

PSHEE Curriculum Map: Junior Department

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 2 Zones of regulation/growth mindset embedded throughout the year	Me and my relationships	Being my best	Rights and Responsibilities	Valuing differences	Keeping myself safe	Growing and changing
	<ul style="list-style-type: none"> • Bullying and teasing • Create and agree class rules • Our school rules about bullying • Being a good friend • Describe Feelings • Active listening techniques • Explicit Growth Mindset work linking to how our brain works. 	<ul style="list-style-type: none"> • Growth mindset linking to managing emotions • Looking after my body (hygiene and health, exercise and sleep) • My interests and dislikes 	<ul style="list-style-type: none"> • Cooperation <ul style="list-style-type: none"> • Self-regulation • Saving and spending money • Online safety • Safety around school 	<ul style="list-style-type: none"> • Being kind • Helping others • Celebrating differences • People who help us • Listening skills (revisited) 	<ul style="list-style-type: none"> • Medicine safety • Appropriate touch • Safe and unsafe secrets • Safe and unsafe situations 	<ul style="list-style-type: none"> • Life cycle • Dealing with loss • Being supportive • Growing and changing • Privacy
	Extra events: SP introduction to Zones of Regulation Assembly (September)					

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YEAR 3 zones of regulation/growth mindset embedded throughout the year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and my relationships	Being my best	Rights and Responsibilities	Valuing differences	Keeping myself safe	Growing and changing
	<ul style="list-style-type: none"> • Rules and their purpose • Cooperation and collaboration • Friendship (including respectful relationships) • Coping with loss • Explicit Growth Mindset work linking to how our brain works • 	<ul style="list-style-type: none"> • Keeping myself healthy and well (Eatwell Guide) • Celebrating and developing my skills (discussion/debating) • Developing empathy • Growth mindset linking to managing emotions 	<ul style="list-style-type: none"> • Skills we need to develop as we grow up • Helping and being helped • Looking after the environment • Managing money – saving and spending • Understanding the difference between ‘fact’ and ‘opinion’ 	<ul style="list-style-type: none"> • Recognising and respecting diversity including types of families • Being respectful and tolerant (including language) • My community 	<ul style="list-style-type: none"> • Managing risk • Decision-making skills • Drugs (including alcohol and smoking) and their risks • Staying safe online 	<ul style="list-style-type: none"> • Different types of Relationships • Changing bodies and puberty • Understand and identify appropriate/inappropriate personal space • Keeping safe • Safe and unsafe secrets

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	<p>Extra events: SP introduction to Zones of Regulation Assembly (September) Online Safety Workshop (Spring or Summer Term)</p>
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 4 zones of regulation/growth mindset embedded throughout the	Me and my relationships	Being my best	Rights and Responsibilities	Valuing differences	Keeping myself safe	Growing and changing
	<ul style="list-style-type: none"> • Healthy relationships • Listening to feelings • Bullying • Assertive skills • Explicit Growth Mindset work linking to how our brain works. 	<ul style="list-style-type: none"> • Having choices and making decisions about my health • Taking care of my environment • My skills and interests • Explicit Growth Mindset work 	<ul style="list-style-type: none"> • Making a difference (different ways of helping others or the environment) <ul style="list-style-type: none"> • Media influence • Decisions about spending money 	<ul style="list-style-type: none"> • Recognising and celebrating difference (including religions and cultural difference) • Understanding and challenging stereotypes 	<ul style="list-style-type: none"> • Managing risk • Understanding the norms of drug use (cigarette and alcohol use) <ul style="list-style-type: none"> • Influences • Online safety 	<ul style="list-style-type: none"> • Body changes during puberty • Managing difficult feelings • Relationships including marriage

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		linking to managing emotions.				
Extra events: SP introduction to Zones of Regulation Assembly (September) Online Safety Workshop (Spring Term)						

YEAR 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and my relationships	Being my best	Rights and Responsibilities	Valuing differences	Keeping myself safe	Growing and changing
	<ul style="list-style-type: none"> Feelings Friendship skills, including compromise Assertive skills Cooperation 	<ul style="list-style-type: none"> Growing independence and taking responsibility Keeping myself healthy 	<ul style="list-style-type: none"> Rights and responsibilities Rights and responsibilities relating to my health Making a difference 	<ul style="list-style-type: none"> Recognising and celebrating difference, including religions and cultural 	<ul style="list-style-type: none"> Managing risk, including online safety Understanding medicines are drugs and safety around usage. 	<ul style="list-style-type: none"> Managing difficult feelings Managing change <ul style="list-style-type: none"> How my feelings help keeping safe

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	<ul style="list-style-type: none"> • Recognising emotional needs • Explicit Growth Mindset work linking to how our brain works. 	<ul style="list-style-type: none"> • Media awareness and safety • My community • Explicit Growth Mindset work linking to how our brain works. • 	<ul style="list-style-type: none"> • Decisions about lending, borrowing and spending 	<ul style="list-style-type: none"> • Influence and pressure of social media (including safe and unsafe sharing) Link with Computing 	<ul style="list-style-type: none"> • Norms around use of legal drugs (tobacco, alcohol) Link with Science • Decision-making skills 	<ul style="list-style-type: none"> • Getting help • myths associated with puberty
Extra events: SP introduction to Zones of Regulation Assembly (September) Online Safety Workshop (Spring Term)						

YEA R 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and my relationships	Being my best	Rights and Responsibilities	Valuing differences	Keeping myself safe	Growing and changing

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	<ul style="list-style-type: none"> • Assertiveness <ul style="list-style-type: none"> • Cooperation • Safe/unsafe touches • Positive relationships • Explicit Growth Mindset work linking to how our brain works. 	<ul style="list-style-type: none"> • Aspirations and goal setting • Managing risk • Looking after my mental health • Explicit Growth Mindset work linking to how our brain works. • 	<ul style="list-style-type: none"> • Understanding media bias, including social media <ul style="list-style-type: none"> • Caring: communities and the environment • Earning and saving money • Understanding democracy 	<p>Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying</p> <ul style="list-style-type: none"> • Understanding Bystander behaviour • Gender stereotyping 	<ul style="list-style-type: none"> • Understanding emotional needs • Staying safe online • Drugs: norms and risks (including the law) link to Science 	<ul style="list-style-type: none"> • Coping with changes <ul style="list-style-type: none"> • Keeping safe • Body Image • Puberty/Sex education Link to Science • Self-esteem
<p>Extra events: SP introduction to Zones of Regulation Assembly (September) TfL workshop for safe travel (Spring term), Online Safety Workshop (Spring term) Basic First Aid (Summer Term)</p>						