



St Saviour's C.E. Primary School Curriculum Map – PSHE and RSE

	EYFS In EYFS we lay the foundation for PSHE and RSE through circle times, RE lessons, topics such as Ourselves and stories. The areas of development that support this learning in EYFS are Communication and Language and Personal Social and Emotional Development and Understanding the World.					
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 Being Self-Aware	Keeping Safe <ul style="list-style-type: none"> Ways the public are kept safe Ways to stay safe at home Ways to stay safe in school (Playground Rules, Fire Drills etc.) 	How Do You Feel? <ul style="list-style-type: none"> Exploring and appreciating different emotions Problem solving Managing different emotions 	What Makes Us Unique? <ul style="list-style-type: none"> Knowing that everyone has a different identity, strengths and skills Understanding success and failure Being ambitious 	What Makes a Good Friend? <ul style="list-style-type: none"> Falling Out Understanding peer pressure Bullying 	Personal Safety <ul style="list-style-type: none"> Ways we can be safe when we are out and about Tempting situations People who can help us in different situations 	Living in the UK <ul style="list-style-type: none"> The Welfare State Education Reforms Birth of Public Health England
Autumn 2 Our Responsibilities	Valuing Ourselves <ul style="list-style-type: none"> Ways we are similar and different to others Things we are good at Having hobbies and interests 	Our Rights <ul style="list-style-type: none"> What is respect? Knowing that the rights of a child and ways these can be respected Exploring UNICEF Rights of the Child 	Caring for the Environment <ul style="list-style-type: none"> Knowing how our school helps the environment Understanding the process of recycling What are currently the biggest threats to our environment? 	Looking After Our Mental Health <ul style="list-style-type: none"> Being a mindful person Feeling nervous The importance of relaxing 	Being a Worldly Citizen <ul style="list-style-type: none"> Understanding the UN Charitable giving Exploring current affairs and recent important events 	Law <ul style="list-style-type: none"> Understanding the history of law What is the purpose of the law? How is it made? Consequences of not obeying the law
Anti-Bullying Week						
Spring 1 Self-Care	Exercise and Diet <ul style="list-style-type: none"> Ways to stay active What makes certain foods healthy? What happens to our bodies when we exercise? 	Being Independent <ul style="list-style-type: none"> Knowing what we can do for ourselves How can we be independent learners? Changes in responsibilities as we grow up 	People who Inspire Us <ul style="list-style-type: none"> Understanding and identifying role models Researching and presenting a person who inspires us (x2 lessons) 	Looking After Our Bodies <ul style="list-style-type: none"> Oral hygiene The role of sleep in our lives People who can advise us about our health 	Diet and Exercise <ul style="list-style-type: none"> Understanding the relationship between diet and exercise Making good choices regarding food and exercise Body image and the media 	Looking After Our Mental Health <ul style="list-style-type: none"> Knowing why it is important to care for your mental health Practising mindfulness and relaxation Building positive self esteem



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Spring 2 Health and Relationships	Caring for Ourselves <ul style="list-style-type: none"> • Keeping clean • Growing and changing • Families 	Differences <ul style="list-style-type: none"> • Boys and girls • Male and female • Naming body parts 	Valuing Difference <ul style="list-style-type: none"> • Male and female • Personal space • Family difference 	Growing Up <ul style="list-style-type: none"> • Growing and changing • What is puberty? • Puberty changes and reproduction 	Puberty <ul style="list-style-type: none"> • Talking about puberty • Male and female changes • Puberty and hygiene 	Puberty, Relationships and Reproduction <ul style="list-style-type: none"> • Puberty • Understanding relationships • Communication in relationships • Conception and pregnancy
Diversity Week						
Summer 1 Drugs and Alcohol	Medicines <ul style="list-style-type: none"> • Staying healthy • Medicines • Who gives us medicines? 	Keeping Safe <ul style="list-style-type: none"> • What is a risk? • Hazardous substances • Rules that keep us safe 	Smoking <ul style="list-style-type: none"> • Smoking in society • The effects of smoking on the body • Smoking and the Law 	Alcohol <ul style="list-style-type: none"> • The effects of alcohol • Alcohol and its associated risks • Alcohol and the Law 	Legal and Illegal Drugs <ul style="list-style-type: none"> • Distinguishing between legal and illegal substances • Exploring different attitudes to drugs • Peer pressure 	Preventing Early Use <ul style="list-style-type: none"> • The effects, risks and Law surrounding cannabis • To understand the risks of volatile substance abuse and seeking help
Summer 2 Living in the Wider World	Obeying Rules <ul style="list-style-type: none"> • Understanding why we have rules • What rules do we have to follow in our daily lives? • Introduction to the Law 	Living in the UK <ul style="list-style-type: none"> • History of society/ The UK as we know it • Who lives in the UK? • What makes a community? 	Money Matters <ul style="list-style-type: none"> • Understanding the role that money plays in everyday life • Ways to pay • The role of banks and the economy 	Understanding Democracy <ul style="list-style-type: none"> • Knowing how a government is elected • Understanding different points of view • Knowing where Parliament is located and the roles of the different Houses 	Money Matters <ul style="list-style-type: none"> • The world of work • Knowing what a budget is and why it is useful • Understanding the process of saving, want vs. need 	Moving On <ul style="list-style-type: none"> • Changes in roles and responsibilities • The importance of team work • Seeking support



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PSHE coverage within the science curriculum

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Classification	Being Healthy	Nutrition Muscles	Teeth	Life Cycles Growing Up	Diet and Exercise The effects of drugs

Online Safety to be taught in accordance with computing units