



# P.S.H.E. Long Term Map

The red flag demarcates lessons which link directly to safeguarding

## Whole school curriculum overview

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<b>Mental health and emotional wellbeing</b> <b>MindMate-</b> Feeling good and being me, friends and family, life changes, strong emotions, being the same and being different, solving problems. <p style="text-align: center;">R</p>	<b>Mental health and emotional wellbeing</b> <b>MindMate-</b> Feeling good and being me, friends and family, life changes, strong emotions, being the same and being different, solving problems. Celebrating strengths and setting goals, right and wrong, perseverance <p style="text-align: center;">R</p>	<b>Mental health and emotional wellbeing</b> <b>MindMate-</b> Feeling good and being me, friends and family, life changes, strong emotions, being the same and being different, solving problems. <p style="text-align: center;">R</p>	<b>Mental health and emotional wellbeing</b> <b>MindMate-</b> Feeling good and being me, friends and family, life changes, strong emotions, being the same and being different, solving problems. <p style="text-align: center;">R</p>	<b>Mental health and emotional wellbeing</b> Mission statement and ground rules <b>MindMate-</b> Feeling good and being me, friends and family, life changes, strong emotions, being the same and being different, solving problems. <p style="text-align: center;">R</p>	<b>Mental health and emotional wellbeing</b> <b>MindMate-</b> Feeling good and being me, friends and family, life changes, strong emotions, being the same and being different, solving problems. <p style="text-align: center;">R</p>
Autumn 2	<b>Keeping safe and managing risk</b> How do we keep safe? <u>Can you tell me some ways you can keep yourself safe?</u>	<b>Keeping safe and managing risk</b> Road and fire safety How do we play safe indoors and outdoors? <u>How do I stay safe in my home and public?</u>	<b>Keeping safe and managing risk</b> What is bullying and how can it make people feel? What do we do if we witness bullying? Bullying – see it say it stop it <u>What is bullying and how can we prevent it?</u>	<b>Keeping safe and managing risk</b> How do we play safe online? How do we keep safe near roads, water and around fireworks? Emergencies, 999 calls, basic first aid and emergency planning <p style="text-align: center;">R</p> <u>How do we manage risk to stay safe?</u>	<b>Keeping safe and managing risk</b> How do we stay safe online? What do we do when things go wrong? <u>How do we stay safe online?</u>	<b>Keeping safe and managing risk</b> How do we stay safe out and about in the local area? What is peer pressure and how do we respond to it? <p style="text-align: center;">R</p>
Spring 1	<b>Identity, society and equality</b> Me and others Roles and responsibilities at home and school What makes ourselves and others special? <u>Can you tell me what makes people "special"?</u>	<b>Sex and relationship education</b> Boys and girls, families What are the similarities and differences between people? Lifecycles, gender stereotypes, types of families, caring for each other <u>What a family can look like?</u> <p style="text-align: center;">R</p>	<b>Identity, society and equality</b> What is the same and what is different between ourselves and others? What is a community? Why are communities important for inclusion? <u>Why should we celebrate difference?</u>	<b>Identity, society and equality</b> Democratic society <u>What is democracy?</u>	<b>Identity, society and equality</b> What is discrimination? What is stereotyping? How can prejudice and discrimination make people feel? <p style="text-align: center;">R</p> <u>How does society influence people's judgements?</u>	<b>Identity, society and equality</b> What are human rights? What is homelessness?
Spring 2	<b>Drug, alcohol and tobacco education</b> What do we put into and on to bodies? How can it make people feel? <p style="text-align: center;">R</p> <u>Can you tell me how putting different things onto or into your body can make you feel?</u>	<b>Drug, alcohol and tobacco education</b> Why are medicines taken? Where do medicines come from? How do we keep safe around medicines? <p style="text-align: center;">R</p> The purpose of different medicines, rules for keeping safe around medicines <u>How and when can medicine help me?</u>	<b>Drug, alcohol and tobacco education</b> What is tobacco? What are the effects of tobacco and second-hand smoke? What is asthma? <p style="text-align: center;">R</p> <u>Do I understand how to use legal drugs safely? Do I understand the dangers of smoking?</u>	<b>Drug, alcohol and tobacco education</b> What are the effects and risks of drinking alcohol? Which drugs are common in everyday life and why do people choose them? <p style="text-align: center;">R</p> <u>Do I understand the effects of legal drugs?</u>	<b>Drug, alcohol and tobacco education</b> What are the risks associated with smoking drugs? How can others resist pressure from other about whether to use drugs? <p style="text-align: center;">R</p> <u>Do I understand the risks of smoking drugs and how to resist peer pressure?</u>	<b>Drug, alcohol and tobacco education</b> Assessing risk What are the risks associated with using different drugs, including tobacco, nicotine, alcohol and other legal and illegal drugs? How can we manage risk? <p style="text-align: center;">R</p>

Summer 1	<p><b>Careers, financial capability and economic wellbeing</b></p> <p>What choices do people make when spending money? How do we save money and how do we keep it safe? What different jobs do people do?</p> <p><u>Can you talk to me about how you might get money and how you could safely save money?</u></p>	<p><b>Mental health and emotional wellbeing</b> </p> <p>How do we make friend and who can help with friendships?</p> <p>What makes a good friend? How can I be a good friend? How can I keep a friend?</p> <p><u>What makes a good friend?</u></p>	<p><b>Careers, financial capability and economic wellbeing</b></p> <p>What influences people's choices about spending and saving money? How can people keep track of their money?</p> <p><u>How could I 'stick to' a budget?</u></p>	<p><b>Careers, financial capability and economic wellbeing</b></p> <p>What influences people's decisions about careers?</p> <p><u>How do people decide on their career?</u></p>	<p><b>Race and Diversity</b></p> <p>Stop racism poster, respect rap, Martin Luther King, Rosa Parks, William Wilberforce</p> <p><u>Who were the key figures in fighting racism and what is their legacy?</u></p>	<p><b>Mental health and emotional wellbeing</b> </p> <p>Healthy minds</p> <p>What is mental health?</p> <p><u>Preparing for high school and transitional visits.</u></p>
Summer 2	<p><b>Physical health and wellbeing</b></p> <p>Food in different cultures Playground ground games from around the world</p> <p>How do we stay safe in the sun? R</p> <p><u>Can you tell me about food you might eat for a celebration? Can you talk to me about sun safety?</u></p>	<p><b>Physical health and wellbeing</b></p> <p>What keeps me healthy? R</p> <p>What a healthy person looks like. What makes us healthy. Basic hygiene.</p> <p><u>What does a healthy person look like?</u></p>	<p><b>Physical health and wellbeing</b></p> <p>What helps me choose? How can branding affect what foods people choose to buy? R</p> <p><u>What influences my choices on what I buy?</u></p>	<p><b>Physical health and wellbeing</b></p> <p>What is important to me? How can the media and food adverts affect people's choices? R</p> <p><u>Can I make healthy choices?</u></p>	<p><b>Sex and relationship education</b> </p> <p>How do our bodies change? What is puberty?</p> <p><u>Do I understand the changes that will happen to my body through puberty?</u> Own R</p> <p>Physical health and wellbeing</p> <p><u>How can messages given on food adverts be misleading?</u></p>	<p><b>Sex and relationship education</b> </p> <p>How do we grow and change throughout the human lifecycle?</p> <p>Own R</p>



The red flag demarcates lessons which link directly to safeguarding