



PSHCE Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Personal, Social and Emotional Development</p> <p>Self-Regulation:</p> <ul style="list-style-type: none"> • Show an understanding of their own feelings and those of others • Set and work towards simple goals • Give focused attention to what the teacher is saying • Respond appropriately even when engaged • Follow instructions showing several ideas or actions <p>Managing Self:</p> <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance • Explain the reasoning for rules, know right from wrong and behave accordingly • Manage own basic hygiene and personal needs • Understand the importance of healthy food choices <p>Building Relationships:</p> <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others • Form positive attachments to adults and friendships with peers • Show sensitivity to their own and other's needs <p>No outsiders Lessons based on books:</p> <ol style="list-style-type: none"> 1. The Family Book by Todd Parr : All families are different 2. You Choose by Nick Sharratt & Pippa Goodheart : Pupil voice 3. Mommy, Mamma and Me by Leslea Newman and Carol Thompson : All families are different 4. Blue Chameleon by Emily Gravett : Race 5. Red Rockets and Rainbow Jelly by Sue Heap and Nick Sharratt : Accepting difference 6. Hello Hello by Brendan Wenzel: Differences 					



<p>Year 1</p>	<p>HEALTH AND WELLBEING Understanding my emotions. Keeping Healthy and personal hygiene</p>	<p>SAFETY AND THE CHANGING BODY What to do in an emergency Adults who help us</p>	<p>FAMILY AND RELATIONSHIPS What is a family? What are friendships?</p>	<p>NO OUTSIDERS 1.Elmer by David McKee : Race 2. Errol's Garden: To work together 3.My World, your World by Melanie Walsh: Sharing 4. *The Perfect Fit by Naomi and James Jones: How do I fit in? 5. *The boy who loved everyone by Jane Porter: Playing Safely 6. Hair its a family affair by Mylo Freeman: Proud of differences</p>	<p>CITIZENSHIP Rules and Caring for others. People who are the same, people who are different Democratic decisions</p>	<p>ECONOMIC WELLBEING Look after money Saving and spending</p>
<p>Year 2</p>	<p>HEALTH AND WELLBEING Being active Healthy diet Growth mindset Healthy diet</p>	<p>SAFETY AND THE CHANGING BODY Appropriate contact Private body parts Personal boundaries Introduction to the Internet</p>	<p>FAMILY AND RELATIONSHIPS Different types of families When friendships go wrong Manners and Courtesy</p>	<p>NO OUTSIDERS 1.How to be a Lion by Ed Vere: Self-confidence 2.The great big book of families by Mary Hoffman and Ros Asquith: Diversity 3.Amazing by Steve Antony: Friendship</p>	<p>CITIZENSHIP Rules in school and beyond School council and giving my opinion</p>	<p>ECONOMIC WELLBEING Where does money come from? Wants and needs. Looking after money.</p>



				<p>4.Can I join your club by John Kelly: Differences</p> <p>5.All Are Welcome by Alexandra Penfold and Suzanne Kaufman: Belonging</p> <p>6.Splash by Sharon Davey: achieving dreams</p>		
Year 3	<p>HEALTH AND WELLBEING</p> <p>Relaxation and resilience.</p> <p>Diet and dental health</p>	<p>SAFETY AND THE CHANGING BODY</p> <p>Keeping safe online and out and about</p> <p>Cyber bullying and fake emails</p> <p>First Aid: Emergencies and Calling for help</p> <p>Influences and making choices</p>	<p>FAMILY AND RELATIONSHIPS</p> <p>Friendship and bullying</p> <p>Respecting differences and learning who to trust</p>	<p>NO OUTSIDERS</p> <p>1. *Super Duper You by Sophy Henn: Self Respect</p> <p>2. We're all wonders by R.J. Palacio: Differences and bystanders.</p> <p>3. The Truth about old people by Elina Ellis: stereotypes</p> <p>4. Beegu by Alexis Deacon: To be welcoming</p> <p>5. Planet Omar: Accidental Trouble Magnet : living in Britain</p> <p>6.The Hueys in the New Jumper by Oliver Jeffers: helping outsiders</p>	<p>CITIZENSHIP</p> <p>Rights of the child</p> <p>Community responsibility</p> <p>Local democracy</p>	<p>ECONOMIC WELLBEING</p> <p>Budgeting</p> <p>How spending affects others</p> <p>Impact of spending</p>



