help	Real Love Rocks Feelings Brains and Bodies Vocabulary of feelings and emotions Bodies warning signs Boundaries Rights of child <i>NB all real love rocks units have learning linked to developing kindness and empathy and identifying support networks.</i>	Real Love Rocks Healthy Relationships Different kinds of relationships Healthy and unhealthy relationships Ways to be equal and fair in relationships Types of families (revisit) Grooming Know how children might be exploited To know the behaviours of grooming Know impact of grooming and exploitation	Real Love Rocks Being Safe Identify needs and vulnerabilities Develop critical thinking Online Safety Ways of being safe online Further develop critical thinking Impact of online behaviours How to get support and report abuse online

		Relationships Sex Education during science lessons Recap and add to changes of puberty Managing change new roles and responsibilities as you grow up Relationships over time and healthy relationships Adult relationships and the human life cycle Consent				
Year 6 also have educational visits from Solve it and Magistrates. Ideally these will be during term 2 and 3 but this is not always possible so might happen at any point in the year.						

A variety of resources are used for PSHE learning at Hopping Hill . These have all been sourced by the Designated Safeguarding Lead, working with the PSHE Subject Lead. They have been chosen as they ensure that the statutory expectations in government guidance are met but also, they meet the needs of the children of Hopping Hill. All resources have been recommended by professional agencies; these include, for example, the educational psychology service, the PSHE association and West Northants online safety officer. If you require any more information on the resources used, please speak to your child's class teacher who will be able to help.