# ST MARY'S C OF E PRIMARY SCHOOL
# PSHE AND RHSE CURRICULUM Map 26-27



## Y6

**Changing Me**
Self-image
Body image
Puberty and feelings
Conception to birth
Reflections about change
Physical attraction
Respect and consent
Boyfriends/girlfriends
Sexting
Transition

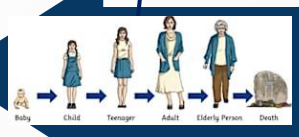
**Relationships**
Mental health
Identifying mental health worries and sources of support
Love and loss
Managing feelings
Power and control
Assertiveness
Technology safety
Take responsibility with technology use

**Healthy Me**
Taking personal responsibility
How substances affect the body
Exploitation, including 'county lines' and gang culture
Emotional and mental health
Managing stress

**Dreams and Goals**
Personal learning goals, in and out of school
Success criteria
Emotions in success
Making a difference in the world
Motivation
Recognising achievements
Compliments

**Celebrating Differences**
Perceptions of normality
Understanding disability
Power struggles
Understanding bullying
Inclusion/exclusion
Differences as conflict, difference as celebration
Empathy

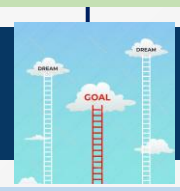
**G.A.N.G.S –Living in the Wider World**
**Understanding Pressure and Influence**
**Independence and Responsibility**
**Resisting Peer Pressure and Seeking Help**
**Rules, Laws and Protection**
**Consequences of Anti-Social Behaviour**
**Reflecting on Gang Involvement**















**Healthy Me**
Smoking, including vaping
Alcohol
Alcohol and anti-social behaviour
Emergency aid
Body image
Relationships with food
Healthy choices
Motivation and behaviour

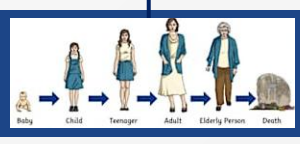
**Relationships**
Self-recognition and self-worth
Building self-esteem
Safer online communities
Rights and responsibilities online
Online gaming and gambling
Reducing screen time
Dangers of online grooming SMARRT
internet safety rules

**Changing Me**
Self- and body image
Influence of online and media on body image
Puberty for girls
Puberty for boys Conception (including IVF) Growing responsibility
Coping with change
Preparing for transition

**Being Me In my World**
Identifying goals for the year Global citizenship
Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics
Democracy, having a voice
Anti-social behaviour
Role-modelling








**Dreams and Goals**
Future dreams
The importance of money
Jobs and careers
Dream job and how to get there
Goals in different cultures
Supporting others (charity)
Motivation

**Celebrating Differences**
cultural differences and how they can cause conflict
Racism
Rumours and name-calling
Types of bullying
Material wealth and happiness
Enjoying and respecting other cultures

**Being Me In my World**
Planning the forthcoming year
Being a citizen
Rights and responsibilities
Rewards and consequences How behaviour affects groups
Democracy,
having a voice, participating

**Making Safe and Positive Choices**
**Understanding Influence**
**Building Confidence and Self-Belief**
**Friendship and Peer Pressure**
**Rules, Rights and Responsibilities**
**Managing Conflict and Emotions**
**Community and Belonging**

**Changing Me**
Being unique
Having a baby
Girls and puberty
Confidence in change
Accepting change
Preparing for transition
Environmental change

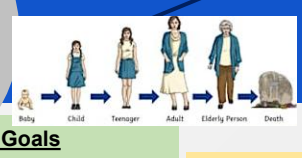








## Y5




**Relationships**
Jealousy
Love and loss
Memories of loved ones
Getting on and falling out
Girlfriends and boyfriends
Showing appreciation to people and animals

**Being Me In my World**
Being part of a class team
Being a school citizen
Rights and responsibilities
Democracy
Rewards and consequences
Group decision making
Having a voice
What motivates behaviour

**Celebrating Differences**
Challenging assumptions
Judging appearances
Accepting self and others
Understanding influences
Understanding bullying
Problem solving
Identifying how special and unique
First impressions

