

Curriculum map PSHE



	T1	T2	T3	T4	T5	T6
Y3 PSHE	<i>'Being Me' (Citizenship, rules and roles)</i>	<i>'Celebrating difference' (Families, conflict, bullying and feelings)</i>	<i>'Dreams and goals' (Dreams and ambition, challenges and overcoming them)</i>	<i>'Healthy Me' (Fitness, diet, exercise and making healthy choices despite peer pressure)</i>	<i>'Relationships' (Family roles and responsibilities, friendships and being a global citizen)</i>	<i>'Changing Me' (How babies grow, how the body changes as we grow up, family stereotypes)</i>
Y4 PSHE	<i>'Being Me' How can we develop a charter?' (Being a class member, a school citizen, rules and consequences)</i>	<i>'Celebrating difference' (Judging by appearance, understanding influences, understanding bullying)</i>	<i>'Dreams and goals' (Broken dreams, overcoming disappointment, achieving goals)</i>	<i>'Healthy Me' (Friends, group dynamics, smoking, alcohol and healthy friendships)</i>	<i>'Relationships' (Jealousy, love and loss, getting on and falling out, boyfriends and girlfriends)</i>	<i>'Changing Me' (Being unique, having a baby and parts of the body, females and puberty, handling changes)</i>
Y5 PSHE	<i>'Being Me' Do we live and learn in a democracy?' (Citizenship, democracy & rights)</i>	<i>'Celebrating difference' (Cultures, racism, rumours and name calling, bullying)</i>	<i>'Dreams and goals' (Dream lifestyles, jobs and careers)</i>	<i>'Healthy Me' (Health risks of smoking, risks of drinking alcohol, emergency aid, body image)</i>	<i>'Relationships' (Knowing who I am, online safety, online gaming)</i>	<i>'Changing Me' (Self and body image, puberty in males and females, menstruation and conception)</i>
Y6 PSHE	<i>'Being Me' 'How can we improve our community?' (Being a global citizen, designing a learning charter)</i>	<i>'Celebrating difference' (What is normal, feeling different including trans gender, power struggles and why people bully)</i>	<i>'Dreams and goals' (Personal goals, my dreams for the world, how can I make a difference?)</i>	<i>'Healthy Me' (Taking responsibility, drugs, exploitation, gangs, mental- health and well-being)</i>	<i>'Relationships' (Mental health, my mental health, love and loss, power and control)</i>	<i>'Changing Me' (Self and body image, puberty, conception to birth, boyfriends and girlfriends)</i>