



PSHCE curriculum map - overview

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	<u>Growth Mindset</u> What is a growth mindset and how does it help us learn?	<u>Physical & Mental Wellbeing</u> What are 'big' feelings and how do they change? What is healthy eating?	<u>Living in the Wider World</u> How can I be a good citizen?	<u>Drugs Education</u> How can I keep myself healthy and safe?	<u>Family & Relationships</u> How can I recognise privacy and consent? How does my behaviour affect others?	<u>Relationships & Health</u> What are the basic principles of hygiene?
Year 2	<u>Growth Mindset</u> Which strategies are useful if someone has a fixed mindset?	<u>Physical & Mental Wellbeing</u> How can I manage my 'big' feelings and how can I get help? How can I keep my teeth clean?	<u>Living in the Wider World</u> What does it mean to be a part of my community?	<u>Drugs Education</u> What are the different ways to keep safe?	<u>Family & Relationships</u> How can we play and work together and share our opinions?	<u>Relationships & Health</u> What are the differences between males and females?
Year 3	<u>Growth Mindset</u> What are the challenging areas and barriers to learning and how can we develop ways to overcome these?	<u>Physical & Mental Wellbeing</u> How can I express and manage my emotions in different situations? Why is sleep important?	<u>Living in the Wider World</u> What are rights, freedoms and responsibilities?	<u>Drugs Education</u> How can I make good choices when it comes to a healthy lifestyle?	<u>Family & Relationships</u> What are the features of family life? How can I be respectful of others and their personal boundaries?	<u>Relationships & Health</u> What are the differences between males and females? How can I manage my personal space?
Year 4	<u>Growth Mindset</u> What happens when we fail? What factors can help me achieve?	<u>Physical & Mental Wellbeing</u> What are the different emotions and feelings people experience, and how do they change? How can I keep my teeth healthy?	<u>Living in the Wider World</u> What makes a community? How can I look after my money?	<u>Drugs Education</u> How are external forces there to keep me safe or to influence me?	<u>Family & Relationships</u> How are we all connected?	<u>Relationships & Health</u> How do babies become adults and what is the human lifecycle?
Year 5	<u>Growth Mindset</u> What does being successful mean? What are the hidden factors that contribute to success?	<u>Physical & Mental Wellbeing</u> What is mental health and how can we take care of it? What are healthy sleep habits?	<u>Living in the Wider World</u> How can I care for my community? What are my job aspirations?	<u>Drugs Education</u> Why do people take risks? What substances keep us safe?	<u>Family & Relationships</u> How can I be assertive in the right way, both online and offline?	<u>Relationships & Health</u> What happens during puberty, and how will it affect me physically and emotionally?

<p>Year 6</p>	<p><u>Growth Mindset</u></p> <p>What is important to me as a learner? What are my barriers and how might I overcome them?</p>	<p><u>Physical & Mental Wellbeing</u></p> <p>What are the everyday behaviours that we can do to support our mental health? When might we experience conflicting emotions and how can we manage them?</p>	<p><u>Living in the Wider World</u></p> <p>How can we celebrate diversity and challenge discrimination? How can I be safe with my money in the future?</p>	<p><u>Drugs Education</u></p> <p>What information do I need to help me make the right choices about drugs?</p>	<p><u>Family & Relationships</u></p> <p>What is my identity? Why is it important to manage my friendships, online and offline, in the correct way?</p>	<p><u>Relationships & Health</u></p> <p>How is puberty and reproduction linked? How does my behaviour and the behaviour of others affect relationships?</p>
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