**Dreams and Goals**
Hopes and dreams
Overcoming disappointment
Creating new realistic goals
Achieving goals
Working in a group
Celebrating contributions
Resilience
Positive attitudes

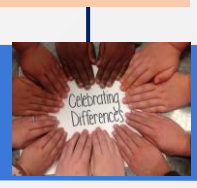
**Healthy Me**
Healthier friend ships
Group dynamics
Smoking
Alcohol
Assertiveness
Peer pressure
Celebrating inner strength



**Changing Me**
How babies grow
Understanding a baby's needs
Outside body changes
Inside body changes
Family stereotypes
Challenging my ideas
Preparing for transition

## Y4









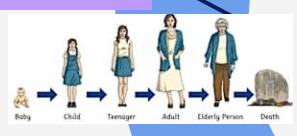



**Healthy Me**
Exercise
Fitness challenges
Food labelling and healthy swaps
Attitude towards drugs
Keeping safe online and off
Respect for all
Healthy and safe choices

**Dreams and Goals**
Difficult challenges and achieving success
Dreams and ambitions
New challenges
Motivation and enthusiasm
Recognise and trying to overcome obstacles
Evaluate learning process
Managing feelings
Simple budgeting

**Celebrating Differences**
Different families
Family conflict and how to manage it
Witnessing bullying and how to solve it
Recognising how words can hurt
Giving and receiving compliments

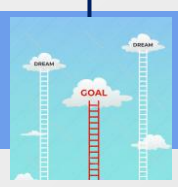
**Being Me In my World**
Setting personal goals
Self-identifying and worth
Positivity in challenges
Rules, rights and responsibilities
Rewards and consequences
Responsible choices
Seeing things from others perspective




**Relationships**
Family roles and responsibility
Friendship and negotiation
Keeping safe online
Global citizens
How my choices effect others
Awareness of others
Expressing appreciation for others





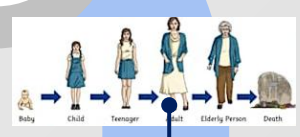









## Y3




**Changing Me**
Life cycles- in nature
Growing from young to old
Increased independence
Differences in bodies (correct terminology)
Assertiveness
Preparing for transition

**Being Me In my World**
Hopes and fears
Rights and responsibilities
Rewards and consequences
Safe and fair learning Environment
Valuing contribution
Choices
Recognising feelings

**Celebrating Differences**
Assumptions and stereotypes
Understanding bullying
Standing up for self and others
Making new friends
Gender diversity
Celebrating differences and remaining friends

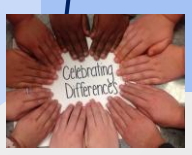



**Healthy Me**
Motivation
Healthier choices
Relaxation
Healthy eating
Healthy snacks and sharing food

**Relationships**
Different types of families
Physical contact boundaries
Friendship and conflict
Secrets
Trust and appreciation
Expressing appreciation








**Dreams and Goals**
Achieving realistic goals
Perseverance
Learning strength
Learning with others
Group co-operation
Contributing and sharing success

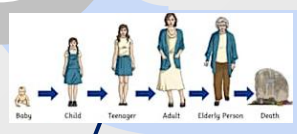



## Y2

## Y1

**Healthy Me**
Keeping myself healthy
Healthier lifestyle choices
Keeping clean
Being safe
Medicine safety
Road safety
Link health and happiness

**Celebrating Differences**
Similarities and differences
Understanding bullying and knowing how to deal with it
Making new friends
Celebrating the differences in everyone

















**Changing Me**
Life cycles- animals and humans
Changes in me
Changes since being a baby
Difference between male and female
Linking growing and learning
Coping with change
Transition

**Relationships**
Belonging to a family
Making friends
Physical Contact
People who help us
Qualities as a friend
Self acknowledgement
Being a good friend to myself
Celebrating special relationships

**Dreams and Goals**
Setting goals
Identifying success and achievement
Learning styles
Working well and celebrating achievement
Tackling new challenges
Identifying and overcoming obstacles
Feelings of success

**Being Me In my World**
Feeling special and safe
Being part of a class
Rights and responsibilities
Rewards and feeling proud
Consequences
Owning the Learning Charter