<p>Year 4</p>	<p>HEALTH AND WELLBEING Introduction to Puberty and growing up Looking after teeth. Emotions and mental health</p>	<p>SAFETY AND THE CHANGING BODY Consuming information online First Aid: asthma Privacy and secrecy Tobacco</p>	<p>FAMILY AND RELATIONSHIPS Respect and Manners, how behaviour affects others. Stereotypes of gender and disability</p>	<p>NO OUTSIDERS 1. Along Came a Different by Tom McLaughlin: accepting differences 2. When Sadness comes to call by Eva Eland: Looking after mental health 3. Julian is a mermaid by Jessica Love: showing acceptance 4. Dogs don't do Ballet by Anna Kemp and Sara Ogilvie: assertiveness 5. Aalfred and Aalbert a love story by Morag Hood: finding common ground 6. Red: A crayon; story by Michael Hall: being proud</p>	<p>CITIZENSHIP What are Human rights? Diverse communities. Contributing to our community</p>	<p>ECONOMIC WELLBEING Spending choices and keeping track of money.</p>
<p>Year 5</p>	<p>HEALTH AND WELLBEING The importance of rest Healthy meals and sun safety</p>	<p>SAFETY AND THE CHANGING BODY Staying safe online: online friendships Puberty</p>	<p>FAMILY AND RELATIONSHIPS Friendship skills Marriage and family life</p>	<p>NO OUTSIDERS 1. Mixed by Arree Chung: responses to racism</p>	<p>CITIZENSHIP Breaking the law Rights and responsibilities Parliament</p>	<p>ECONOMIC WELLBEING Borrowing Risks with money Prioritising spending</p>



	<p>Going for goals but embracing failure Taking responsibility for my feelings</p>	<p>Making decisions around alcohol, drugs and tobacco First Aid – bleeding and head injuries</p>	<p>Building friends and bullying</p>	<p>2. Rose Blanche by Roberto Innocenti: justify actions 3. How to heal a broken Wing by Bob Graham: empathy 4. And Tabgo makes three by Justin Richardson and Peter Parnell: express opinions 5. Kenny lives with Erica and Martina by Olly Pike: consequences 6. The Girls by Lauren Lee and Jenny Lovlie: Friendship</p>		
<p>Year 6</p>	<p>HEALTH AND WELLBEING Taking responsibility for my health The impact of technology on health Resilience and immunisation</p>	<p>SAFETY AND THE CHANGING BODY Critical digital consumers Social media First Aid: choking and basic life support Conception, pregnancy and birth</p>	<p>FAMILY AND RELATIONSHIPS Respectful friendships and resolving conflicts</p>	<p>NO OUTSIDERS 1. Introducing Teddy by Jessica Walton: To show acceptance 2. King of the Sky by Nicola Davis: immigration 3. The only way is Badger by Stella Jones and Carmen Saldana: Freedom of Speech</p>	<p>CITIZENSHIP Human rights Prejudice and discrimination Valuing diversity National democracy</p>	<p>ECONOMIC WELLBEING Attitudes to money Keeping money safe Gambling Jobs and career routes</p>



		Physical and emotional changes of puberty		<p>4. Leaf by Sandra Dieckmann: difference</p> <p>5. A day in the life of Marlon Bundo by Marlon Bundo and Jill Twiss: democracy</p> <p>6. The Island by Armin Greder: racism</p>		
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No Outsiders is a scheme that involves the use of age appropriate story books to teach about seven of the protected characteristics of the Equality Act 2010. These include:

age;

disability;

gender reassignment;

race;

religion or belief;

gender;

sexual orientation.